

Leader's Guide

Handa's Surprise by Eileen Browne

- Objective:** In addition to the overall objectives for Book in a Bag:
- children will learn about and taste a variety of fruit
 - children will explore the Fruit Group of the Food Guide Pyramid

Lesson Outline:

1. Read entire section on the Fruit Group and Handa's Surprise prior to lesson.
2. Develop lesson plan for day's activity.
3. Review supplies and equipment needed for activity. Make copies of recipes and "A Look at Our Book: Parent's Page" as needed. If desired, attach a recipe "card" to each Parent's Page.
4. Prepare evaluation tool you will use with the children.
5. Arrive early—be sure to encourage handwashing before activity.
6. Read book with children. Ask questions to facilitate discussion.
7. Lead activity. Encourage all children to participate.
8. Assist children in completing evaluation tool.
9. Distribute pages for take-home, as appropriate.
10. Clean up.

Questions to Facilitate Discussion:

- What did Handa want to take to her friend?
- How many fruits did she put in the basket?
- What happened to the fruits in the basket?
- What surprise did Akeyo find in the basket?
- Whom do you think was more surprised – Akeyo or Handa?
- Which of the fruits Handa picked are new to you?

For a variety of produce information and activities, check out these websites:

Produce for Better Health: www.fruitsandveggiesmorematters.org/
California Strawberry Association: www.calstrawberry.com
Pears: <http://www.usapears.com>

Other related children's books:

The Little Mouse, The Red Ripe Strawberry, and The Big Hungry Bear by D. & A. Wood
Apples and Pumpkins by Anne Rockwell
All Our Fruits and Vegetables by Roberta Duyff and Patricia McKissack**
**This book is from the Many Hands Media curriculum
Cherries and Cherry Pits by Vera Williams

KANSAS ACADEMIC STANDARDS	
Health Promotion and Disease Prevention 1.1	
Kindergarten Reading:	1. 2. 1, 2, 3,
	1. 3. 2,
	1. 4. 1, 2, 3, 4, 5, 6, 8, 10
Literature:	2. 1. 1,
	2. 2. 1,
1st Grade Reading:	1.4.1, 2, 3, 4, 5,▲ 7, 8,
Literature:	2.1. 1, 2, 3,
2nd Grade reading:	1. 2.▲ 1, 2, 3,
Literature:	2.1. ▲1, ▲2,
	2. 2. ▲1, ▲2, 3,



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