

Healthy Food Choices

Activity

Resource: Early Learning Resource

Grade(s): Early Learning

Curriculum Expectations

6.2, 7.2, 8.1

Refer to the [Kindergarten Program 2016](#) for details on the specific expectations.

Activity Learning Goals

By the end of the activity children will be able to:

- participate actively as they identify healthy foods for snack
- demonstrate spatial awareness in activities that require the use of large muscles

Equipment

[Early Learning Anecdotal Recording Chart](#)

Safety

Inspect activity area for safe traction and eliminate potential hazards. Clearly outline the boundaries for the activity making sure there is a safe distance between the activity area and the furniture/walls. Remind children to be cautious when moving, and to be aware of personal space.

Assessment Opportunity

EL-K Team observation of children's demonstrated knowledge of healthy foods and application of active participation and spatial awareness can be recorded on the Anecdotal Recording Chart.

Everyday Hip Hip Hurray!

- Discuss that fruits and vegetables are "everyday" foods.
- Give each child the name of a fruit or vegetable. Call one "everyday" food name and a travelling command, such as "apples walk" and all apples walk across the gymnasium or classroom. Change foods and ways of travelling (walk, hop, slide). Eventually all children will cross back and forth. Call two "everyday" foods so they are coming from both directions.

Tasting Food

Use the snack time to have conversations with the children about the food they're eating. Share information about healthy foods, the best way to eat them, food preferences, dietary restrictions, and making healthy choices.

Notes to EL-K Team

- Schools/Centres may have a breakfast/snack programs to which this activity could be linked.
- When asked about healthy eating, children tend to classify foods as "good" or "bad." This classification will not help children develop a positive approach toward eating. Healthy eating is the overall pattern of foods eaten and not any one food, meal or even a day's meal that determines if an eating pattern is healthy. To help create a positive pattern of healthy eating, a classification of "everyday" and "sometimes" foods can be used.
- Remind children to move carefully without bumping into each other thereby reinforcing the concept of spatial awareness.

Connection Questions to Expand and Enhance Play

- What are some healthy choices for snack?

- Why do we need to eat lots of fruit and vegetables?
- Why is pizza usually a better snack than a doughnut?
- How could we make pizza healthier?