

Nutrition Ed Food Smarts - PRE K

Kindly review the following links prior to teaching a PRE K class in order to understand how to teach small children in a way to ensure they are able to digest and grasp what you are sharing.

For those new to Pre K classroom: [link](#)
Inclusive learning environment: [link](#)



LESSON 1: SETTING THE STAGE FOR HEALTHY HABITS (45-60 MINUTES)

Focus of this lesson is the students learning about how to maintain a healthy body by doing certain activities (eating healthy, being active every day, drinking water, getting enough sleep, washing hands after different activities). Students will also learn different ways to be active and about the 5 MyPlate food groups.

Objectives:

1. Children will be able to name 1 example of what it means to be healthy
2. Children will be able to name 2 things they can do to be healthy (eat fruits or vegetables, get enough sleep, be active, drink water etc)
3. Children will be able to name at least 2 MyPlate food groups
4. Children will be able to name 1 example of when they should wash their hands

Introduction (10-15 mins)

Introduce yourselves to the children and tell them you will be coming for on XX day each week to share things with them to help them keep their bodies feeling good, try healthy snacks, and show them ways to keep your body moving every day. Ask what does it mean to be "healthy"? Let children give their reply. Healthy are the good things we do to keep our bodies strong. Ask- what are things you do every day to keep your body strong? Here are things we can do everyday:

- Eat healthy food- lets pretend like we are eating your favorite food
- Drink water - lets pretend we are drinking water
- Sleep - lets pretend we are sleeping
- Another things we can do everyday is exercise

Warm Up

- Start by telling the children that we will be playing a game and moving our healthy bodies.
- Pick a game from CATCH or an activity that allows the class to engage their full bodies

Wow that was so fun!

- Now lets look at this poster that shows healthy foods and exercises.
- Introduce MyPlate by holding up the poster and have them repeat "MyPlate".
- Explain that MyPlate reminds us that in order to stay healthy we need to eat foods from all the food groups. Using a call and response method, name each food group and have students repeat. Ask kids to name some of the foods that they see that they like and what group it is in.
- Ask the kids to name some of the exercises they see in the picture. Be sure to offer them assistance and support.

MATERIALS NEEDED

- MyPlate poster (kids version) - one for each kid
- [Two Bite Club story slide](#)
- [MyPlate coloring sheets](#)
- Crayons (red, green, orange, purple, blue)
- Paper plates
- Napkins
- Disposable knives
- Food from each food group (start with easy foods like cucumber, mango, baby carrots, apple, cheese slice, cereal/crackers etc)
- Sanitation kit (disinfecting wipes, disposable gloves, paper towels, first aid, hand sanitizer)

Optional

- Catch activity cards
- [Food group sorting handouts](#)
- Glue, scissors, various colored crayons if do sorting lesson
- [MyPlate Placement activity](#)

Nutrition Ed Food Smarts - PRE K



General Tips for working with Pre K students

- **Lead with don't yuck my yum - encourage students to try something new and to not "yuck" something someone might find to be "yummy"**



LESSON 1: SETTING THE STAGE FOR HEALTHY HABITS (60 MINUTES) CONTINUED

Activity (10 -15 mins)

Option 1

- Read the two bite club to the class to help them better understand MyPlate
- Hand out the MyPlate coloring sheet after the book. Review each group and have the class color the groups in based on what the MyPlate shows. Ask the class to name their favorite foods and help them identify where to place them on the MyPlate.

Option 2:

- Instead of reading, have the class do the Food group sorting handout
- Be sure to have scissors, crayons, glue sticks

Taste test (10 -15 mins)

- We are going to get to try some foods from the different food groups. Who knows what is the first thing we should do before we touch our food? Wash our hands
- Why do we wash our hands? Because our hands get dirty and get things on them that can make us sick if we put it in our mouth. We should wash our hands before and after we eat, and after we use the bathroom. Ask the class again - when should we wash our hands? (review respond and give correct answer)
- Have kids go wash their hands
- Pass out an food item from each food group. Choose one item and have the class tell you the color, have them feels, and then how it taste. Sit and sample the tasting with the children. This is a great opportunity to lead by example and have further discussions about healthy habits.
- Have class give you a thumbs up if they will try it again or thumbs down if they will not

Review (5mins)

- Give each child a folder and let them know this is where they will keep all the things we work on and learn together in class. Have students name already written on each folder. Give them stickers to add to their folders.
- Reviewing the learning objectives and ask if 1 if they know what it means means to be healthy, name 2 things they can do to be healthy (eat fruits or vegetables, get enough sleep, be active, drink water etc), tell me the MyPlate food groups, when should they should wash their hands

Nutrition Ed Food Smarts - PRE K

General Tips for working with Pre K students



- Have students sit in a circle or in groups with primary lead, secondary, and teacher helping students with handouts and coloring pages



LESSON 2: BUILDING A WHOLESOME DIET (45- 60 MINUTES)

Focus of this lesson is the students learning the fundamentals of what types of foods make up a healthy diet. They will be re-introduced to MyPlate and will learn that eating a variety of foods from all of the the food groups and exercising every day will keep them healthy and strong!

Objectives:

1. Children will be able to recognize MyPlate
2. Children will identify that MyPlate reminds us how to eat so we can eat foods from each food group every day.
3. Children will learn how to make at least 1 food combination based on MyPlate.

Introduction (10 - 15 mins)

Introduce yourselves to the children and welcome them back to class. Ask them if they remember last week's lesson about the things they can do to keep their bodies healthy and strong (recap some of the things shared, i.e. getting enough sleep, exercising, drinking water, and eating healthy). Let do some exercise right now to help us get started!

Warm Up Options:

- Choose an activity from Catch
- Have students imitate jungle animals. For example – hop like a kangaroo, swim like a fish, growl like a bear

Do you remember what this plate is called? (hold up the MyPlate). MyPlate lets us know what foods we need to eat to help keep our bodies healthy and strong. "On the count of three, can you say MyPlate? 1, 2, 3..."

Who remembers the 5 food groups? Identify each food group by color and name. Have children repeat after you and name the foods in each group. Say, all of these colors are colors of the rainbow. Explain that it's important to eat foods from all five food groups every day- to help you remember think of the rainbow and that by eating foods from the rainbow will keep you healthy and strong!

Activity (10 - 15 mins)- Options (depending on time- you can do 1 - 2 activities)

- Katie's Lunch Plate - follow instructions on worksheet and support the children with its completion. Ensure each child has crayons.
- What do we need - follow instructions on worksheet and support the children with its completion. Ensure each child has crayons.
- MyPlate Placement - follow instructions on worksheet and support the children with its completion.
- Healthy Helpings MyPlate Game - follow instructions of game and play with students

MATERIALS NEEDED

- MyPlate
- Crayons
- Paper plates
- Napkins
- Disposable knives
- Food from each food group for taste test
- Foods for recipe (choose recipe featuring a variety of the food groups) & equipment needed for its preparation
- Sanitation kit (disinfecting wipes, disposable gloves, paper towels, first aid, hand sanitizer)

Optional

- Catch activity cards
- [Katie's Lunch Plate](#)
- [What do we need](#)
- [MyPlate Placement activity](#)
- Healthy Helpings MyPlate Game ([in office](#))

Nutrition Ed Food Smarts - PRE K

General Tips for working with Pre K students



- **Lead more with hands - on activities. Avoid/limit use of PowerPoints. Young students will need to be more hands on to keep their attention.**



LESSON 2: BUILDING A WHOLESOME DIET (CONTINUED)

Taste test & recipe (10 -15 mins)

- We are going to get to try some foods from the different food groups. Who knows what is the first thing we should do before we touch our food? Wash our hands (go over basics of hand washing)
- Pass out an food item from each food group. Choose one item and have the class tell you the color, have them feels, and then how it taste. Sit and sample the tasting with the children. This is a great opportunity to lead by example and have further discussions about healthy habits.
- Have class give you a thumbs up if they will try it again or thumbs down if they will not
- Proceed to follow instructions for recipe you've selected for the class

Review (5mins)

- Give each child their folder and have them add the handouts from today lesson in the folder. Remind them that the folders will be used to collect all of the activities and work they do in this class.
- Reviewing the learning objectives by asking the kids pop quiz questions to test their knowledge on MyPlate

Nutrition Ed Food Smarts - PRE K



LESSON 3: LEARNING ABOUT WHOLE FOODS (45- 60 MINUTES)

Focus of this lesson is the students learning that grains are parts of plants grown on a farm and that they give us energy. Children will also learn to relate the color orange in MyPlate with grains and that different grains have different looks, feels, and taste.

Objectives:

1. Children will recognize grains as a food group in MyPlate.
2. Children will recognize that grains are a good source of energy.
3. Children will be able to name two foods that are in the Grain Group.

Introduction (10 mins)

Greet the children and remind them that you are here to teach them about how to keep their bodies healthy and strong. Let them know you are going to start today's lesson by getting our bodies moving and active!

Warm Up Options:

- Choose an activity from Catch
- Simone Says
- Food scavenger hunt - pair each child in groups of 2, scatter faux food/felt food throughout the room and give them 30 seconds - 1 minute to try to find the foods

Review last week's lesson, display the MyPlate poster and name the food groups. Point out the orange section and explain that it represents the grain group and have them repeat the word "grain" after you.

- Tell the children that foods in the grain group give us energy to play and move our bodies.
- Hold up the grain group poster and discuss each of the grains shown. Some of these foods are whole grains and not whole grains. Lets explore that some more.
- You may have eaten grains this morning at breakfast. Do you remember what you ate for breakfast?" Wait for a response and then share what you had to eat for breakfast. Say, "Breads, rice, cereal, pasta, waffles, and pancakes can be whole grains. Whole grains have all (emphasize all) their vitamins. We know our bodies need foods that give us vitamins. When we eat whole grains we have energy to run, think, and play!"
- Say, "We are going to learn where whole grains come from." Show the children pictures of wheat, corn, and rice fields while saying, "Whole grains come from plants like wheat, corn, rice, and oats." Hold up a picture of the wheat field again and say, "This is where wheat comes from. Raise your hand if you have ever been to a farm or seen one on television or while riding in a car?" Allow enough time for the children to respond. Then hold up a box or package of a whole wheat grain food and say, "This food started here (pointing to the picture of the wheat field) before someone was able to buy or get it for you." You can do the same with the picture of the corn field and a box or package of food made from corn. If possible, show the children a real husk of corn to help the children make the connection between the food and the corn field.

MATERIALS NEEDED

- MyPlate
- Grain group poster (lets find a good picture to link here)
- [Grain group coloring page](#)
- CMATs grain group cards
- CMATs grain group sample grains (ensure have oats as part of sample)
- Pictures of wheat, corn, and rice fields (print the picture in color - pages 39, 41, 43 in the [link](#) attached)
- Picture of oat field ([link](#))
- Whole grain box of cereal
- Corn based bag or box of food
- Oat based bag or box of food
- Whole grains foods for tasting and recipe
- Paper plates
- Napkins
- Disposable knives
- Food from each food group for taste test
- Foods for recipe (choose recipe featuring a variety of the food groups) & equipment needed for its preparation
- Sanitation kit (disinfecting wipes, disposable gloves, paper towels, first aid, hand sanitizer)
- Optional
- Food models/felt food & bags for the warm up
- Whole corn husk

Nutrition Ed Food Smarts - PRE K



LESSON 3: LEARNING ABOUT WHOLE FOODS (45- 60 MINUTES)

Activity (15 mins)

- Grain tour - Show the children the individual grains bags. Have the kids go around and touch the different grains (make sure grains are in ziplock bag and that they touch it through the bag and not place their hands inside of the bags). "Each grain starts as a small seed that grows into a plant. Parts of the plant are picked and ground up into tiny pieces. Those tiny pieces can be used to cook all these foods in the grain group."
- To simplify, focus primarily on oats. Show the farm (oat field) to table picture (bag of oats), then ask what can be made with the oats (oatmeal, bread, cookies, etc.).
- Whole grain test - show them white bread and whole grain bread. Explain again that whole grains have all of their vitamins and grains that are not whole grains do not. Put one slice each into individual bowls of water. Then take them out at the same time. Have the kids tell you which bread did not break apart. Explain to them that the whole grain bread - did not break apart because it's has all of its vitamins. The white bread does not have all of its vitamins which is why it broke apart. That's why when we eat whole grain foods, it helps us feel more full longer.

Taste test & recipe (10 -15 mins)

We are going to get to try some foods from the grain food groups. Who knows what is the first thing we should do before we touch our food? Wash our hands (go over basics of hand washing)

- Pass out an food item from grain food group. Choose one item and have the class tell you the color, have them feels, and then how it taste. Sit and sample the tasting with the children. This is a great opportunity to lead by example and have further discussions about healthy habits.
- Have class give you a thumbs up if they will try it again or thumbs down if they will not
- Proceed to follow instructions for recipe you've selected for the class

Review (5mins)

- Show the children the grains coloring page for them to complete on their own time
- Give each child their folder and have them add the handouts from today lesson in the folder. Remind them that the folders will be used to collect all of the activities and work they do in this class.
- Reviewing the learning objectives by asking the kids pop quiz questions to test their knowledge on grains.

Nutrition Ed Food Smarts - PRE K



LESSON 4: DAIRY & WATER (45- 60 MINUTES)

In this lesson, children learn to associate drinking milk and eating dairy foods with building strong bones and teeth. They also learn to associate the color blue and letter “D” with dairy.

Objectives:

1. Children will recognize dairy as a food group on MyPlate.
2. Children will be able to identify two foods that are in the dairy group.
3. Children will recognize that drinking milk and water is good for the body.

Introduction (10 mins)

Greet the children and remind them that you are here to teach them about how to keep their bodies healthy and strong. Let them know you are going to start today’s lesson by getting our bodies moving and active!

Warm Up Options:

- Choose an activity from Catch
- Duck duck goose
- Dance fitness

Review last week’s lesson, display the MyPlate poster and name the food groups. Point out the blue section and explain that it represents the dairy group (dairy begins with “D”, have them repeat after you).

- Hold different pictures of dairy foods and ask the children if they have tried any of these foods. Have them tell you if they had any dairy foods today and what it was.
- Ask the children if they know where milk comes from, then explain that milk sometimes comes from cows and that we make other dairy foods with milk. Show them the picture of the cow being milked.
- Explain that it’s important to drink milk and eat foods in the dairy group to grow strong bones and healthy teeth. Talk about the number of bones in the body (206) while having the children feel their own – skull, spine, ribs, arm and leg bones, pelvis, hand and foot bones, teeth, etc.
- Sometimes people cannot drink milk because it gives them an upset tummy, so there are other types of milks they might drink or eat. Show pictures of different nut milks (soy, almond, coconut)

Activity (15 mins)

- Drinking milk is good for the body but can someone else tell me what is another drink that is good for the body? I will give you a clue- its not on the MyPlate
- Introduce to children that water is not on the MyPlate but is very good for the body. Share that today’s lesson is about dairy and water is NOT a dairy food but its a drink like milk that is very good for you.
- Read the book Potter the Otter a Tale About Water or have the book play. Reinforce the messages from the book - drink water for thirsty, water is best, water is healthy. Give children a cup of water to try.

MATERIALS NEEDED

- MyPlate
- CMATs dairy group cards as well as picture of non-dairy nut milks
- Picture of Cow [Link](#) for kids to have
- [Potter the Otter Tale About Water Book](#)
- [Potter the Otter Tale About Water Read Aloud \(Use only 0:44 - 3:21\)](#)
- Dairy foods for tasting and recipe
- Small cups
- Water
- Paper plates
- Napkins
- Disposable knives
- Sanitation kit (disinfecting wipes, disposable gloves, paper towels, first aid, hand sanitizer)

Nutrition Ed Food Smarts - PRE K



LESSON 4: DAIRY (45- 60 MINUTES)

Taste test & recipe (10 -15 mins)

We are going to get to try some foods from the dairy food group. Who knows what is the first thing we should do before we touch our food? Wash our hands (go over basics of hand washing)

- Pass out an food item from dairy food group. Choose one item and have the class tell you the color, have them feels, and then how it taste. Sit and sample the tasting with the children. This is a great opportunity to lead by example and have further discussions about healthy habits. Do that with several other items. Ideas: yogurt, string cheese, cottage cheese
- Have class give you a thumbs up if they will try it again or thumbs down if they will not
- Proceed to follow instructions for recipe you've selected for the class (preferably a smoothie recipe)

Review (5mins)

- Give each child their folder and have them add the handouts from today lesson in the folder. Remind them that the folders will be used to collect all of the activities and work they do in this class.
- Reviewing the learning objectives by asking the kids pop quiz questions to test their knowledge on dairy. Talk to the kids about the importance of drinking water.

Nutrition Ed Food Smarts - PRE K



LESSON 5: (45- 60 MINUTES)

In this lesson, children will learn about the last food group on MyPlate - the protein group. Children will learn how to power up with protein and associate the color purple in the MyPlate for protein.

Objectives:

1. Children will recognize protein as a food group in MyPlate.
2. Children will be able to identify two foods protein foods.

Introduction (10 mins)

Greet the children and remind them that you are here to teach them about how to keep their bodies healthy and strong. Let them know you are going to start today's lesson by getting our bodies moving and active!

Warm Up Options:

- Choose an activity from Catch
- Activity that will allow children to work out their muscles

Ask them if they remember the last lesson on dairy.

- Ask 1-3 students to share a food they remember was in the dairy group.
- Hold up the MyPlate poster and review it, making sure to name the different food groups and have the children give examples of foods in each group.
- Point out that all the sections of MyPlate have a food character doing a different exercise. Tell the students that in order to do these fun exercises they need to eat protein to make their muscles strong.
- Then point out the purple section and explain that it represents the protein group (begins with 'P', have them repeat the word "protein" after you).
- Hold up the protein poster or the CMATS protein food cards showing different types of foods rich in protein and have them name each one.
- Tell the children that protein helps us build strong muscles so that we can exercise, play, and grow big and strong. Have the children show you their strong muscles!

Activity (10 mins)

- Protein Museum - using the protein food bag, show different models of protein foods. Have the kids touch and share if they have ever tried the food.

MATERIALS NEEDED

- MyPlate
- Kids MyPlate poster
- Protein food poster or CMAT protein food cards
- Paper plates
- Napkins
- Disposable knives
- Protein food bag
- Recipe
- Different protein food options
- Sanitation kit (disinfecting wipes, disposable gloves, paper towels, first aid, hand sanitizer)

Nutrition Ed Food Smarts - PRE K



LESSON 5: (45- 60 MINUTES)

Taste test & recipe (10 -15 mins)

We are going to get to try some foods from the protein food group. Who knows what is the first thing we should do before we touch our food? Wash our hands (go over basics of hand washing)

- Pass out an food item from protein food group. Choose one item and have the class tell you the color, have them feels, and then how it taste. Sit and sample the tasting with the children. This is a great opportunity to lead by example and have further discussions about healthy habits. Do that with several other items. Ideas: chickpea (dehydrated or canned), cold cut (cooked turkey slice), etc
- Have class give you a thumbs up if they will try it again or thumbs down if they will not
- Proceed to follow instructions for recipe you've selected for the class

Review (5 mins)

- Give each child their folder and have them add the handouts from today lesson in the folder. Remind them that the folders will be used to collect all of the activities and work they do in this class.
- Reviewing the learning objectives by asking the kids pop quiz questions to test their knowledge on MyPlate

Nutrition Ed Food Smarts - PRE K



LESSON 6: (45- 60 MINUTES)

Help children remember what they learned about MyPlate, healthy habits, and food groups — and celebrate their progress.

Objectives:

1. Remember the 5 MyPlate food groups
2. Name 1–2 foods in each food group
3. Name 2 healthy habits (e.g., washing hands, drinking water)
4. Celebrate learning to keep their bodies strong and healthy

Introduction (10 mins)

Greet the children and remind them that you are here to teach them about how to keep their bodies healthy and strong. Also let them know that today is your last class together. Let them know you are going to start today's lesson by getting our bodies moving and active!

Warm Up Options:

- Choose an activity from Catch
- Freeze dance

MyPlate Recap: Breakfast Time!

- Using the Breakfast Time! handout from Discover MyPlate, have the students pick out the foods they want to add to their breakfast plate.
- This handout shows 3 different options for each food group and students will have the option to pick whichever they prefer

Activity (10 mins): What's In my Basket?

- Gather the children in a circle
- Say: "I brought my basket today, and inside it are lots of yummy foods. Let's see what's inside and where each food belongs on MyPlate!"
- Pull out one food at a time and ask:
 - "What is this food?"
 - "Have you tried it before?"
 - "Where should we put it on MyPlate?"
- Have a child place it on the mat/poster in the correct section (fruits, vegetables, grains, protein, dairy).
- Repeat for each food.

MATERIALS NEEDED

- MyPlate
 - Kids MyPlate poster
 - Certificates for each participant
 - Paper plates
 - Napkins
 - Disposable knives
 - Protein food bag
 - Recipe
 - Different protein food options
 - Sanitation kit (disinfecting wipes, disposable gloves, paper towels, first aid, hand sanitizer)
 - Breakfast Time! Handout
- What's In My Basket:
- Blank MyPlate poster
 - Pictures of foods from different MyPlate categories
 - Basket

Nutrition Ed Food Smarts - PRE K



LESSON 6: (45- 60 MINUTES)

Taste test & recipe (10 -15 mins)

We are going to get to try some foods from the protein food group. Who knows what is the first thing we should do before we touch our food? Wash our hands (go over basics of hand washing)

- Pass out an food item from each food group. Choose one item and have the class tell you the color, have them feels, and then how it taste. Sit and sample the tasting with the children. This is a great opportunity to lead by example and have further discussions about healthy habits. Do that with several other items. Bring in different foods from the previous lessons or if there was a food that kids previously didn't like have them try it again to see if they like it now. Explain to the kids that sometimes you have to try a food more than once to tell if you really like it or not.
- Have class give you a thumbs up if they will try it again or thumbs down if they will not
- Proceed to follow instructions for recipe you've selected for the class

Review (10 mins)

- Reviewing the learning objectives by asking the kids pop quiz questions to test their knowledge about the different food groups.
- Give each child their folder and have them add the handouts from today lesson in the folder. Remind them that their folders have the different lessons they learned about in our weeks together.
- Let the kids know that today is the last day of class and that you've enjoyed teaching them about how to keep their bodies healthy and strong. Tell them that they are all getting a certificate to show that they know how to keep their bodies healthy. Show them the certificate. Then give each child their certificate and congratulate them. Have them put their certificates in their folder.
- If have time play music and have the children have a dance break to end the class session.