

Healthy Foods Collage



Activity: Children will make a collage of healthy foods using pictures from magazines, grocery store ads and brochures.

Objective

The children will identify and name some healthy foods.

I. Physical Development

I.A.d.1.b. Recognizes nutritious good choices and healthy eating habits

http://www.floel.org/standardsresource/standards.html#d=I&a=four_year_olds

Lesson

1. Introduce the lesson by reading the book *Good Enough to Eat: A Kid's Guide to Food and Nutrition* by Lizzy Rockwell or *Eat Healthy, Feel Great* by William Sears.
2. Talk to children about the healthy foods mentioned in the book. Ask them why we should eat healthy foods.
3. Provide each child with glue, scissors, and a piece of construction paper.
4. Allow the children to look through the brochures, magazines, and grocery store ads for pictures of healthy foods.
5. The children should identify each picture as a healthy food before they cut it out. Then they may glue the pictures onto their piece of construction paper.
6. When the children are finished gluing their pictures on the construction paper ask them one at a time to name and to point to the picture of each food item on their paper.
7. Assist the children as needed with naming each picture.
8. Write the name of each food selected below the picture.
9. Hang the collages up around the room.

Materials Needed

Construction paper
Pictures of healthy foods (e.g., magazines, grocery store ads)
Scissors, glue
Books: *Good Enough to Eat: A Kid's Guide to food and Nutrition* by Lizzy Rockwell

Checking for Understanding

Children will demonstrate their understanding of the lesson by:

- identifying and naming some healthy foods as they cut them out and place them on their collage.
- sharing their collage with a friend and naming the healthy foods on it.

Scaffolding

- Assist children who experience difficulty cutting, as needed during the activity.
- Use verbal, visual and physical clues to help children know what to do.
- Provide an assortment of foods in dramatic play area for further comparisons.