



Title: Fun with Food Collage

Grades K-2

Objective: To make students aware of nutritious foods and the importance of healthy eating habits.

Content Standards: Nutrition and Physical Activity

1.0 Essential Concepts

- 1.1 Name a variety of healthy foods and explain why they are necessary for good health.**
- 1.2 Identify a variety of healthy snacks.**
- 1.3 Describe the benefits of being physically active.**
- 1.4 Recognize the importance of a healthy breakfast.**

2.0 Analyzing Influences

- 2.1 Recognize that not all products advertised or sold are good for them.**

7.0 Practicing Health Enhancing Behaviors

- 7.1 Select nutritious snacks.**
- 7.2 Plan a nutritious breakfast.**
- 7.3 Choose healthy foods in a variety of settings.**

Content Standards: English

1.0 Reading

- 1.3 Understand that printed material provides information.**
- 1.15 Read simple one-syllable and high-frequency words.**
- 1.17 Identify and sort common words into categories.**
- 1.18 Describe common objectives and events in both general and specific language.**

1.0 Written and Oral Language

- 1.1 Recognize and use complete, coherent sentences when speaking.**

1.0 Listening and Speaking

- 1.1 Understand and follow one- and two-step directions.**
- 1.2 Share information and ideas, speaking audibly in complete, coherent sentences.**



Materials: categories template, printables, old magazines, newspapers, glue, scissors, construction paper

Procedures

- 1. On the whiteboard, allow students to participate in sharing what they eat for breakfast before school. (H 1.1, L&S 1.2)**
- 2. Place these foods into categories on the board: (H 1.1, 1.2, 2.1 / R 1.17)**
Healthy Foods / Unhealthy Foods
- 3. Discuss why it is important to eat breakfast. (H 1.4, W&O 1.1)**
- 4. Put the children in groups of 3-4.**
- 5. Pass out the categories template (See Healthy Foods Collage Template) from this website.**
- 6. Give them materials to cut out. Printables from this website, magazines, newspapers, etc. (They may bring their own material from home if told the night before for homework.)**
- 7. Ask the students to cut out pictures of foods that they think are healthy and unhealthy. (H 1.1, 1.2, 7.1, 7.2 & R 1.3, 1.17, & L&S 1.1)**
- 8. Glue these into their proper categories.**
- 9. Share and present to the class. (W&O 1.1, L&S 1.2)**

Reflection/Closure: Ask the students present their projects, reiterate objectives and discuss.

Adaptations for Learning Disabled: Students work in groups for assistance, can choose a job to do. (Present, cut out, paste. etc.)



Extensions for Gifted: Students can write the names of the foods under the picture and/or draw pictures of their own foods.

Connections to Other Subjects: This lesson plan is a combined Health and English Plan as shown in the standards listed.

Modifications for Grade One: Use Template 1 & 2 aligned to grade 1 content standards:

- 1.3 Identify a variety of behaviors that promote healthy growth and development.
- 2.1 Explain why sleep and rest are important for proper growth and good health.

Modifications for Grade Two: Use Template 1 & 3 aligned to grade 2 content standards:

- 1.1 Classify various foods into appropriate food groups.
- 1.3 Discuss the benefits of eating a nutritious breakfast every day.
- 1.7 Identify a variety of healthy snacks.
- 5.1 Use a decision-making process to select healthy foods.