

**Project FOCUS
Best Lessons
KINDERGARTEN**

Title of Lesson: Nutrition

Theme: Life Science

Unit Number: **Unit Title:**

Performance Standard(s) Covered (enter codes):

SKCS1

Enduring Standards (objectives of activity):

Habits of Mind

- Asks questions
- Uses numbers to quantify
- Works in a group
- Uses tools to measure and view
- Looks at how parts of things are needed
- Describes and compares using physical attributes
- Observes using senses
- Draws and describes observations

Content (key terms and topics covered):

Nutrition, foods, human body

Learning Activity (Description in Steps)

Abstract (limit 100 characters): To teach students a balance of the food groups in relevance to everyday foods.

Details: The class began on the floor as a group. I pinned the food guide pyramid poster on the board and explained the sections and proportions to the students. We talked about how the sections at the bottom (grains, vegetables, fruits) are the largest, so the most food should be eaten from those areas. Then we moved up to the smaller sections (dairy, meat/nuts, sweets). I then allowed quiet students to come up and choose a magazine cutout and decide where it should go on the pyramid. The students then moved to their table, with my directions, and began to place the foods on the worksheet (using it as a placemat). They asked many questions such as "Is this right?" or "Where does this go?" but I allowed the students to figure it out. After I checked everyone's, they were allowed to eat the food and color the pyramid. At the very end, I brought the group back to the floor to review and talk about healthy snacks after school.

Materials Needed (Type and Quantity):

Food guide pyramid drawn on poster board

Magazine cutouts of food (all food groups)

Glue

Food guide pyramid worksheet

Crayons

Pre-prepared baggies with food from food groups (small enough to fit in spaces on worksheet). I used:

Cracker (grains)

Carrot stick (vegetable)

Grape (fruit)

Cheese cube (dairy)

Peanuts (meat and nuts)

Cookie (sweets)

Notes and Tips (suggested changes, alternative methods, cautions):

Check for any peanut allergies! Also for any other allergies.

Sources/References:

1) Food pyramid worksheet from USDA website for kids

2)

3)