

**Title: Having a whole meal outside/Picking apples by ourselves and improvising a snack at the tree`s shadow**

**Objectives:**

- Understanding the importance of fruit consumption for health and understanding hygiene rules;

- Awareness of the importance of preparing and eating in the family, outdoors;

- Cultivating a healthy lifestyle.

**Materials, equipment:** baskets,wooden boxes , cups, plates, cutlery,carpets.

**Stage 1:** The teacher meets the children’s parents and discusses the trip they will make to the orchard and presents them with the necessary materials.

**Stage 2:** The teacher and the preschoolers and parents go to the nearby orchard. On the way to the orchard, the children, the parents and the teacher gather materials from nature: dried leaves and fruits.

**Stage 3:** The teacher introduces the children and parents to the owner of the orchard and informs them of some rules: not to break the branches, to be careful at the irrigation plant, not to eat the fruits except washed, and the fruits they will pick to place in the boxes.

**Stage 4:** The teacher, parents and children gather the fruits (apples, quinces, pears).

**Stage 5:** The teacher, along with parents and children, washes some of the fruits and prepares a snack: a fruit salad and an apple juice.

**Stage 6:** Serve the prepared snack.

**Stage 7:** At the end of the activity, children swing and play some fun and movement games.