



The LANA Preschool Program was originally designed as a 24-week program focusing on eight specific, highly nutritious fruits and vegetables listed below. These targeted fruits and vegetables are featured in activities throughout the program related to three main areas:

Program Areas	Activities
1. Menu and Mealtime To increase opportunities for children to eat more fruits and vegetables	<ul style="list-style-type: none"> ◆ Add targeted fruits and vegetables to menus ◆ Serve fruits and vegetables at snack everyday ◆ Reduce competitive items on menu when appropriate ◆ Encourage positive mealtime interactions
2. Fruit and Vegetable Related Activities To increase children's preference for and knowledge of fruits and vegetables	<ul style="list-style-type: none"> ◆ Feature one of the targeted fruits and vegetables each week as the "fruit or vegetable of the week" ◆ Offer weekly tasting and cooking activities ◆ Offer one week-long curriculum theme unit focusing on fruits and vegetables each month during the program. Each theme unit includes activities in all learning areas
3. Family Involvement To give families information about the program and activities to do at home	<ul style="list-style-type: none"> ◆ Offer three periodic family events ◆ Provide quick and easy kid-tested recipes using fruits/vegetables ◆ Provide Parents Talk... About Feeding Kids flyers, addressing day-to-day feeding questions and concerns ◆ Supply take-home fruit/vegetable tasting kits

The activities feature the following fruits and vegetables:

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| <ul style="list-style-type: none"> ◆ Broccoli ◆ Sweet Red Pepper ◆ Cherry tomatoes ◆ Apricots | <ul style="list-style-type: none"> ◆ Sugar Snap Peas ◆ Kiwi ◆ Sweet Potatoes ◆ Strawberries |
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Since the goal of the LANA program is to promote the consumption of a wide variety of fruits and vegetables, these activities demonstrate an approach which can be used to introduce any new fruit or vegetable to young children of any age.