

# PLAN A MEAL FUN

**LEVEL:**           Preschool

**SUBJECTS:**   Language Arts, Nutrition, Art

**VOCABULARY:**

Healthy, food groups, bread/cereal, fruits/vegetables, milk/cheese, meat/beans, grocery, hungry, energy, nutrition

**LEARNING GOAL:**           Students shall develop their abilities to become self-sufficient individuals.

**MATERIALS**

Student worksheet, crayons or markers.

**BACKGROUND**

Early childhood presents an opportune time to begin encouraging children to develop wellness habits of proper nutrition and exercise. Positive attitudes and practices formed at an early age are more likely to be carried into adulthood. The preschool period is an ideal time to teach total wellness because children are readily influenced by adult role models of parents and teachers. Nutrition-related activities can be incorporated into the preschool day through group time, art, outside play, lunches and snacks.

**PROCEDURE**

1. Ask students to think about helping with the family grocery shopping. Ask where they should sit in the grocery cart and why. How do they help with the shopping? Ask students to think of the many different foods in the grocery store. Draw a simple map of a grocery store on the chalkboard. Most stores feature produce, breads, meats and dairy products on the outer aisles. Note that these sections hold foods from all the major food groups.

2. Write these words on the chalkboard: *breads and cereals, fruits, vegetables, milk and cheese, meat*. Ask students what foods they would select in the grocery store. As students answer, print the food name under the appropriate food group.

3. Next, have the class discuss the term “hungry”. Ask how they feel as the days goes on when they have not had breakfast. Were they sleepy and tired? Did their stomach ache? What must they do to feel well each day? Through class discussion and examples, help students to make the association between eating a variety of foods and health, growth and energy. Tell students that a big word for eating food is **nutrition**.

**OBJECTIVE**

The student will:

-recognize that there is a variety of foods.

-divide foods into distinct groups.

-make an association between the foods they eat and the way they feel.

-select a nutritious meal from favorite foods.

**CONCEPTUAL AREA**

Agriculture base – people use plants and animals in a wide variety of ways to obtain food, fiber, shelter and other products.

4. Distribute the “Plan A Meal Fun” worksheet. Have students think of their favorite foods and then draw and color their meal choice. Allow students to share their meal selections with others in the class. If the meal selections are not particularly nutritious, guide students to make improvements by reminding them of the five food groups and that they need to eat foods from each group daily.

### **RESOURCES**

Background information for this lesson was adapted from “Nutrition Wellness for Children and Adolescents: Challenge for the 21<sup>st</sup> Century,” Richard E. Kreipe, MD, **Nutrition News**, Winter, 1990.

### **EVALUATION**

Students demonstrate understanding of the concept of food groups and their link to wellness and growth by selecting a variety of foods for their favorite meal on the student worksheet.



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**What are your favorite foods? On the plate, draw a picture of the foods you like best. What will you drink?**

