

Child's Growth and Learning

Domain: Health and Physical Development

Key Element: Nutrition

ACTIVITY	OBJECTIVES	MATERIALS
Food Mural Food Scavenger Hunt	Student will demonstrate knowledge that some foods are healthier than others.	Food related magazines Scissors Glue Stick 2 sheets of tag board for large poster paper Bags with handles for each 3 student groups Individual graphic sheets of scavenger hunt descriptions for each student Food items to support scavenger hunt Nutritional snack for group

Lesson Plan

Teacher will supply a variety of magazines with food pictures as well as colored ads for groceries. Students will cut foods that are healthy from the magazines. Students will glue the picture on the correct large display sheet hung on a wall of the classroom. Two sheets will hang next to each other: Food that is Healthy and Food that is Not Healthy. Students can perform this activity during center time or during a small group time. As a large group, students will observe the on-going mural and talk about health and nutrition.

With parent volunteers, teacher will provide food objects to be collected during the scavenger hunt. In the gym, volunteers will be equipped with food items. In groups of three, students will have to approach the adult table and request items on the scavenger hunt list. Students will be given a sack with a handle to collect items. All students will enjoy a group healthy snack after the hunt. As a group during snack, students will share their scavenger items and visit about their experience.

Guidance/Facilitation/Teacher Behaviors

Teacher will introduce the concept of healthy food and let students practice developing an awareness of healthy and unhealthy foods through an activity with pictures and categorizing before performing the scavenger hunt. Teacher will prepare a visual scavenger hunt list and gather food objects. Teacher will enlist parent volunteers to participate. Teacher will provide guidance and assistance during the hunt.

Procedure/Process/Expected Child Behaviors

Students will generate conversations during center time about pictures of food and whether they are healthy or not. Students will practice scissor skills and categorizing through deduction. Students will participate in a problem solving, physical activity, working with other students to identify healthy and unhealthy foods.

Extensions

After sharing scavenger items, students could categorize the food items into further categories.

Evaluation

Students will demonstrate increased knowledge about healthy foods and good decision making for a healthy body and mind.

Scavenger Hunt

- Vegetable
- Piece of Fruit
- Healthy Drink
- Healthy Grain
- Dairy Food
- Healthy Snack

- Unhealthy Sugar Food
- Unhealthy Drink
- Unhealthy Fast Food
- Unhealthy Snack
- Unhealthy Greasy Food