



Yogurt Sundaes Lesson Plan: Early Learning Framework Alignment

Preschool Lesson Plan

The *Yogurt Sundaes* lesson plan aligns with the British Columbia Early Learning Framework in several key ways:

Connection to Living Inquiries

The Early Learning Framework highlights four "Living Inquiries" that guide early childhood education.

Well-being and Belonging: The yogurt sundae activity fosters a sense of community and inclusion, as children participate in making and tasting food together.

Engagement with Others, Materials, and the World: The hands-on preparation of yogurt sundaes encourages active learning and interaction with food as a material.

Communication and Literacies: The discussion component of the lesson supports oral communication skills as children share their thoughts on food and experiences.

Identities, Social Responsibility, and Diversity: The lesson respects individual preferences (e.g., allowing children to decide whether to taste new foods), fostering autonomy and diversity in choices.

Emphasis on Play-Based and Inquiry-Based Learning

The Early Learning Framework emphasizes play and inquiry as foundational learning approaches.

Sensory exploration: Children observe colours, textures, and smells of food before tasting.

Experimentation: Children can choose ingredients, mix flavours, and create their own unique sundaes, which aligns with the framework's encouragement of creativity in learning.

Holistic Development and Well-Being

Supports physical and health education by promoting healthy eating habits, aligning with the vision of **holistic well-being**.

The mindful eating aspect also supports self-regulation and awareness, which contribute to a **child's overall development**.



Inclusion and Respect for Diverse Experiences

The Early Learning Framework promotes inclusive and culturally responsive learning environments.

Encourages children to **share their own experiences** with food at home.

Recognizes that some children may not want to taste the food, which **respects individual preferences and autonomy**.

Provides **opportunities for all** children to participate, regardless of background or dietary habits.

Connection to Core Competencies in BC's Curriculum

Communication: Children articulate their experiences and choices during the activity.

Thinking: Encourages critical thinking as children decide how to create their sundaes.

Personal and Social Awareness: Builds self-awareness and social responsibility through shared experiences and decision-making.