

Title: MAKE YOUR OWN HEALTHY BREAKFAST.

Educational level: Early Childhood Education (3 y.o.)

Curricular areas: interdisciplinary.

Timing: 3 sessions of 45 minutes each (any term)



Summary

In this activity, pattern recognition will be put into practice through the creation of fruit skewers, while simultaneously promoting healthy habits, such as including fruit in breakfasts and snacks.

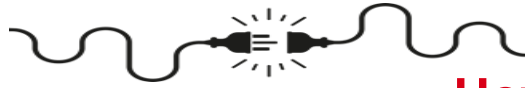


Aims

- Put computational thinking into practice through pattern recognition using sequences of colors and shapes.
- Encourage the development of healthy nutrition habits, such as consuming fruits in breakfasts and snacks.

Key competencies to develop: mathematical competence, competence in science and technology, and personal, social, and learning-to-learn competence.





How do we do it?

SESSION 1

1. In the assembly, we start by discussing what they have for breakfast and snacks. We ask if anyone mentions fruit; if not, the teacher brings it up. We talk about the importance of eating fruit at breakfast and snacks, and how a fun way to enjoy fruit is by making our own skewers.

SESSION 2

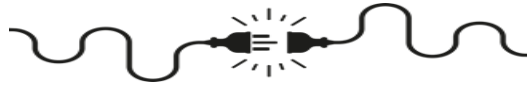
2. The skewers and printed, laminated fruits with Velcro are brought out so that each student can create their skewers.
3. Groups of four are formed, and each child receives a skewer, while strawberries, kiwis, and bananas are placed in the center of each group's table.
4. Each group is given images of skewers with 3, 4, and 5 fruits (the teacher will decide which is most appropriate based on the students' developmental level). They will start reproducing the skewers shown in the images using the materials available on the table. The teacher circulates around the tables to check if they are doing it correctly, paying special attention to the order. Texto...

SESSION 3

5. More challenging skewers will be created, following the same structure as in the second session.
6. Once the activity is finished, the skewers can be placed in a play corner so that students can continue to use them at another time.



Unplugged Activity



Suggestions

If possible, it would be interesting to repeat the activity with pieces of fresh fruit and skewers, using, for example, the cafeteria and with the help of a supporting teacher.

It can be used at all levels of Early Childhood Education.



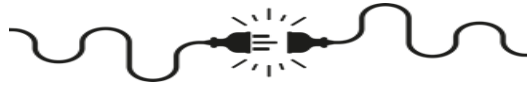
Resources

- **Human:** teacher.
- **Material:** skewers and printed fruit images on paper, laminated and with Velcro, cards with pre-assembled fruit skewers. Alternatively, skewers and pieces of fresh fruit.

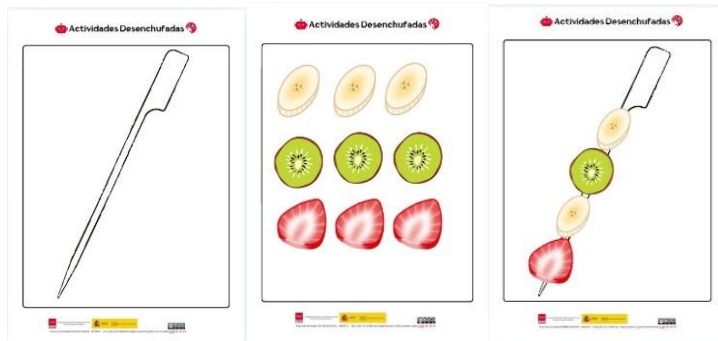


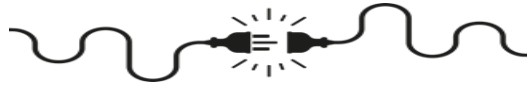
Spaces: classroom.

Type of activity: unplugged for whole and small groups.






Here you can find the materials for this activity: [the skewer and the fruits](#) and some [examples](#) of skewer



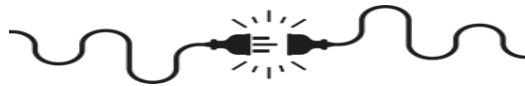


What have we learned?

Texto:

Assessment Criteria			
Be able to reproduce skewers with 3 fruits.			
Be able to reproduce skewers with 4 fruits.			
Be able to reproduce skewers with 5 fruits.			
Work in an organized manner			





Computational Thinking

Algorithms (steps and rules): is a step-by-step process that solves a problem or completes a task.

Patterns (recognise and use similarities): recognising similarities or patterns in problems or data, which means come up with solutions quickly and effectively.



More information

In this [link](#) you can find fruit pictograms from ARASAAC for students with special needs.

QR codes to the activity resources:

Fruits and skewer



Fruits skewers

