

# **KINDERGARTEN**

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## **NUTRITION**

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## NUTRITION

KINDERGARTEN

LESSON: 1

THEME: FOOD IDENTIFICATION

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CONCEPT: PEOPLE EAT FOOD TO HELP THEIR BODIES GROW HEALTHY AND STRONG

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- PREPARATION:
1. Props/pictures which illustrate food and non-food items
  2. Two large bags - one labelled Things We Can Eat, the other Things We Can't Eat
  3. Materials for a food collage (magazines, scissors, glue, etc.)
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VOCABULARY: food, eat, (names of various food items)

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OBJECTIVES	STUDENT ACTIVITIES	TEACHER NOTES
Students will be able to:  i) distinguish between a food and a non-food	Students:  1. Identify specific foods as things which we eat.	Background information: Page Prior to allowing students to eat food in class, teachers should check with parents to find out if any students have food allergies.  Display props/pictures such as: - apple                      - bread - carrot                      - rice - meat                        - eggs - bannock                    - fish - berries

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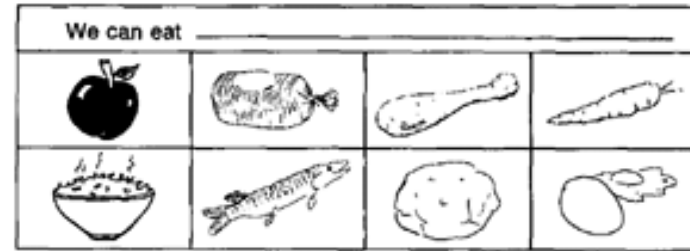
OBJECTIVES

STUDENT ACTIVITIES

TEACHER NOTES

2. Identify things which we cannot eat.

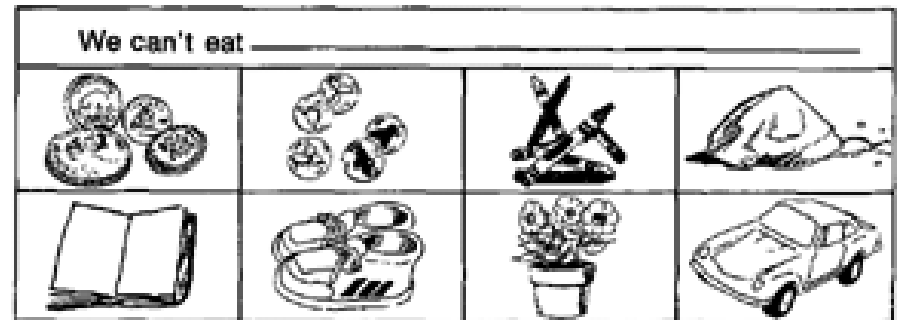
Have students identify what they would do with each. Record student responses using a picture book as illustrated.



Display props/pictures such as:

- coins
- books
- stones
- shoes
- marbles
- flowers
- crayons
- toys

Have students identify whether they can eat these. Record student responses using a picture bank as illustrated:



OBJECTIVES

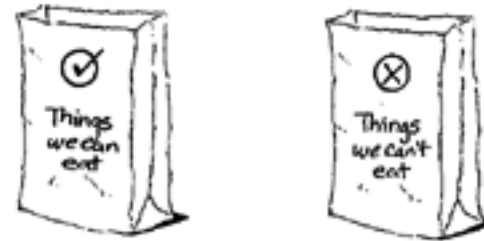
STUDENT ACTIVITIES

TEACHER NOTES

3. Sort items into things we can eat and things we can't eat.

4. Cut food pictures from magazines to make a collage.

Prepare two large bags as illustrated.



Have students select items from the props and put them in the correct bag.

Cut out four large letters which spell



Have students cut food pictures from magazines and stick them onto the letters. Be sure to include country foods. Display on the bulletin board or hang from the ceiling.

OBJECTIVES	STUDENT ACTIVITIES	TEACHER NOTES
	<p>5. Learn and say the "Food" cheer.</p>	<p>Lead student in a food cheer.</p> <p>Teacher: Give me an F  Students: F</p> <p>Teacher: Give me an O  Students: O</p> <p>Teacher: Give me an O  Students: O</p> <p>Teacher: Give me a D  Students: D</p> <p>Teacher: What have you got?  Students: FOOD</p> <p>Teacher: Louder  Students: FOOD</p> <p>Teacher: I can't hear you  Students: FOOD</p> <p>Four students can hold up the food letters made in Student Activity 4 during the cheer.</p>

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**NUTRITION**

KINDERGARTEN

LESSON: 2

THEME: FOOD IDENTIFICATION

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CONCEPT: PEOPLE EAT FOOD TO HELP THEIR BODIES GROW HEALTHY AND STRONG

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- PREPARATION:
1. Sentence strips for Student Activity 1
  2. Samples of different kinds of food
  3. Ingredients and equipment for fish soup. Bowls and spoons to eat the soup
  4. Prepare a class set of Fish Soup worksheets (Activity Sheet N1)
  5. Scissors, glue and drawing materials
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VOCABULARY: Names of various food samples.

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OBJECTIVES	STUDENT ACTIVITIES	TEACHER NOTES
Students will be able to:  i) name a variety of familiar foods	Students:  1. Name different kinds of food.	Background information: Page – Prior to allowing students to eat in class, teachers should check with parents to find out if any students have food allergies.  Show a variety of food samples likely to be familiar to students.

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## OBJECTIVES

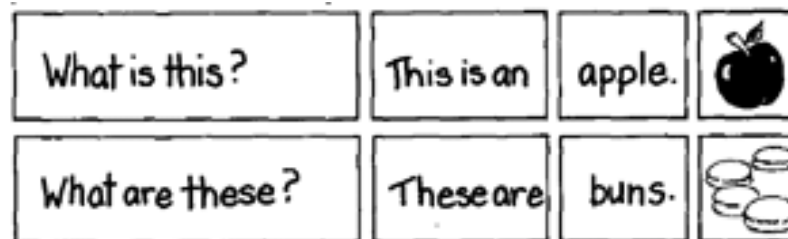
## STUDENT ACTIVITIES

## TEACHER NOTES

2. Make and eat fish soup.

3. Learn and say the "Fish In The Soup" chant.

Ask them to identify the foods. Record student responses using a pocket chart and sentence patterns as illustrated.



Refer to Activity Sheet N1. Use the following recipe to make fish soup.

Fish Soup

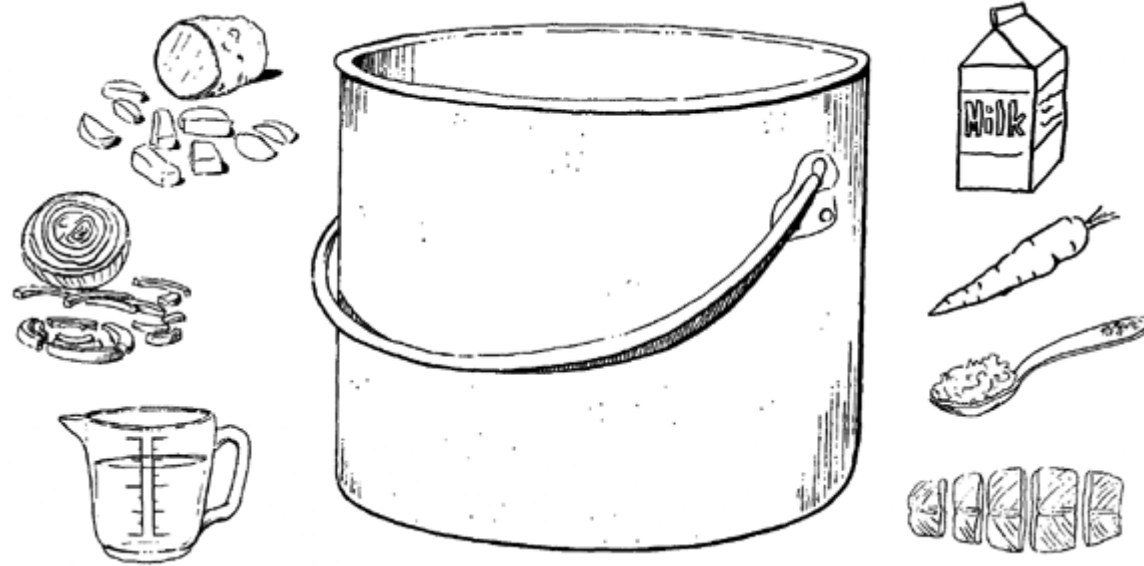
- 1) Cook 500 mL cubed potatoes  
1/2 onion, diced  
2 carrots, diced in 500 mL fish stock or water until nearly soft.
- 2) Add 450 g fish cut into small pieces, seasonings and parsley.
- 3) Cook until fish is soft.
- 4) Add 500 mL milk and a little butter.
- 5) DO NOT BOIL. Serve hot. The students can make the soup with the assistance of the teacher. As the soup is being prepared, students participate by completing Activity Sheet N1. Have students practise saying the sentence pattern.

We put \_\_\_\_\_ in the soup. (onions)

Refer to Activity Sheet N2.

OBJECTIVES	STUDENT ACTIVITIES	TEACHER NOTES
	<p>4. Name their favourite foods.</p> <p>5. Draw a picture of their favourite food.</p>	<p>Have students sit in a circle. The first student names a favourite food. "I like _____." Then the next person names a favourite food, and so on around the circle.</p> <p>Have each student draw a picture of his/her favourite food. Display the pictures around the room.</p>

# FISH SOUP



Cut out all the things you need to make Fish Soup. Cut out the soup pot. Stick the food on the soup pot as the soup is being made.

## FISH IN THE SOUP

1. Fish in the soup  
 Fish in the soup  
 Fish in the soup  
 Yum, yum, yum!



2. Carrots in the soup  
 Carrots in the soup  
 Carrots in the soup  
 Yum, yum, yum!



3. Potatoes in the soup  
 Potatoes in the soup  
 Potatoes in the soup  
 Yum, yum, yum!



4. Milk in the soup  
 Milk in the soup  
 Milk in the soup  
 Yum, yum, yum!



5. Onions in the soup  
 Onions in the soup  
 Onions in the soup  
 Yum, yum, yum!



6. Eat up the soup  
 Eat up the soup  
 Eat up the soup  
 Yum, yum, yum!



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# NUTRITION

KINDERGARTEN

LESSON: 3

THEME: FOOD APPRECIATION

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CONCEPT: FOOD HELPS OUR BODIES GROW HEALTHY AND STRONG

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- PREPARATION:
1. Ingredients for nutritious snacks
  2. Sentence strips and pictures for Student Activity 3
  3. Food or food pictures for "People Eat. . ." song (Activity Sheet N3).
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VOCABULARY: healthy

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OBJECTIVES	STUDENT ACTIVITIES	TEACHER NOTES
<p>Students will be able to:</p> <p>i) prepare a healthy snack</p>	<p>Students:</p> <p>1. Prepare a variety of healthy snacks.</p>	<p>Background information: Page</p> <p>The term 'healthy' is used here for younger students instead of 'nutritious'.</p> <p>Have students help prepare some healthy snacks. (Parents or older students may be asked to help too). Snacks may include:</p> <ul style="list-style-type: none"><li>-cheese</li><li>- cheese slices</li><li>- milk</li><li>- dried fruits</li><li>- apples</li><li>- carrots</li></ul>

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OBJECTIVES	STUDENT ACTIVITIES	TEACHER NOTES
<p>ii) demonstrate a willingness to taste healthy snacks</p> <p>iii) state reasons for eating</p>	<p>2. Sample the snacks.</p> <p>3. Tell why people need to eat food.</p> <p>4. Learn and sing the song "People eat..."</p>	<ul style="list-style-type: none"> <li>- muffins</li> <li>- oatmeal/porridge</li> <li>- peanut butter</li> <li>- bannock</li> </ul> <ul style="list-style-type: none"> <li>- fruit juice</li> <li>- seeds/nuts</li> <li>- dried/smoked meat and fish</li> <li>- crackers</li> <li>- berries</li> </ul> <p>Have students sample the snacks.</p> <p>Ask students why people eat food. Record student responses using a pocket chart and the sentence pattern as illustrated.</p> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; justify-content: space-around; border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 5px;">People eat</div> <div style="border: 1px solid black; padding: 5px;"></div> <div style="border: 1px solid black; padding: 5px;">to make them grow.</div> </div> <div style="display: flex; justify-content: space-around; border: 1px solid black; padding: 5px; margin-top: 10px;"> <div style="border: 1px solid black; padding: 5px;">People eat</div> <div style="border: 1px solid black; padding: 5px;"></div> <div style="border: 1px solid black; padding: 5px;">to make them grow.</div> </div> </div> <p>Refer to Activity Sheet N3</p>

## PEOPLE EAT



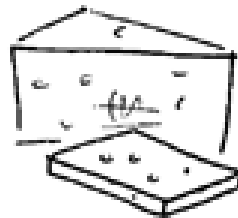
People eat apples to make them  
grow  
Make them grow, make them grow  
People eat apples to make them  
grow  
Make them grow healthy and strong.



(Tune: Here We Go Round the  
Mulberry Bush)



Helen Balanoff



Provide individual students with a variety of foods or food pictures. In turn, each student shows his/her food or picture. The class sings the song using the name of the food or picture being shown.

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**NUTRITION**

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LESSON: 4

THEME: FOOD APPRECIATION

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CONCEPT: A WILLINGNESS TO TASTE FAMILIAR AND UNFAMILIAR FOODS PROMOTES FOOD APPRECIATION

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- PREPARATION:
1. Samples of a variety of unfamiliar foods
  2. Picture cards of each food
  3. Sentence strips for Student Activity 2
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VOCABULARY: names of unfamiliar foods

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OBJECTIVES	STUDENT ACTIVITIES	TEACHER NOTES
Students will be able to:  i) demonstrate a willingness to taste familiar and unfamiliar foods	Students:  1. Participate in a tasting party.	Background information: Page -  Prepare samples of a variety of familiar and unfamiliar foods. Have a food picture card for each item. Unfamiliar samples may include: - prunes                      -avocado                      - dried or smoked meat or fish - yogurt                        - lime                            - liver -cheese                        - kiwi  Let students select and taste foods.

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OBJECTIVES	STUDENT ACTIVITIES	TEACHER NOTES
	<p>4. Learn and sing the song "Try New Foods".</p>	<p>Try New Foods (Tune: This Old Man)</p> <p>Try new foods You will find That the taste is very fine. Mary liked the kiwi. Jack did too. New food's fun And good for you!</p> <p><i>Barbara Hall</i></p> <p>Use real names and foods from Student Activities 2 and 3.</p>