

The Fun in Food

Objective: To have children learn about the various food groups and the nutritional value of food.

Materials:

- Empty food boxes
- Labels/pictures of different food for the food pyramid
- Magazines with pictures of food
- Papers naming the different food groups
- Large shopping bags
- Unsalted nuts, peanuts, cashews, or almonds
- Sunflower seeds
- Raisins
- Mini chocolate chips or M&Ms
- Mini pretzels
- Cheerios
- Whole wheat Chex cereal
- Granola

Food Pyramid: 10 minutes

Discuss with children the 5 basic food groups; grains, vegetables, fruits, milks, meat and beans. (Food Pyramid found below). Have children give examples of different types of food for each food group. Explain the different food groups and stress the nutritional value found within these groups.



Healthy Meal Activity: 25 minutes

Have children cut out images from magazines and put together a picture collage of what a healthy meal would look like. Children should be able to explain what makes their meal healthy to demonstrate an understanding of the food groups and nutrition found within food/what makes a meal healthy versus unhealthy.

Relay: 15 minutes

1. Mark pieces of paper with each food group name on it and put the group in a different place on the table
2. Ask children to split up into groups (numbers depend on amount of children and supplies available)
3. Put all of the food boxes into large shopping bags
4. Children do a relay - take the boxes out of the bag, run to the table and place them into the right food group
5. The first team to empty out their bag is the winner

Make a Nutritious Snack: 15 Minutes

Trail Mix (Multiply by 10 for approximately 20 people to enjoy one cup each)

In a bowl combine 1/4 cup the following items:

Unsalted nuts, peanuts, cashews, or almonds

Sunflower seeds

Raisins

Mini chocolate chips or M&Ms

Mini pretzels

Cheerios

Whole wheat Chex cereal

Granola

Store in an airtight container.