



BRAIN BUILDING IN PROGRESS

Resources for Early Learning

Family Connection Letter

Unit 8: Plants We Eat Week 3: Fruits and Vegetables with Seeds

Date _____

Dear Families,

This week we are completing our unit on plants we eat. Children are learning about fruits and vegetables with seeds, and how we eat these different plant foods. We are also exploring how seeds travel from one place to another. This week we are watching “Bee-bim Bop!,” a *Between the Lions* video about a Korean family preparing a favorite meal, and are reading the book, *Bee-bim Bop!* by Linda Sue Park, as well. We will also read the book *A Fruit is a Suitcase for Seeds*, to learn more about seeds and how they travel. This week children will learn about the letter “Aa,” the letter sound short /a/, and the word *apple*.

Here are some activities you can do with your child at home:

- Invite your child to help you to make a recipe with fruits and/or vegetables. Read the ingredients together and talk about each of the steps you take to prepare the meal.
- Cut open some fruit or a vegetable with seeds and examine them with your child.
- Look at food labels with your child when you are shopping in the grocery store. Ask your child to look for the letter “Aa” on the labels.

Thank you!