



# Fruit & Veggie Alphabet Border: Preschool Lesson



## Harvest of the Month Featured Product- Strawberries

### Objectives

- Children gain knowledge and interest in new local fruits and vegetables through making an alphabet border for the classroom.
- Children learn to identify new fruits and vegetables.
- Children work together to complete a class project.

### NC Foundations for Early Learning and Development

#### Goals Addressed:

APL-8

LDC-1, LDC-8, LDC-9, LDC-12

CD-1, CD-4

### Materials

- Pictures of local fruits and vegetables (printouts and/or cut from seed catalogs)
- Letter pages (one per letter of the alphabet)
- Glue
- Markers or crayons

### Preparation

Organize the pictures of fruits and vegetables so they correspond with the appropriate letter page (ex. asparagus, apples with the letter "A", berries, beans with "B", etc)

### Activities

#### Read a book

Read Eating the Alphabet by Lois Ehlert. Ask children to identify the vegetables and fruits they see on each letter page. Which fruits and veggies do they know the names of? Which are unknown? After reading the book, transition into a singing activity. Can everyone sing the ABCs? Guide the class in signing the ABCs. Hold up the correct letter page for each letter as they sing. After children sing, tell them you need their help making an alphabet border for the classroom. Can the children match a picture for each letter of the alphabet? Can everyone work together to help?

Show children the letter pages and corresponding pictures. Can anyone guess why pictures of apples are with the letter "A" or why beans are with the letter "B"?

#### Make the Border!

Give each child a letter page with its corresponding fruit and pictures and a glue stick. Demonstrate how to glue the pictures of fruits and vegetables around the letter (not covering the letter). Guide children in gluing their pictures to their letter page.

Display the fruit and veggie alphabet border. Refer to it when you are talking about letters, fruits, and vegetables!

Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).  
[www.growing-minds.org](http://www.growing-minds.org)

Nourishing Connections a program of the Northwest Tennessee Local Food Network  
[www.nwtnlfn.org](http://www.nwtnlfn.org)

