

Super K Buffet: Lesson for Kindergarten

Purpose

To help students develop an understanding of healthy food choices they can make each day

Desired Outcomes

The learner will read or begin to read.

The learner will use new vocabulary in speech and writing.

The learner will compare attributes of objects using appropriate vocabulary.

The learner will place foods in appropriate group of the MyPlate.

The learner will make healthful food choices.

The learner will apply knowledge and behavior self-management skills to areas of nutrition and physical activity for healthy growth, development, and maintenance.

The learner will exhibit a physically active lifestyle.

Vocabulary

beans	fruits	grains	meat	milk	nutrition
oil	pyramid	rainbow	vegetables		

Materials Provided

- Manipulatives located in "Main Course" lesson
- "Nutritious Choices"
- "Run the Rainbow Challenge: Rainbows Afoot!"

Materials Needed

- White paper or foam plates
- Crayons or markers
- Pictures of various food items

Instructional Procedures

Preparation:

- Make necessary preparations as outlined in "Main Course" lesson.
- Gather photos and/or graphic representations of foods from each food group. Food labels brought in by students will work well.
- Have paper plates and crayons/markers ready for distribution.
- Prepare MyPlate and MyPyramid for display in the classroom.