

To introduce this topic have a discussion about different types of food, why our bodies need them and how our food turns into energy for our body. Having a book to read to the children to support this topic would be good.

When we eat lots of good, healthy foods:

- We have lots of **energy**
- We grow big and **strong**
- We can **run faster**
- We **feel better** and less grouchy
- We **look better**
- We **stay healthier**. We don't get as sick and don't catch as many germs.

It's OK to eat a little bit of junk food sometimes, but when we eat a lot of junk:

- We have less energy and feel tired
- We can't run as fast
- We don't look as healthy
- We feel more grumpy
- We get sick more often

Simple explanation of Digestion

- We eat food
- We chew food with our teeth to break it into small pieces
- Food travels down the esophagus to the stomach
- The stomach is full of acid
- The acid breaks down the food
- The food goes into the small intestine where nutrients are absorbed by our body
- Then it goes into the large intestine where the water is squeezed out
- Then the leftover food comes out as poop.

Link to Canada food guide and other nutrition information

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/toolkit-trousse/plan-1-eng.php>

SOCIAL

Healthy Food Collage

Materials Needed: Magazine and catalog pictures of healthy foods, scissor, glue, paper
Have the children cut out pictures of healthy foods. Discuss the foods they see and why they are or are not healthy.

EXTENSION: You could have the pictures precut for them so that you can discuss them as they work on their collage rather than have them cut them out.

EXTENSION: You could also use this as a sorting activity. **Target: sharing ideas**

Food Groups

After talking about the food groups, put up a sheet of paper with each of the food groups written on it (Grains, Fruits and vegetables, Milk Products and Meat/alternates) and then have the children cut out and glue food pictures from each food group and glue them onto the correct paper. **Target: taking turns**

Vegetable Soup game (like London Bridges)

We are making vegetable soup
Vegetable soup, Vegetable soup
We are making vegetable soup
Now put in the (vegetable of choice).
Take the _____ and stir it up,
Stir it up, stir it up,
Take the _____ and stir it up
While making vegetable soup. **Target: taking turns**

PHYSICAL

Fine Motor

Fruit and Veggie scrub sensory table

<http://www.prekinders.com/veggie-sensory-table/> **Target: grasping**

Egg Drop

<https://www.stevespanglerscience.com/lab/experiments/egg-drop-inertia-trick/> **Target: eye hand coordination**

Fruit Kabobs

Buy a package of wooden skewers and then cut up at least 3 different kinds of fruit (strawberries, grapes, bananas, blueberries etc.) Have the children choose the fruit and stick it on the skewer to eat for snack later in the day.

EXTENTION: This also works for meat, cheese and pickles. **Target: fine motor coordination**

One Potato, Two Potato

Lead the children in this rhyming poem, holding up the appropriate number of fingers as they go along:

One potato, two potato, three potato, four.

Five potato, six potato, seven potato, more! **Target: finger manipulation**

Fishing for Good Foods

Children can cut pictures from magazines (or for the little ones have them already cut) from the basic food groups. Have the children glue these pictures onto a fish shape cut from construction paper. Slip a paper clip onto the front of each fish.

Make a fishing pole from a dowel and tie a magnet onto the end of the string. Label 4 small buckets with the name/picture of each food group. Have the children try to catch a fish and encourage them to decide which group the food belongs to and then put the fish in the correct bucket. **Target: eye hand coordination**

Brushing Teeth

Neat activity where the children brush until the teeth are white again. Stress the importance of teeth in breaking your food down. Explain to the children that without teeth you can't eat all types of food.

<http://www.ourtimetolearn.com/blog/category/digestion/>

Target: grasping

Gross Motor

The Shape-Up Song

Sung to 'Farmer in the Dell'
We're jumping up and down
We're jumping up and down
We're getting lots of exercise
We're jumping up and down.

We bend and touch our toes.....
We kick our legs up high.....
We jog around the room.....
We wiggle our whole body....
We stretch up to the sky..... **Target: coordination**

Potato Hop

Materials:

Brown construction paper

What to Do:

Cut ten large potato shapes brown construction paper and number them from 1 to 10. Tape the shapes to the floor in the proper sequence. Then let the children take turns hopping one potato to the other as everyone recites the rhyme.

One potato, two potato,

Three potato, four

Five potato, six potato,

Seven potato, more.

Eight potato, nine potato, Here is ten.

Now let's start all over again. **Target: balance**

INTELLECTUAL

Language

Strawberry Song

Yummy, yummy strawberries,
So red and sweet and plump.

When I see them in my bowl,
It makes me want to jump!
I eat them very carefully,
I savor every one.
Sweet, delicious strawberries,
To me, they're number one! **Target: vocabulary**

Read a Book on nutrition
Target: vocabulary

Basic Food Groups
Here are the food groups:
Dairy, bread, and meat
And don't forget that fruit and vegetables
Are important for you to eat.
Have a food from each food group
Each and every day,
And you'll grow strong and healthy –
Good nutrition is the way! **Target: vocabulary**

Growing Song
(tune: Are you Sleeping?)
We need food and we need water
We need sleep, lots of sleep
To help our bodies grow
From our heads down to our toes
Grow, grow, grow
Grow, grow, grow **Target: vocabulary**

Are You Eating (Tune: *Are You Sleeping*)
Are you eating, are you eating
Healthy foods, healthy foods?
For your body needs them, for your body needs them
Every day, every day. **Target: repetition**

Carrots, Peas, and Broccoli (Tune: *Twinkle, Twinkle Little Star*)
Vegetables are good for me.
For my snack and in my lunch,
Veggie sticks are great to munch.
Carrots, Peas, and Broccoli,
Vegetables are good for me. **Target: vocabulary**

Happily We Eat Our Food (Tune: *Merrily We Roll Along*)
Happily we eat our foods, eat our foods, eat our foods.
Happily we eat our foods, To grow up big and strong
Happily we drink our milk, drink our milk, drink our milk.

Happily we drink our milk, To grow up big and strong Target: **repetition**

Other Verses:

Happily we eat our fruits...

Happily we eat our vegetables...

Happily we eat our meat...

Happily we eat our beans...

Happily we eat our breads...

Happily we eat our cereal. . Target: **repetition**

Cognitive

How strong is spaghetti

<http://frugalfun4boys.com/2016/10/25/strong-spaghetti-stem-challenge-kids/> Target:
cause and effect

Orange Experiment

<http://mashable.com/2013/10/09/science-experiments-kids/#sKfMill3juqR> Target:
cause and effect

Meet the Veggies (if possible have a picture of the real item to show the children as you say the poem)

Tomato: I'm round and red

And juicy too.

Chop me for a salad,

Or dump me in your stew!

Lettuce: Hey, wait a minute!

If a salad you're fixin'

I can stand alone.

No need for the mixin'!

Onion: Chop me and slice me

But keep water near.

I sometimes get juicy

And can bring on a tear!

Carrot: Orange is my color

I stand long and lean.

In the garden you'll see

Just my bright leaves of green.

Pea: I live in a pod

With so many others.

I think I was born

With one hundred brothers!

Green Bean: Look in the garden

You'll see my sign.

Then bring out your basket
When it's pickin' time!

Potato: I've an eye for perfection
To give you the best.
Baked, mashed or fried-
I'll pass the test!

Cabbage: My head is quite thick
So people tell me.
I guess that's the reason
Grocery stores sell me!

Celery: Cut and rinse my stalks,
Then spread on cream cheese.
A refreshing hors d'oeuvre
To make parties a breeze!

Squash: Some call me a game,
A game of good sport,
But I'm really to eat
As a side dish of sorts!

Brussel Sprout: I'm kinda cute
When I'm served on a plate
I'm just a little mouthful.
You can eat six or eight!

Cauliflower: I carry white flowers
To break off and eat.
I'm sometimes served raw,
A nutritious snack treat!

Broccoli: My friends call me trees.
Now that's a funny name.
Though I am a dark green
With stalks just the same.

We're the veggies
You should eat every day!
Now don't make a face.
We're as good as we say! **Target: labeling**

Guess the Food

Have a mystery bag with different food items inside. Describe the food and have children try to guess what is in the bag. You can also have them reach in a feel the item to help them guess. **Target: labeling**

Taste Testing

Cut up a variety of foods in small portions. Have the children close their eyes and open their mouth and put a small sample of the food in their mouth. See if they can guess

what you put in their mouth. Make sure you ask the children if they want to participate in the game. Use food items that you know the children like. **Target: matching**

Food Pyramid (to see an example of a food pyramid type in “Food Pyramid” in your search engine and it will bring up an example).

Teach your preschoolers about nutrition by introducing the food pyramid.

In advance, make a large pyramid. The top triangle is for "Fats" (butter, sugar, etc.); the next row is cut into 2 equal parts (1 for dairy and one for protein--remember that eggs go with protein not dairy!); The next row is also in 2 equal parts- 1 for fruits and one for vegetables; and the bottom row is for Grains (breads, pasta, cereal, crackers, rice).

Explain that we need foods from each of the food groups to stay healthy.

Provide pictures of foods from magazines and ask them to place them in the food pyramid chart where it belongs. **Target: sorting**

Digestion This activity gives the children a hands-on way to understand digestion
<http://www.ourtimetolearn.com/blog/category/digestion/>

Fruit Pizza

Ingredients:

Oatmeal Cookie:

- 1 1/2 Cups of old fashioned oats (Gluten Free if you prefer)
- 1/3 Cup of Flour
- 3 Tablespoons of Honey
- 3 Ripe, Mashed Bananas

Fruit Dip:

- 1 (32 ounce) container Low-Fat Vanilla Yogurt
- 1 (8 ounce) container Lite Cool Whip
- 1 (3.4 ounce) box dry instant vanilla pudding mix

Fruit:

- Strawberries
- Blueberries
- Raspberries
- Bananas
- Oranges
- Kiwi
- Any Other Fruits That You Like!

Directions: Have the children participate in the preparation

1. Combine: Oatmeal, Mashed Bananas, Almond Flour, Honey

2. Spread evenly on a pizza pan and bake at 375 for 20-25 minutes. The cookie should not be undercooked so watch it the last 5 – 10 minutes and add a few if needed.
3. While the cookie is baking combine the ingredients for the fruit dip. Let the cool whip get to room temperature so that your dip is a smooth consistency.
4. Spread dip on cooled off cookie.
5. Top with your choice of fruit. If you want to make a design start from the outside first. Have fun and enjoy! **Target: sequencing**

Kitchen Tool Identification (Dollarama has cheap kitchen utensils)

Materials Needed: Have many items used for cooking and preparing food in a large pot with a cover. Some suggestions: Potato masher, slotted spoons, small plastic spoons and forks, spatulas, tongs

Take one item out of the pot. Ask the children if they know what it is. Ask them what it is used for.

Continue with each item add them to your kitchen play area. **Target: labeling**

This is a great conversation starter about eating and preparing healthy foods. For example, a small plastic knife is used to cut bananas, slicing wheat bread, spreading foods on healthy crackers, etc.

Kitchen Tool Manipulation EXTENSION: Use the utensils to manipulate playdough
Target: Independence

Kitchen tool painting: EXTENSION: Use the tools to paint with! **Target: creativity**

CREATIVE

Favorite Fruit Graphing

Make a column for each child on a piece of poster board. Put a picture of each child at the top of each column. Print out or cut out different pictures of healthy foods. Ask the children to pick the foods they like and glue it in their column. Discuss the different foods as the children put them on their chart. **Target: making choices**

Food Art

Baking sheet

Flour or salt

Sprinkle flour or salt over a baking sheet. Show your child you can draw in the flour with your finger. Draw letters, numbers, shapes.

Play hangman or other common games in the flour. **Target: sensory**

Fruit and Vegetable Print Making

Children explored some common fruits and vegetables by doing some printmaking. I began by showing the food and asking the children to name them. Then, carefully slice each one and let the children look at the insides. Briefly discuss what you see, and then get making prints using different colors of paint. We used celery, apples, mushrooms,

onions, and bell peppers. Onions work well because each ring can be seen. **Target: decision making**

Walking on Eggs

<http://www.playdoughtoplato.com/kids-science-experiement-walking-eggs/> **Target: creative**

Painted Toast

Ingredients and items needed: wheat bread, milk, food coloring, pastry brush, toaster, plastic knives

Have children brush the toast with milk that has been colored with a small amount of food coloring. They can paint shapes, faces etc.

Toast bread.

EXTENSION: Make healthy spreads with the children to top it with such as apple butter, or add sliced bananas or other fruit to the top! **Target: creativity**

EMOTIONAL

Food Charades

Take turns acting out different cooking and eating actions. Some examples include: eating soup, washing dishes, peeling a banana. Both you and the children can take turns acting out the charade. **Target: self-expression**

Fruit Plate (lunch or snack)

Give each child a plate and sliced fruit. Ask them to create themselves using the slices of fruit. Example grapes for eyes, sliced apple for eye brows, banana sliced lengthwise for a mouth and a kiwi slice for a nose. **Target: self expression**

Melon Bowl

Watermelon & Various other melons

Knife Melon ball scoop or small ice cream scoop

Adult cuts a watermelon in half. Have kids scoop out the inside using an ice cream scoop or melon baller. Cut open other melons and have kids make balls with the melon ball scoop from the other melons. Fill the watermelon with balls from the various melons. If your children don't like melons cut up various types of fruit they do like and put them in small bowls. Pass the bowls around and have the children scoop out some of each of the fruit they like into their own bowl and then have a container of yogurt for them to scoop some yogurt on top of their bowl of fruit. **Target: independence**