

Healthy Food e-Award *with Shelley*



1. Listen to a book about healthy foods. https://youtu.be/uV_6p2X6Fys

2. Say three things you learned about healthy foods:

- Fruits have lots of fiber in them which helps to keep our tummies healthy. Fruits also have vitamins, minerals and antioxidants which help to stop us from getting sick.
- Grains and cereals also have fiber and they give us lots of energy so we can run and play and so our brains can learn and think.
- Dairy gives us calcium to keep our teeth and bones strong.

Amanda said we needed to eat _ _ _ different coloured vegetables. (circle the correct answer)

1 2 3 4 5

and _ _ _ different coloured Fruits. (circle the correct answer)

1 2 3 4 5

What did Zara tell us we needed to eat everyday?

DRAW YOUR ANSWER
AND GLUE/INSERT IT HERE



3. Play a game about healthy foods.



Game ideas - See appendix 1 or

The veggie guessing bag

Place some vegetables (real or plastic) in a bag (e.g. pillow slip). Ask children to feel inside the bag and guess which vegetables are there.

Odd one out

Say a series of four words including three vegetables and one odd word, for example, "Carrot, potato, cat, onion". Ask children to identify the odd word.

Memory / matching game

You can print off cards here:

FRUIT: <https://tinyurl.com/cf4tm6sn>

VEGETABLES: <https://tinyurl.com/u83f2h7m>

GRAINS: <https://tinyurl.com/84wmpk8k>

PROTEIN: <https://tinyurl.com/4chn6nbz>

DAIRY: <https://tinyurl.com/4vtr5myf>

TAKE A PHOTO OF YOU
PLAYING THE GAME
AND GLUE/INSERT IT HERE

4. Make a healthy foods chart. (see appendix 2)

TAKE A PICTURE OF YOUR
HEALTHY FOOD CHART AND
GLUE/INSERT IT HERE



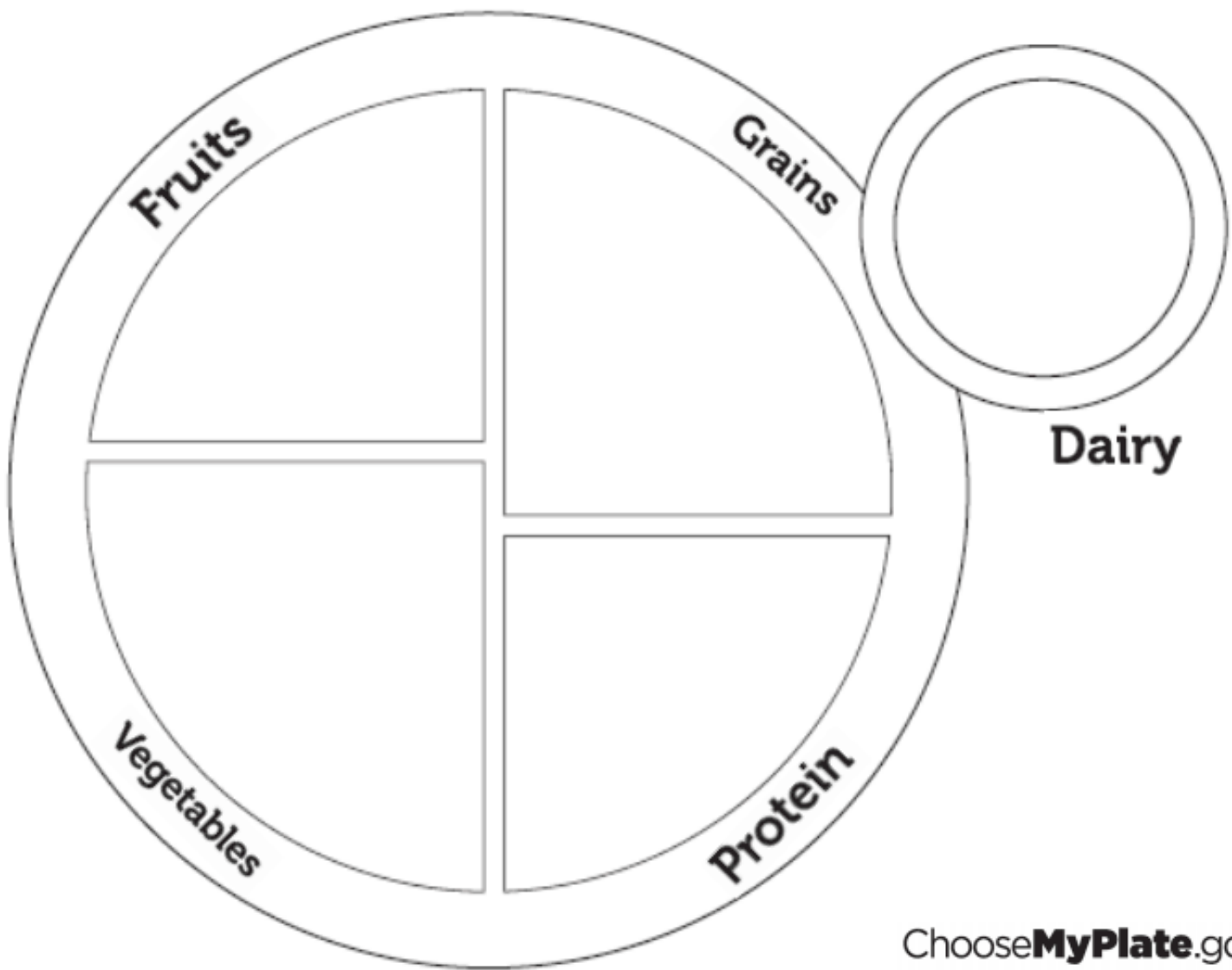
Find the Fruits and Veggies

Instructions: Find and color seven hidden fruits and vegetables in this scene.



Healthy food chart

Cut the pictures below and glue them in the correct places on the plate.



Choose **MyPlate**.gov



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