



LESSON PLAN

INTRODUCTION

Every Bite Counts

This unit is all about food — the fuel your body needs to grow and be active. Different types of food help your body in different ways. That's why it's important to eat a variety of different foods from the five food groups. This unit is designed to introduce this concept to young children in gentle and creative ways.

It's important to remember that every child develops eating habits at a different pace. Preschool age children all develop at different rates and approach food in different ways. Allow children to choose from a variety of nutritious foods where possible. Encourage them to try new foods, but don't force them. Preschool-age children often try a food many times before they decide whether they like or don't like it.

For variety or if any of your students are allergic to peanuts or tree nuts, consider using soy nut butter or sunflower butter as an alternative to peanut butter.

Some foods may present a choking hazard for children if they are not cooked or cut up correctly. Cut raw vegetables into small pieces and cut round fruits (grapes, cherry tomatoes, etc.) in half. Spread peanut butter thinly.

Every Move Counts

The second unit, Every Move Counts, focuses on fitness and play. Healthy eating and physical activity go together like two peas in a pod! Encourage your students to do both daily to stay healthy and strong. Here's an example of the type of teacher "talking points" you'll find in the lessons:

"You don't have to like all the foods in all the different food groups. But it's good to eat something from each of the food groups every day. That's the best way to get all the healthy food and beverages we need to help us grow and be strong."

"What's the other thing our bodies need each day to keep us healthy and strong?"

Answer: We need to play! Every day, we need to run around, exercise, dance, play ball, play on a playground, do whatever kind of activities you like. Our bodies need nutritious food and physical activity every day to grow and be healthy."