Pre-K 3, week 23: fruits, vegetables and triangles

This week your learner will name fruits and vegetables, find triangles and make a healthy plate. Each activity takes about 5 to 10 minutes. Print the pages, or do them with things you already have at home.

5-minute prep

- Choose 3 fruits or vegetables to look at together (an adult does any cutting).
- Fold a napkin into a triangle.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, crayons, a few fruits or vegetables, a napkin, a plate. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Talk and listen	Fruits and vegetables page, Market talk card
Tuesday	Math	Find the triangles page, Triangle hunt card
Wednesday	Explore	A healthy plate page, Wash the fruit card
Thursday	Make and move	Draw a flower page, Tear a fruit bowl card
Friday	Story and review	Song of the week, Parent notes page
Every day	Read aloud, sing, play outside	Read any picture book together, sing the song of the week, and do a feelings check-in.

Contents

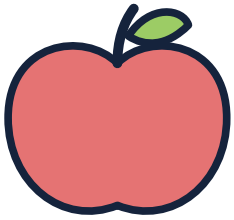
Printable: Fruits and vegetables 2
Printable: Find the triangles 3
Printable: A healthy plate 4
Printable: Draw a flower 5
Activity cards 6
Song of the week and parent notes 8
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Safety

- Use objects too big to fit in your learner's mouth, and stay close during any counting or sorting with real objects.
- Water play only with an adult within arm's reach the whole time, even in a small tub.
- An adult handles anything hot or sharp, knives, and rocks or heavy objects.
- Dry beans and seeds only with an adult watching closely, and not with a learner who still puts things in their mouth.
- No scissors needed: tear paper instead. If you do use scissors, use child safety scissors with an adult right there.
- Choose crayons, markers and paint labeled for young learners (look for the AP seal).

Fruits and vegetables

Say: "What is this? What color is it?" Your learner names each food and its color with you, then colors them.



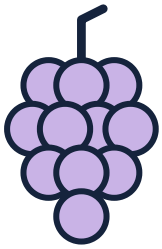
apple



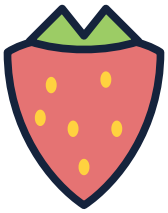
banana



carrot



grapes

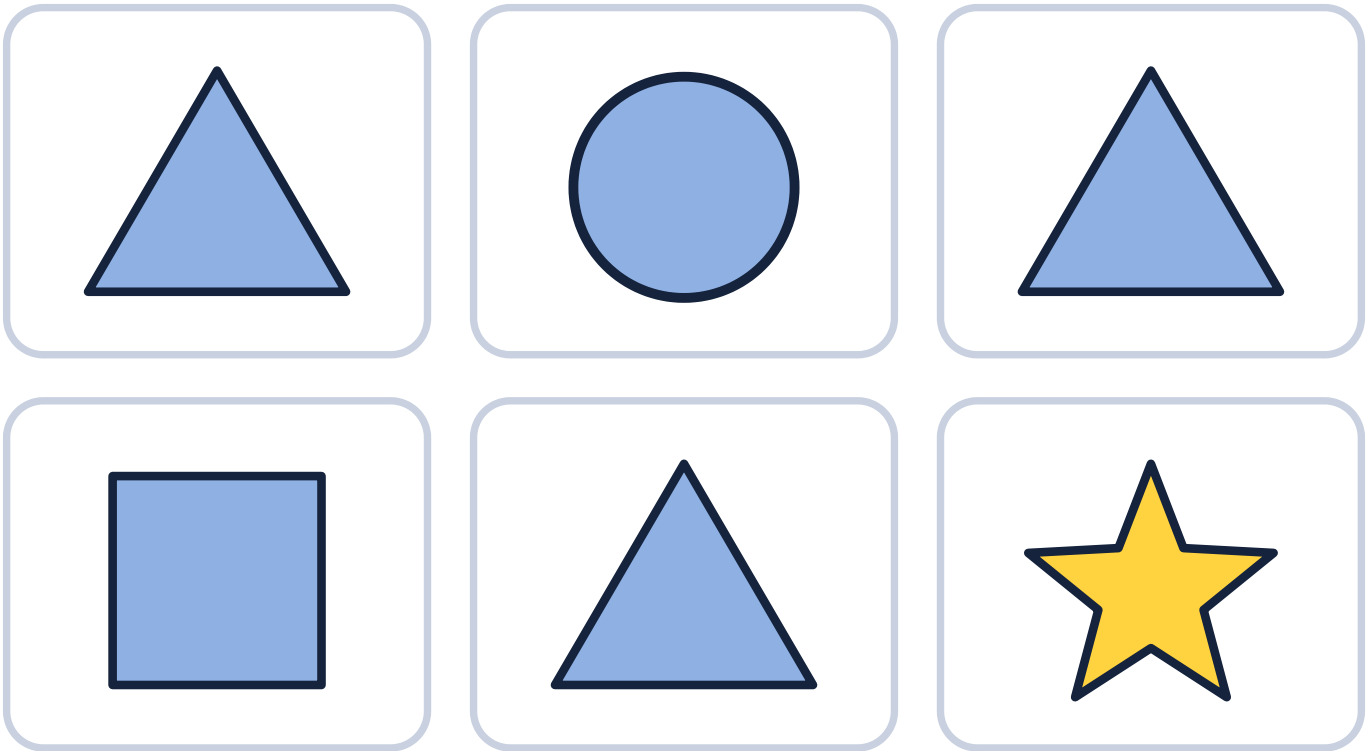


strawberry

No supplies swap. No printer? Name fruits and vegetables at the store or in the kitchen.

Find the triangles

Say: "A triangle has three sides and three points. Color the triangles." Your learner colors the triangles.



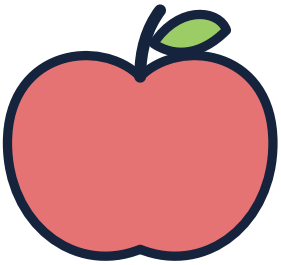
No supplies swap. No printer? Fold a napkin into a triangle.

A healthy plate

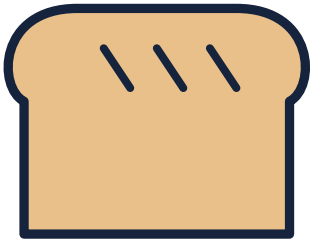
Say: "What goes on a healthy plate?" Your learner points to each food and colors the ones they would put on their plate.



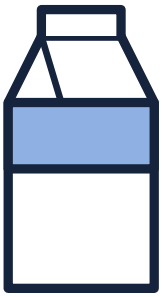
plate



fruit



bread



milk

No supplies swap. No printer? Make a pretend plate with toy food.

Draw a flower

Say: "Draw a flower. What color is it?" Your learner draws a flower any way they like.

No supplies swap. No printer? Make a flower shape with spoons on the table.



Market talk

Time: 5 minutes · **You need:** Fruits and vegetables, or pictures

1. Hold up a food.
2. Ask "What is it? What color?"
3. Your learner answers or points.

Easier: Name it and your learner repeats. **Next step:** Ask "Is it a fruit or a vegetable?"

Say this: "A banana. It is yellow."

No supplies: Talk about foods in a book.

Builds: Language: vocabulary · Stay close and keep small objects away from mouths.

cut here



Triangle hunt

Time: 5 minutes · **You need:** A napkin, things at home

1. Fold the napkin into a triangle.
2. Count the sides together.
3. Look for triangles at home.

Easier: Just trace the napkin triangle. **Next step:** Make a triangle with 3 spoons.

Say this: "Three sides. A triangle."

No supplies: Make a triangle with your arms.

Builds: Math: shapes · Stay close and keep small objects away from mouths.



Wash the fruit

Time: 5 minutes · **You need:** Fruit, a bowl of water, a towel, an adult close by

1. Your learner washes each fruit in the bowl.
2. Dry them together.
3. An adult cuts them for snack, and everyone sits to eat.

Easier: Wash one piece. **Next step:** Count the pieces.

Say this: "Wash, wash, now it's clean."

No supplies: Wipe fruit with a damp cloth.

Builds: Health: nutrition · Stay close and keep small objects away from mouths.

cut here



Tear a fruit bowl

Time: 10 minutes · **You need:** Scrap paper, a glue stick, a sheet of paper

1. Draw a bowl on the sheet.
2. Your learner tears paper into fruit pieces.
3. Glue them in the bowl.

Easier: You start each tear. **Next step:** Tear red for apples and yellow for bananas.

Say this: "A red apple. A yellow banana."

No supplies: Arrange the torn pieces, no glue.

Builds: Physical: fine motor · Stay close and keep small objects away from mouths.

Song of the week: Fruit salad

Apples, bananas, grapes so sweet,
Carrots crunchy, good to eat.
Wash them, share them, one, two, three,
A healthy plate for you and me.

Actions: Pretend to stir a big bowl. **Try next:** Name your favorite fruit in the song.

Original UpOnly Learning words, say or sing it in any rhythm

Parent notes: what did you see this week?

This is not a test. Tick what you noticed, and practice the rest next week. Keep this page; it stays with you.

I saw my learner…	Seen it	Not yet
Names 3 fruits or vegetables	☐	☐
Finds a triangle	☐	☐
Puts foods on a pretend plate	☐	☐
Tears paper into pieces	☐	☐

Next: week 24 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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