

Make a Healthy Menu

Explore a variety of healthy foods to make a menu.

Big Idea

Choosing healthy foods everyday help you live a healthy lifestyle.

Standards

<p>22.A.ECa Identify simple practices that promote healthy living and prevent illness</p>	<p>During this activity children will be learning the difference between 'anytime' foods and 'sometimes' foods along with different food groups to promote physical health awareness.</p>
<p>22.A.ECb Demonstrate personal care and hygiene skills, with adult reminders.</p>	<p>Children will wash their hands before touching the food in this activity.</p>
<p>23.B.ECa Identify examples of healthy habits</p>	<p>Children will be learning about healthy habits like healthy food and washing hands through practice in this activity.</p>
<p>23.B.ECb Identify healthy and nonhealthy foods and explain the effect of these foods on the body</p>	<p>Children will identify pictures of healthy and nonhealthy foods while making their plate.</p>

Materials

- Go, Go, Grapes! A Fruit Chant by April Sayre
- Magazine pictures or other pictures of food from the five food groups: (grains, vegetables, fruits, dairy, protein)
- Construction paper
- Glue
- Markers
- Crayons
- Scissors

Setup

Prior to doing this activity, read *Go, Go, Grapes! A Fruit Chant* by April Sayre or go to our Home Zone page to watch one of our educators read aloud. Prepare all materials for the activity for one station, and make sure there is a sink nearby for children to wash their hands.

Directions

1. Read the book, *Go, Go, Grapes! A Fruit Chant*, and discuss.

2. Explain to the children they are each going to make a menu for a restaurant that serves only healthy meals and include “anytime” foods.
3. Before serving any food it’s important to wash hands, so make sure to walk children through washing hands before eating and touching food.
4. Remind them they have to include food from each of the five food groups.
5. Children can choose pictures and arrange them either as meals, foods representing the five food groups, or other ideas they might have.
6. As children are picking out different foods, talk to them about healthy foods versus nonhealthy foods.
7. Have children name their restaurant, add the name to their menu and suggest they add an illustration to their menu.

Investigation Questions:

- What are the five main food groups? (Vegetables, fruit, grains, dairy, and protein.)
- What is the sixth food group? (The fats food group.)
- Which food groups are “anytime” foods? (Vegetables, fruits, dairy, and protein.)
- Which food groups are “sometimes” foods? (The fats food group.)
- What are some of your favorite fruits to eat?
- What are some of your favorite vegetables to eat?
- How can we make a healthy meal using real foods?