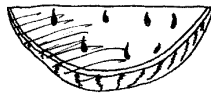




Cooking with Kids

Grades K-1

Exploring Healthy Foods



Exploración de alimentos saludables

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Original artwork by Stephanie Morris and Monica Welsh

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Grades K-1: Exploring Healthy Foods Lesson Plan

Introduction (5 minutes)

1. In *Cooking with Kids* classes we learn about nutrition through tasting different foods and learning how food grows. Today we are going to talk about healthy eating choices, make a still life drawing, and sample some fruits or vegetables.

Rainbow of Foods Nutrition Discussion (15 minutes)

2. Say to the class, "One way to be healthy is to eat a variety of foods. Let's make lists of foods that are different colors." Ask the students to name foods that are red. List the foods they name on large paper or on the board. Continue listing foods that are orange, then green. "You can see that nature gives us lots of colors and kinds of foods. You can choose to eat fresh, healthy foods that are many different colors." NOTE: When students offer foods colored like cheese puffs or fruit rollups, it is very important not to judge their offerings. Instead, ask, "What makes a fruit roll up blue/what makes a cheese puff orange?"

Learning about our Senses (10 minutes)

3. Say to the class, "In *Cooking with Kids* classes we use all of our senses." Show picture cards of hands, nose, eyes, ears, and mouth to help students identify the five senses. Our senses help us learn about the world. Read *My Five Senses* by Alikei Brandenburg.

Student Activities (25 minutes)

4. Pass out food journals. Help students write their name, grade, and teacher's name on the cover.
5. Direct students to the Still Life Drawing page. Arrange students in small groups. Put a simple arrangement of three fruits or vegetables in the center of each group. Simple arrangements of three round items arranged in a line are easiest for students to draw. Remind students not to touch the fruits or vegetables and to draw what they see. Play classical music while the students draw. If there is time, direct students to the other activity pages in the Exploring Healthy Foods unit.

Learning Objectives

- Introduce, explore, and reinforce healthy food choices.
- Identify and explore the five senses.

Drawing Suggestions

- Use crayons & colored pencils, not markers.

Enrichment Options

- Ask students to make drawings of fruits and vegetables they like to eat. Display the drawings.
- Create a fruits and vegetables bulletin board or display.

Intro Class Supplies

- Student food journals
- Large paper
- Colored markers
- Colored pencils and crayons
- Picture cards of the five senses
- *My Five Senses* by Alikei Brandenburg. Harper Collins Publishers, 1989.
- Fruits or vegetables for still life drawing activity for each group (three apples or tomatoes or pears)
- Classical music CD

-
6. Direct students to wash hands. Serve fresh fruit or vegetables but remember that tasting is always voluntary. Ask students to use their senses to explore the fruits or vegetables. Ask questions about size, shape, color, texture, and smell.

Clean Up (5 minutes)

7. Encourage students to clean up together. Take the food scraps to the compost area, if you have one. Share any remaining food with someone in your school or community.

**Fruit or Vegetables for
20 students**

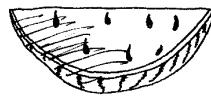
- Three pounds fresh, seasonal fruit or vegetables, washed—farmers' markets are a great resource
- Napkins



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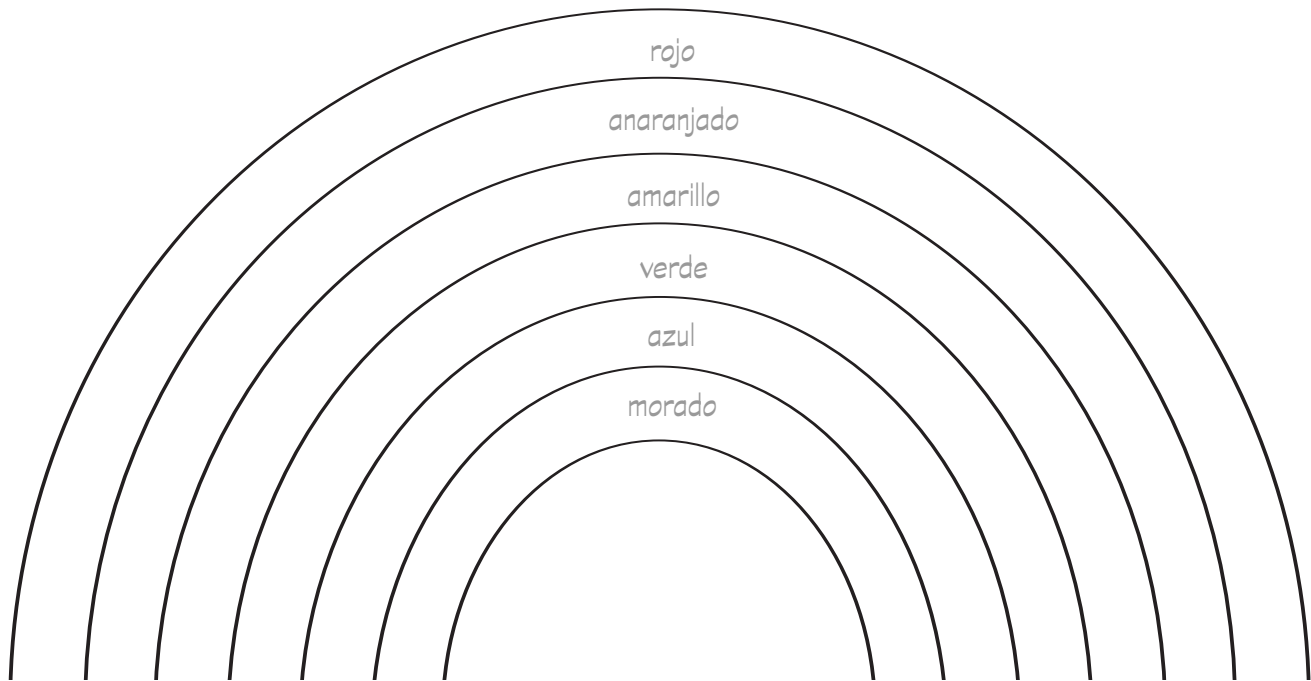
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Name/Nombre

Arco iris de alimentos

Las frutas y las verduras crecen en muchos colores. Una manera de ser saludable es comer las frutas y las verduras frescas cada día.

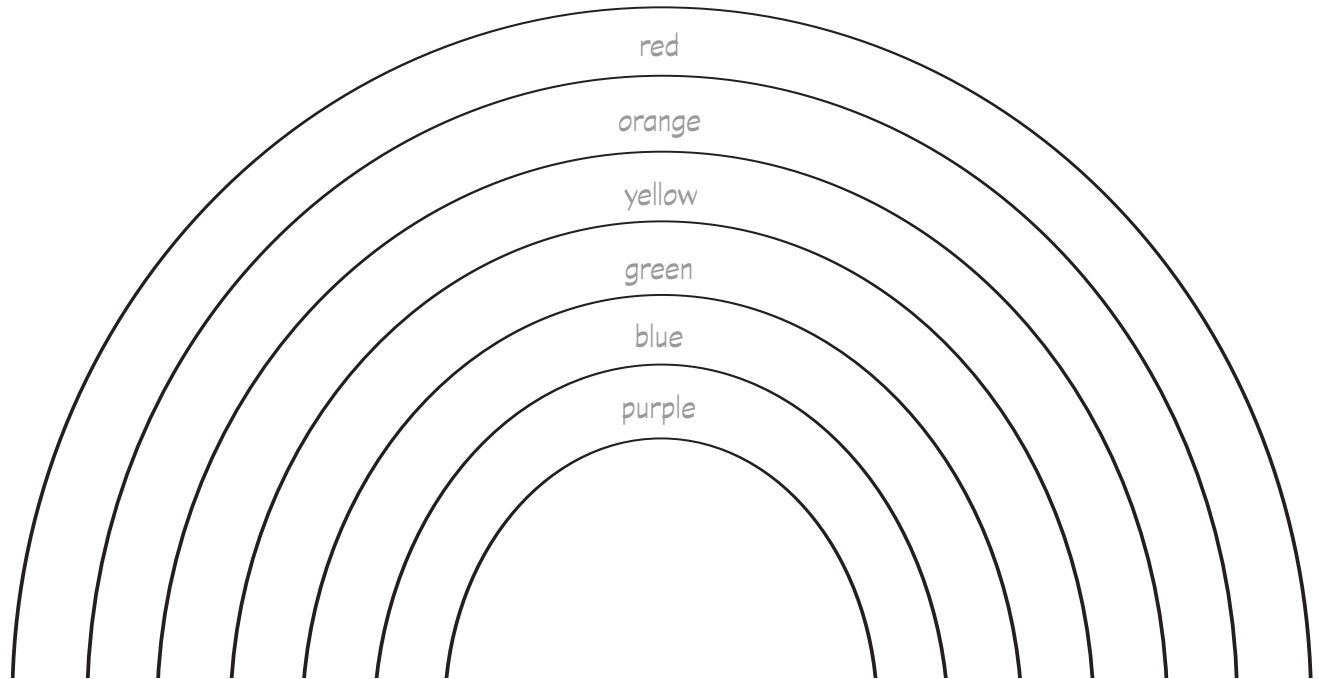


► Coloree el arco iris.

| azul-morado | verde | amarillo | anaranjado | rojo |
|------------------|-----------------|-----------------|--------------|------------------|
| arándanos | lechuga | toronja | naranjas | tomates |
| repollo rojo | chícharos | tomates | camotes | fresas |
| berenjena | espinaca | amarillos | zanahorias | pimientos rojos |
| frijoles morados | brócoli | plátanos | albaricoques | arándanos |
| ciruelas | frijoles verdes | elote | mangos | agrios |
| uvas | col rizada | limones | calabaza | remolachas rojas |
| | acelga | sandía amarilla | melón | |
| | aguacates | | | |

Rainbow of Foods

Fruits and vegetables grow in many colors. One way to be healthy is to eat fresh fruits and vegetables every day.



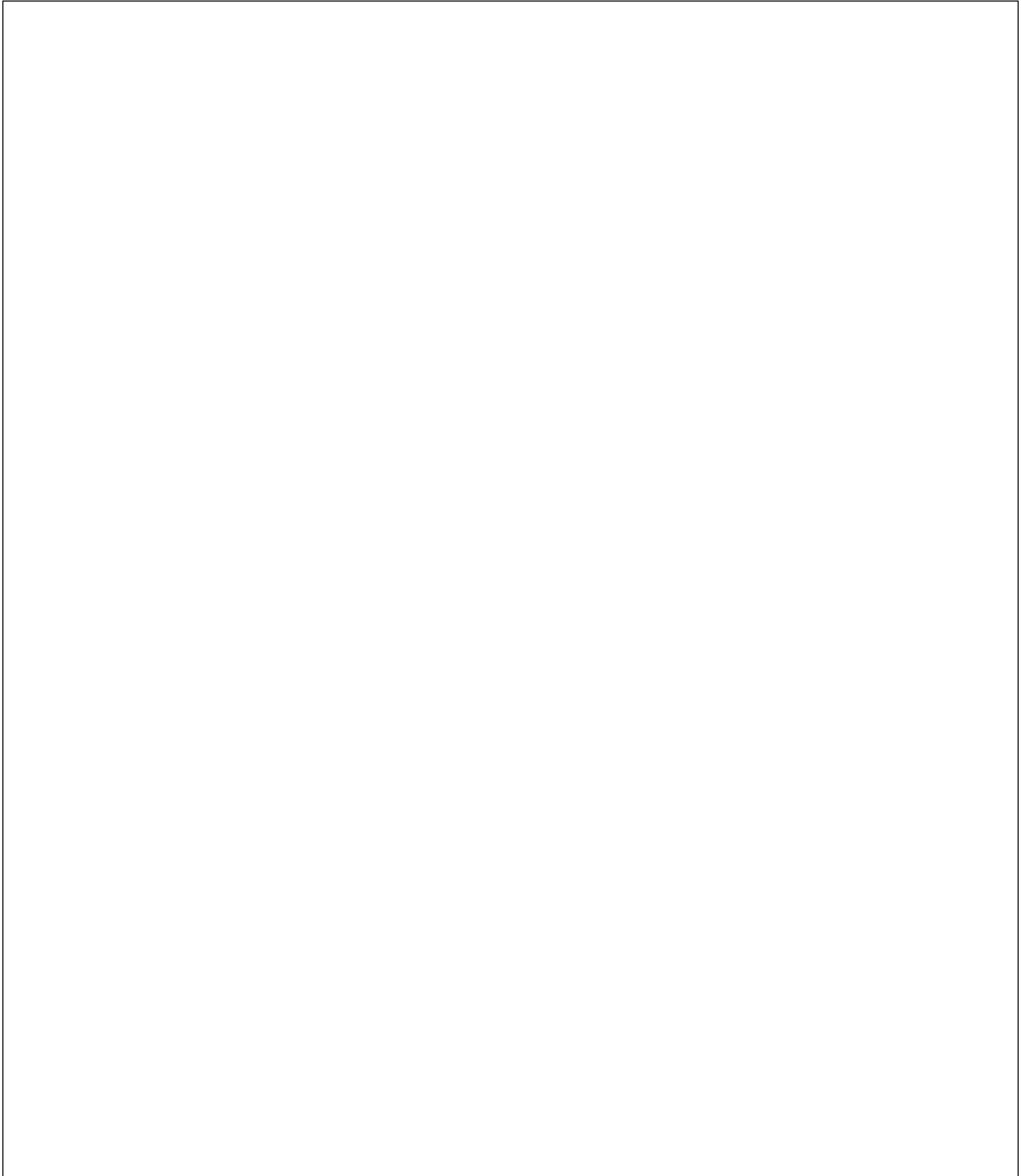
► Color the rainbow.

| blue-purple | green | yellow | orange | red |
|--------------|-------------|-------------------|----------------|------------------|
| blueberries | lettuce | grapefruit | oranges | tomatoes |
| red cabbage | peas | yellow tomatoes | sweet potatoes | strawberries |
| eggplant | spinach | bananas | winter squash | red bell peppers |
| purple beans | broccoli | sweet corn | carrots | cranberries |
| plums | green beans | lemons | apricots | red beets |
| grapes | kale | yellow watermelon | mangoes | |
| | swiss chard | | pumpkin | |
| | avocados | | cantaloupe | |

This page was inspired by 5 A Day The Color Way, <http://www.5aday.org>

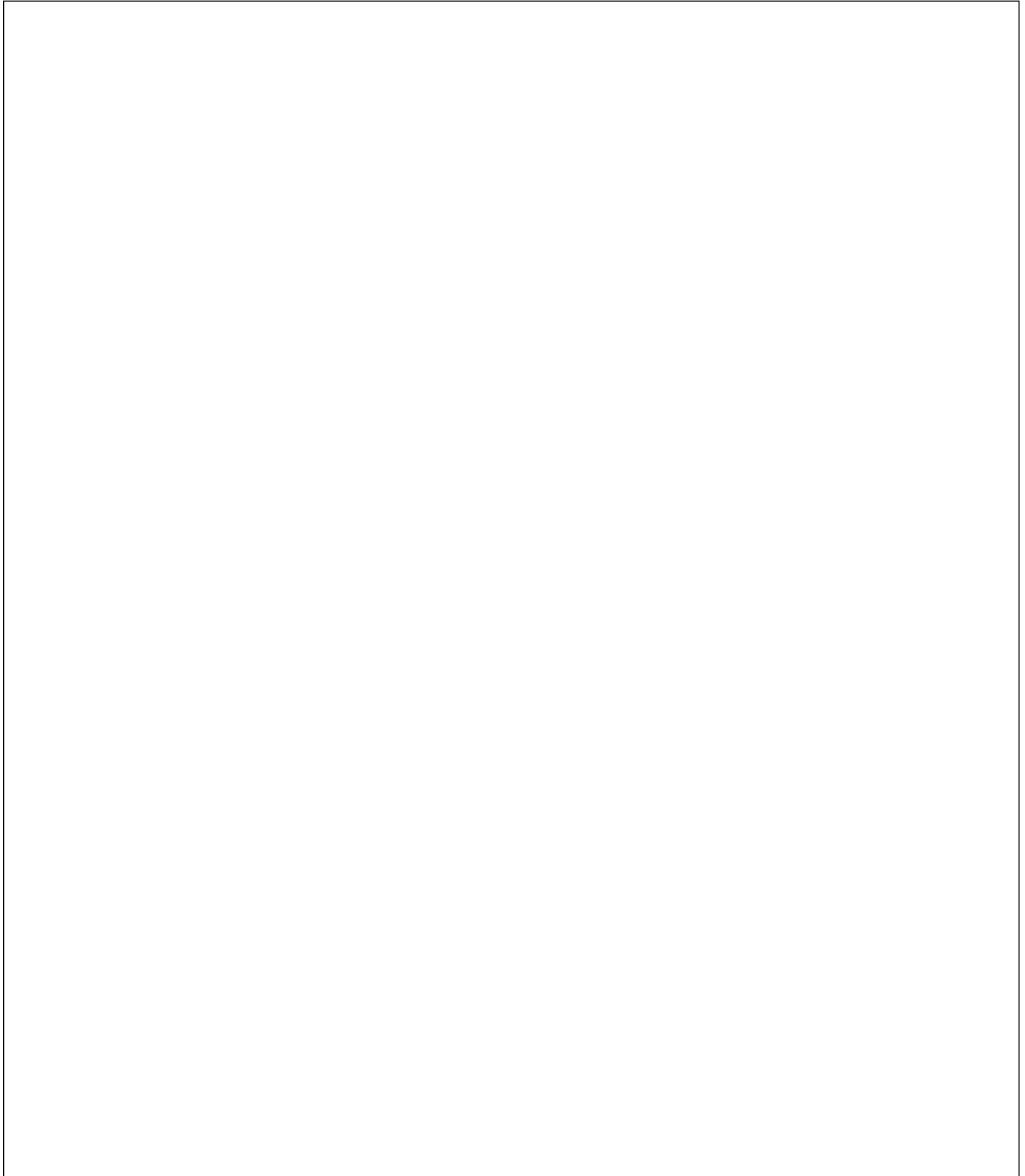
Dibujo de naturaleza muerta

- Observe las frutas y verduras cuidadosamente antes de comenzar.
¿Qué ve? ¿Qué detalles? ¿Qué colores y formas?



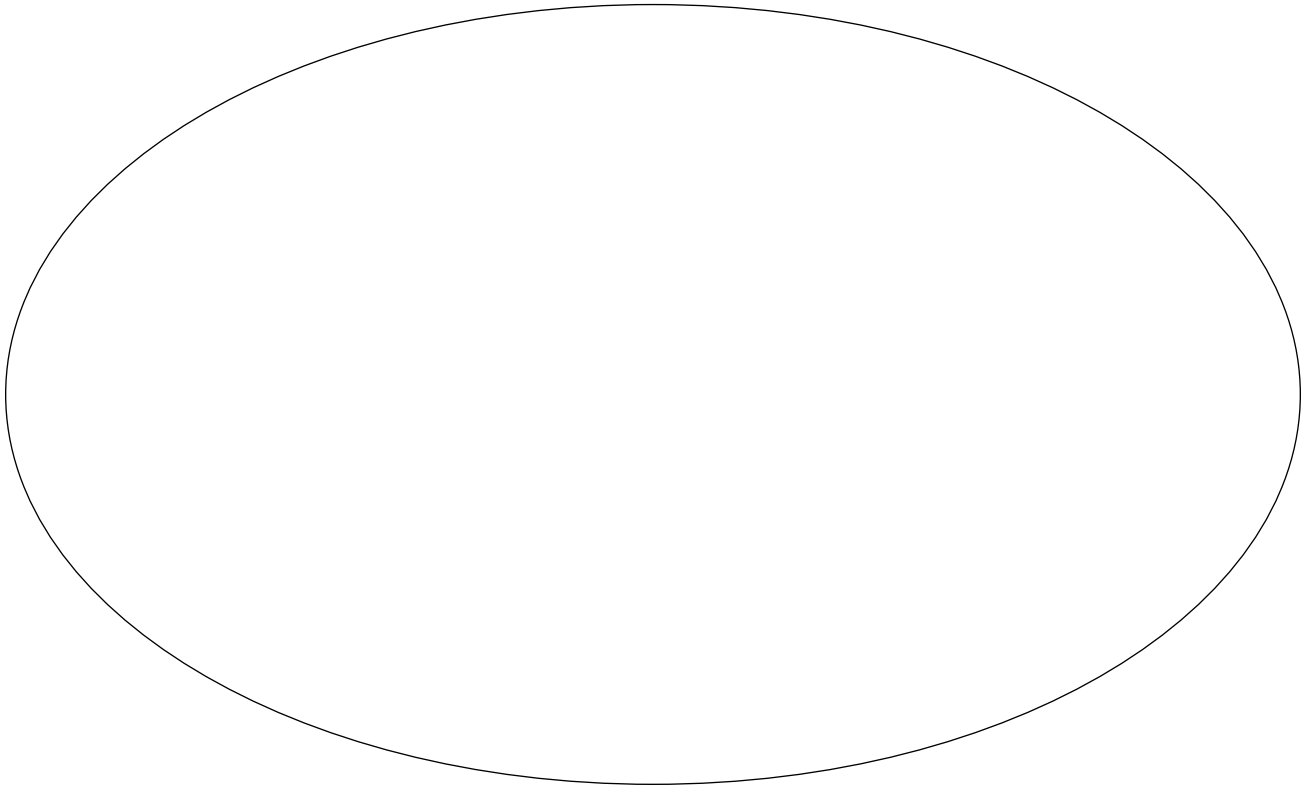
Still Life Drawing

- Look closely at the fruits and vegetables before you begin. What do you see? What details? What colors and shapes?

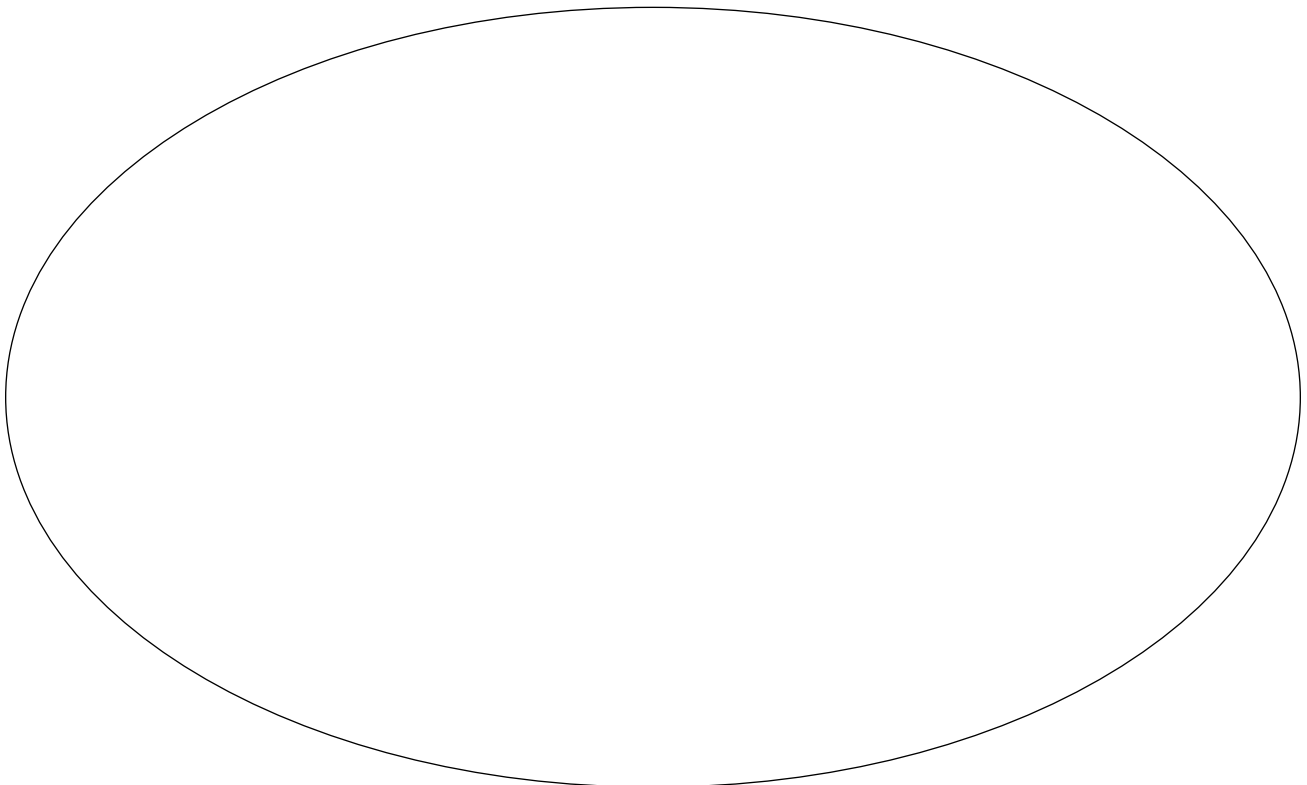


Verduras y frutas

► Dibuje una verdura.

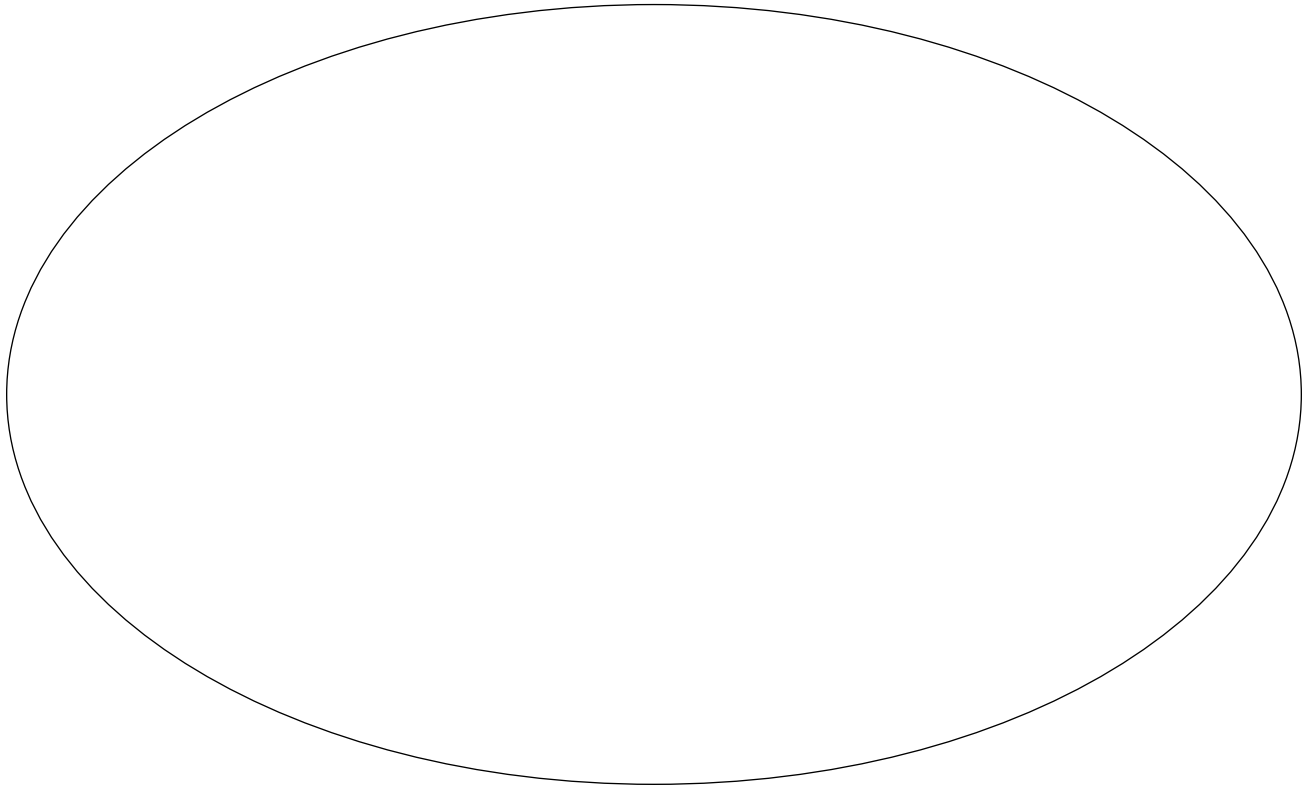


► Dibuje una fruta.

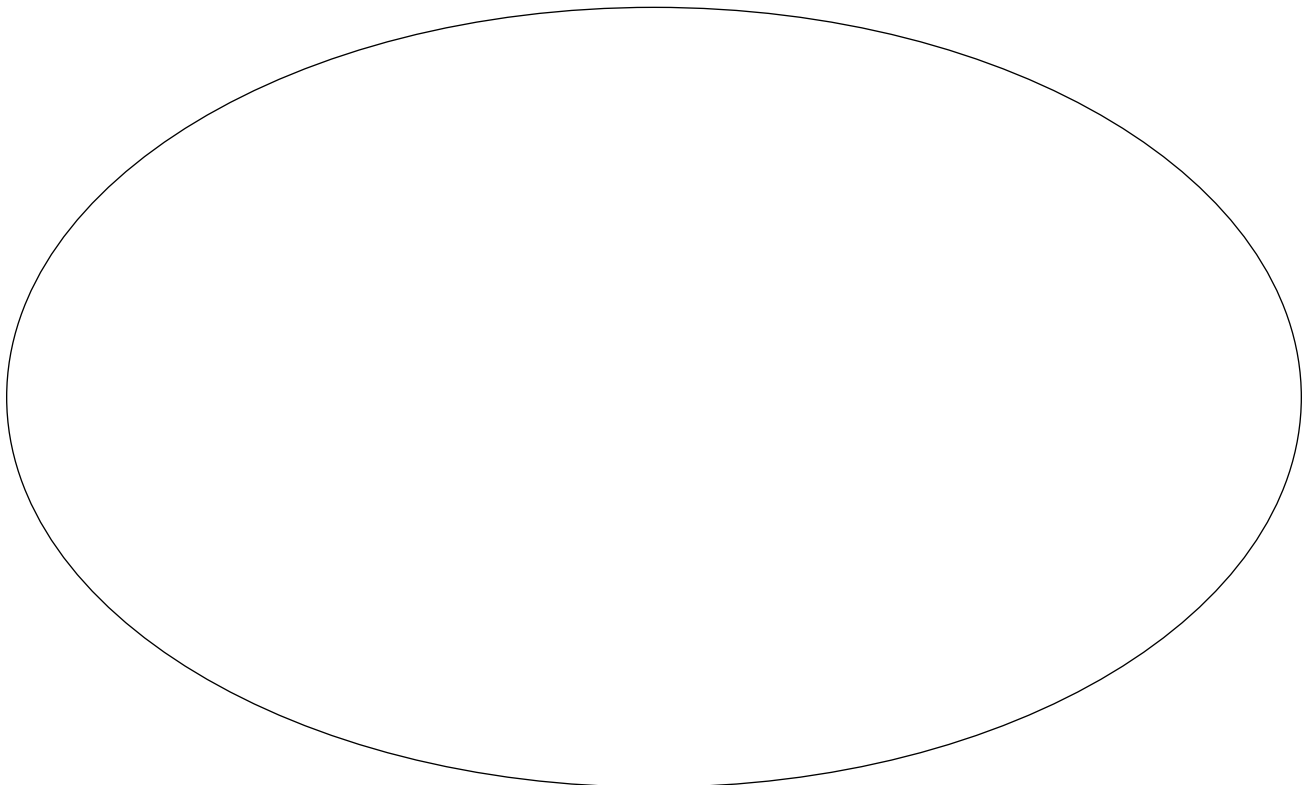


Vegetables and Fruits

➤ Draw one vegetable.



➤ Draw one fruit.



Drawing Activity • Actividad para dibujar

- Draw a picture of your favorite food.
- Haga un dibujo de su comida favorita.