What We Eat

Grade level: Preschool

Season: Fall

Larger IGS Unit: Healthy Eating

Essential Question
What are our favorite foods? What foods are healthy and good for our body?

Objective
Children will examine pictures of different foods, and create a “meal”. They will be encouraged to choose a whole grain, fruit/vegetable and protein while discussing foods that are good for our bodies.

Materials
What We Eat activity pictures (see below)
Paper Plates
Glue sticks
Crayons

Intro
Ask students if they can think of an example of a healthy food that makes them feel strong. Explain that some foods really help us grow, while other foods are treats that we only have sometimes. We will work on a project and tell each other what foods we really like.

Activity
1. Have students look through the black and white pictures of different foods. Ask them questions about what they like to eat, what are considered healthy foods, which are treats and so on. Encourage them to pull out a protein, vegetable and whole grain food for their plate.
2. Students can color in the pictures for the foods they chose. Then, glue them onto their plate to represent what they like to eat.

Wrap up/Assessment
Review their plate with them and talk about their food choices.

Extension
Do a healthy cooking project together (see "Cooking Activity" in toolkit)