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Home → Activity → General Preschool Themes → Food and Nutrition Themes and Good NutritionAI Activities are important topics for young children. Use these ideas in March for National Nutrition Month or anytime you want to talk about healthy eating habits. Food and Nutrition Songs and Fingerplays Do You Eat (Song: Do You Sleep)Do you eat, do you eatHealthy food, healthy food? For your body to need them, for your body to need themEveryday, every day. Carrots, Peanuts, and Broccans (Songs: Twinkle, Twinkle Little Star)The vegetables are good for me. For my snack and in my lunch, Veggie's stick is fantastic for munch. Carrots, Nuts, and Broccerine. Vegetables are good for me. Happily We Eat Our Food (Song: Merrily We Roll Along)Glad we eat our food, eat our food, eat our food. Glad we eat our food. To grow large and strongHappily we drink our milk, drink our milk, drink our milk. Glad we drink our milk, To grow large and strong. Other verses:Glad we eat our fruits ... Glad we eat our vegetables ... Happily we eat our meat ... Happily we eat our nuts ... Happy we eat our bread ... Glad we eat our cereals.. Food and NutritionAI Paintings Cut fruit apples, oranges, blinds, etc. in half. Swim in paint fruit prints and 'stamps' on paper. Food CollageMake collage Good Snack/Bad Snacks choose from magazine photos. Food and Nutrition Math and Seed Science EstimateGuess how seeds can be in apples. Cut it open and calculate the number of real seeds. Kids GrafingAllow Fruit favorites to try a variety of different fruits. Their favorite graph. Guess FoodHave a mystery bag with fruit or vegetables in it. Describe food and have children trying to guess what's in the bag. Grow vegetable seeds! Food Movement and Nutrition Activities The RollHave Watermelon children work in groups 2 to move watermelon across a room. Let them try to just use one hand each, not two! Food CharadesTake turns out to be acting on cooking and eating different actions. Some examples include: eating soup, washing dishes, peeling bananas. Food and Nutrition Movement Of Food Snacks and Nutrition Books More Food and Nutrition Fall Resources is the perfect time for preschool nutrition themes. What about all the food-centered holidays filled with lots of sweet treats, it is an ideal time to teach our growing preschool about healthy eating options. Creating healthy eating habits at the beginning of childhood life is really important. Theme and nutrition in preschool is a good step in the right direction. In this unit, children can learn about different food groups. They are also able to make several choices about their food studies, just like the choices they get in real life. 10 Activities for Food and Nutrition Themes It's amazing that almost 25% of children aged 2-5 are obese or overweight! While teaching about food and in preschool, it is important not to refer to good or bad foods for you. We don't want children to feel bad for their choice. On the other hand, refer to them as healthy and unhealthy. Or my personal preferences - healthy foods and sometimes food. This teaches children that, while food may be unhealthy, it doesn't mean we can't indulge. (What? No cake at birthday party!??) I always tell my students it's okay sometimes to have something unhealthy, and just after asking for permission. Find awesome foods and nutritional activities can be printed here! Food and Nutrition Theme Books There are many great children's books that teach children about healthy eating. Here are some of our favorite food and nutrition themes books right for preschoolers. These books become part of our food and nutrition preschool themes because they are a great segue into so many of our activities. Reading books with children also encourages children to talk about healthy foods and choices, both of which are an important part of the learning process. Fruit and Vegetable Color Sorting these fruit and vegetable card prints from Montessori for Everyone and have your students sort them by color. I put a piece of foam on the floor in every color of fruit or vegetables (including white and tan). Then I handed the card one by one until all the pictures were sorted. This is a great introductory activity for students. as does not recognize all the fruits and vegetables described. Where we live, fruits such as fruits, polymas, and guava are difficult to find and are usually very expensive. So this activity lends itself to teaching students about the variety of fruits and vegetables they are not familiar with. After sorting, we use the same material to graph pictures by their color! The students found we tend to eat more food one color over others. Eating organizations Of Rainbow Colors The above kind takes us into discussion about how healthy fruits and vegetables make us. They make us strong, and fast, and smart . . . all things a little four-year-olds want to be. I invite students to arrange cards with colors to make rainbows. Once our rainbow was made, I shared it with students how we should eat colorful food. We should eat a variety of colors every day. We should eat rainbows. Ultimately, I invited students to choose some food from the rainbow to represent the food they might eat in one day. is for each student to have a variety of colors. The Food Group Type Book Of The above Activities naturally leads us to the next. This food group book makes it fun for preschoolers to figure out what they like to eat and how they are suitable for rainbow meals. Honestly, though, I don't spend much time discussing the nutrition of each food group. I spent more time on the students identify which foods suit each group. The instructions are very simple. Cut two construction paper sheets in half length. Fold in half and staple to make a booklet. Color the picture of the food and cut it apart. Glue into the booklet. Take your free copy by clicking the giant download button below the photo! Fruit and Vegetable Prints students explore some common fruits and vegetables by doing some prints. I started by showing the whole food and asking students to name them. Then, I carefully slice each one and the students think it's so cool to see the inside. We briefly discussed what we saw (but you can really expand it to a full-blown food science center). Then we got the right to work doing some prints. We use celery, apples, mushrooms, lions, and bell pepper. I like the canal because every ring is visible. The paintings With Celery Stalks This activity comes about unintentional. While cutting our celery stick for the above activities, one student realizes how the inner stick looks like a paint brush. So, we did the only thing that could be done. We use the inner celery stick as paintbrushes. It is an excellent part of exploring our food ingredients. See... paintbrushes, right? Healthy Vs. Unhealthy Food File Folder Games This can be printed is a favorite among my preschoolers. As a teacher, I like it because everything can be saved well in the file folder. Moreover, it really helps children learn the difference between healthy and unhealthy food choices. Students roll the chest and move their game piece of matching number. If players land on healthy food, they add counter to their grid. If a player lands on something unhealthy, they collect no counter and must wait until the next turn to try again. The game continued until the players filled their entire ten grids. Or, for a bigger challenge or for older preschoolers, I've also included a scorecard to twenty. You can grab your copy (and many other printable activities) here! Or here. Healthy Food Type Students Vs. Unhealthy use retail ads to equip healthy foods versus unhealthy foods. In fact, it is healthy compared to sometimes the type of food. I'm a little more lenient with my preschool than I usually is, though. For example, in our homes, fruit juices are sometimes food. I prefer my kids to eat real fruit, skin, rather than sweet juice. But, since most parents identify healthy fruit juices, that is how we categorize them in our type. Fruit and Vegetable Sticker Story Face Smile (Determined) I love a determined story for emerging writers. I've bought these fruit and vegetable adhesives just for this activity. Students choose three stickers to become characters of their stories. Later, they added details with markers and finally, respectively, respectively dictate their story to me while I write it. The example below is my son's story, which makes me laugh. The story tells about the tornado and some lightning. The greens get in the car and drive away from the stormy weather until they are all safe. Funny stories from kids are funny. Looking for More Food and Nutrition Theme Activities? These activities are just the beginning of a great unit, and one of my favorites to teach. (I know. I say that about everything preschool themes). For more interesting food and nutritional activities for preschoolers, see My Food and Nutrition Activity Packs can be printed! Looking for More Theme Activities and Teaching Plans? I love teaching by themes because I can teach inches wide and deep rock. See how I do my planning! I have an entire landing page dedicated to planning for preschool. You'll find a lot of other lesson planning resources there. Or, look at my's licensed lesson plan, available for purchase. (This is also available in my Teacher's Teacher's shop). I'm Sarah, an educator turned stay at home mama five! I was the owner and creator of Stay At Home Educator, a website about intense teaching and learning aimed at early childhood years. I've been teaching various levels, including preschool and college, and a little bit about everything in between. Now, my focus teaches my kids and runs preschool from my home. Qualifications include: Bachelor of Arts, Master of Curriculum and Instructions

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