

Lots of Dots: Coloring the Garden

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Welcome to
**Lots
of
Dots**

**COLORING
the
Garden**

Lots of Dots: Coloring the Garden is an exciting new raised-line coloring book designed for beginning large-print readers and braille readers. It encourages literacy, social interaction, and life skills through reading, coloring, and cooking activities designed for all learners. This is the third book in the Lots of Dots series. To better enjoy this book, children should first use *Lots of Dots: Learning My ABC's* and *Lots of Dots: Counting 1 2 3*.

These activities can help children develop:

- literacy skills, such as new word identification and braille contractions
- language development skills, such as conceptualization, classification/generalization, and picture building
- fine-motor skills, such as coloring and tactual shape identification
- daily living skills, such as planning, organizing, and food preparation.

Lots of Dots is motivational, providing ready reinforcement and tangible end products. It helps children with visual impairments gain skills similar to those of their sighted peers, facilitating peer interaction. Most important of all, coloring is fun!

Suggested order of activities:

- Introduce the concept of picture building. Ask the child to identify each addition to the garden picture and discuss its importance.
- For each lesson, encourage the child to tactually explore the word(s) and picture.
- If applicable, introduce the child to the contracted braille word.
- Provide the student with a real-life example of the illustration, and encourage exploration. The examples are easily obtained at grocery stores and produce markets.

28: Squash

Explain that there are two types of squash, summer squash and winter squash. Cut (adult) a butternut squash in half. Let the child remove the seeds. Spray or rub cooking oil on a shallow pan. Place the two squash halves, flesh side down, on the pan. Bake at 400 degrees until soft. Scoop out the flesh and mix with 1) salt, pepper, and butter or 2) brown sugar, cinnamon, and butter.

29: Strawberry

Place 1 cup frozen strawberries in a blender with 1 cup plain soy milk. Enjoy an instant dessert.

30: Tomato

Demonstrate that tomato skins can be easily removed by dipping the tomato into boiling water (a few seconds only) and then into cold water. Slice or cube the tomato and eat fresh. Ask the child to name dishes that are made with tomatoes, i.e. pizza, spaghetti sauce, salsa, soup, etc.

31: Watermelon

Place an 8- to 10-inch round and 1-inch thick watermelon slice, drained to remove excess moisture, on a serving platter. Remove the rind. Cut it into six wedges leaving them in the shape of a pizza. Spread 1 cup strawberry preserves over the watermelon, sprinkle 1/2 cup white chocolate chips, 1/2 cup raisins, 1/2 cup chopped walnuts, and 1 cup sweetened shredded coconut over the watermelon. Enjoy watermelon pizza.

24: Radish

Spread soft butter on two slices of thin white bread. Place thinly sliced radishes on one slice and cover with the other slice. Cut into triangles. Although the origin of this sandwich is French, it is served at fancy British teas and was a staple of Midwest farmers during the Depression.

25: Rosemary

Cut a Yukon Gold potato into wedges and toss the wedges in olive oil. Place half the wedges on one side of a shallow baking pan. Toss the remaining wedges in fresh (chopped) or dried rosemary. Place the rosemary covered wedges on the other side of the baking pan. Salt and pepper all wedges. Bake in a preheated 375 degree oven until crisp. Have the child compare the two flavors. Discuss how herbs change or enhance the flavor of foods.

26: Sage

Drain one can of Cannelli beans and one can of diced tomatoes. Mix together and add salt, pepper, crushed garlic, and fresh, chopped sage to taste.

27: Spinach

Spread flat tortilla chips on a cookie sheet. Sprinkle chopped spinach on the chips followed by shredded cheese. Bake until cheese melts.

- Color the illustration. Discuss the colors of fruits and vegetables; remember that some varieties come in different colors (cabbage is green and purple, tomatoes are red and yellow).
- For continued enjoyment and reinforcement, you can create raised-line drawings using APH Quick Draw Paper (#1-04960-00). It can be purchased separately.
- Follow the quick and easy recipes for each food item or create your own recipes; encourage participation and daily living skills. If cooking is not an option in your educational setting, coordinate with parents to create each recipe as homework after learning the item in school that day.
- On the blank page before the next lesson, allow the child to draw the food item.
- You can create additional enrichment activities for each item. Art activities, such as ink prints and fruits and vegetables made of Play-Doh® can be fun.

Enrichment Activities

Wash food items and hands before each activity. Explain that because people associate sweetness with fruits, we have a tendency to use some fruits, like the tomato, as if they are vegetables.

Pay attention to specific cautions. Recipes are written for your interpretation. Please allow the child to perform tasks as independently as he or she can. Use the opportunity to teach new skills (cleaning, slicing, measuring, etc.). Assist the child when needed to prevent excessive frustration and for safety reasons.

1: Apple

Slice an apple into wedges and remove core. Dip apple slices in peanut butter (allergy caution) or melted caramel.

2: Banana

Practice slicing skills with a flatware knife (not pointed or serrated). Eat the slices with a fork. Place banana, plain or vanilla yogurt, and milk or soy milk in a blender. Make a smoothie.

3: Basil

Rub a basil leaf between your fingers and smell the fragrance. Make a cheese sandwich using basil leaves instead of lettuce. Chop a tomato and several basil leaves. Toss with shredded mozzarella cheese and olive oil.

19: Oregano

Examine the texture and fragrance of fresh oregano. Compare fresh oregano to dried oregano. Make scrambled eggs (or an omelet) with fresh or dried oregano and Swiss cheese.

20: Parsley

Examine the texture and fragrance of fresh parsley. Compare fresh parsley to dried parsley. Boil egg noodles until done; drain. Toss the noodles with butter and chopped fresh parsley; add salt and pepper to taste.

21: Peach

Place several slices of canned peaches in a single serving microwavable bowl. Crumble an oatmeal cookie over top; microwave until hot. Serve with vanilla ice cream.

22: Pear

Arrange fresh pear slices or a canned, half pear on a small plate. Top with cottage cheese.

23: Pepper

Explain that peppers grow in many shapes, colors, sizes, and vary in taste, i.e. sweet, mild, hot, etc. Show the child a variety of peppers and let him taste them. Caution: Do not use extremely hot red peppers that exude oil and burn the eyes. Challenge the child to try bell peppers the next time he eats pizza.



Caution:
Be aware
of food
allergies.



Caution:
Hot
Pepper
Alert

15: Lemon

Heat 1/2 cup sugar and 1/2 cup water until the sugar is dissolved completely. Squeeze the juice from 2 to 3 lemons, enough for 1/2 cup of juice. Add the juice and the sugar water to a pitcher. Add around 2 cups of cold water, more or less to the desired strength. Refrigerate 30 minutes.

16: Lettuce

Examine several different kinds of lettuce, i.e. leaf, Iceberg, Romaine, Boston, etc. Discuss the difference in shape, texture, moisture, taste, and nutrition. Wash and tear mixed lettuce into bite size pieces. Place in bowl with croutons and fresh grated parmesan cheese. Toss with olive oil and vinegar or favorite salad dressing.

17: Mint

Rub the mint leaves between your fingers and smell the fragrance. Compare the taste of the leaf with the taste of a peppermint candy stick. Boil water; add one China black tea bag and one fresh mint sprig; steep. Let cool and pour over ice cubes.

18: Orange

Peel an orange, separate and count the sections, and respond to various questions, i.e. "Is this an even or odd number, if you give me half and you get half, how many sections do we each get?"

4: Broccoli and Cauliflower

Prepare a vegetable platter by washing the raw foods and cutting them into bit size pieces. Arrange on a large platter around different dips, i.e. cheese, salad dressings, onion, curry, etc. Cherry tomatoes, carrots, snap peas, radishes, and cucumbers may be used.

5: Cabbage

Shred 1/4 of a cabbage into a bowl. In another bowl mix 1/4 cup mayonnaise, 1 tablespoon lemon juice, 1/2 tablespoon grated onion, 1/4 teaspoon celery seed, 1/2 teaspoon sugar, 1/4 teaspoon salt, and pepper to taste. Mix with cabbage.

6: Cantaloupe

Explore the outside of the cantaloupe. Cut open the fruit and remove the seeds. Cut the fruit into wedges. Let the child examine the wedge shape and ask him to name other items with the same shape, i.e. rocking chair runner, crescent moon, etc. Eat the fruit.

7: Carrots

Slice carrots into 1/4-inch pieces or use miniature carrots. Steam until tender. In a pan melt butter and stir in brown sugar. Add carrots and stir until coated.

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8: Celery

Wash and cut celery stalks into 4-inch pieces. Fill each celery canoe with peanut butter (allergy caution). Place a few raisins on top to represent canoeists. This is also called “ants on a log.” Cream cheese with olives or almonds (allergy caution) can be used.

9: Cherries

Explain that there are sweet cherries and tart cherries. Wash sweet cherries and enjoy eating them fresh. Teach the child to use a can opener and discard the sharp lid. Pour two (20- or 21-ounce) cans of cherry pie filling into a frozen or refrigerated pie crust. Place the thawed, second crust over filling. Wrap excess top crust under bottom crust. Crimp the crust edges using a thumb and index finger of one hand and the forefinger of the other hand. Cut slits in top crust. Bake 35 to 40 minutes in a preheated 400-degree oven, or until crust is golden brown.



10: Corn

Preheat oven to 350 degrees. Soak corn with husks in water for 10 minutes. Place directly on the oven rack and roast for 30 minutes or until corn is soft. Peel the husks back and use as a handle when eating. This can be done on the outside grill as well. Shuck a couple ears of corn. Place in boiling water. Eat with butter, seasoning to taste.

11: Cucumber

Peel the cucumber with a potato peeler. Spread cream cheese very thinly on two slices of bread. Place thinly sliced cucumber rounds, overlapping, on one slice of bread. Cover with the other slice making a tea sandwich. Cut away crusts and cut into four triangles.

12: Dill

Examine the texture and fragrance of the dill. Compare fresh dill to dried dill. Eat a dill pickle; compare the taste of a dill pickle to a sweet pickle. Try Havarti cheese with dill. Boil new potatoes, drain the water, and toss with butter and chopped fresh dill.

13: Green beans

If needed, break off ends and string the beans; steam. Eat with melted butter or vinaigrette; salt and pepper to taste.

14: Kale

Wash and dry kale. Spray olive oil on a cookie sheet. Using scissors cut the kale leaf into 2" pieces across the rib. Place in a single layer on the cookie sheet. Spray kale with olive oil and salt lightly. Bake in a 350 degree oven for 2-3 minutes. Kale chips will be thin and crisp.