

Healthy Eating

Wednesday

Book: Gregory the Terrible Eater by Mitchell Sharmat
The Very Hungry Caterpillar by Eric Carle ***

Activity:

What kinds of foods did Gregory like to eat? Is Gregory really a terrible eater? Or should the title of the book really be “Gregory the Wonderful Eater”? Why did Gregory’s tummy hurt after eating all that junk food? What kinds of junk food did Gregory eat? Is junk food good for us?

Creating a graph in the story room, ask the children to name the foods Gregory ate in each food group categories. As each food item is mentioned ask them if that food item grows in the ground, on the ground or in a tree.

Spanish:

Carrot – la zanahoria

Broccoli – el brocoli

Potato – la papa

Corn – el maiz



Healthy Eating

Friday

Book: I Will Never Not Ever Eat a Tomato by Lauren Child ***
Oranges to Orange Juice by Inez Snyder ***
The Race Against Junk Food by Anthony Buono and Roy Nemerson

Activity:

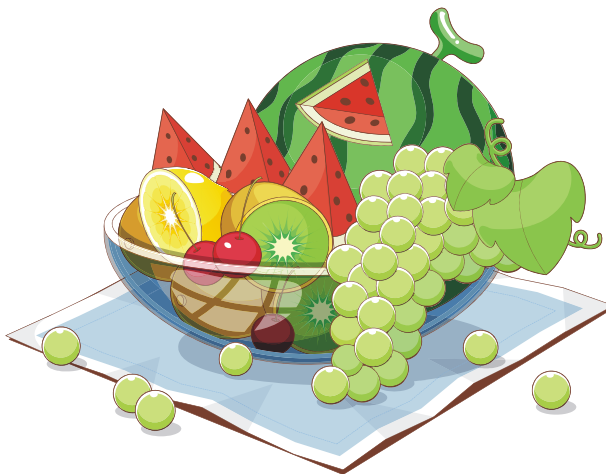
Create a graph in the story room with two sides. Have the children name some healthy foods and some unhealthy foods.

Sing the song with the children while each child holds a food item (provided behind this curriculum). As you sing the song and you call out a food item, let the child that is holding that food raise it in the air.

If There's Food and You Know It
(Sung to: If You're Happy and You Know It)
If there's cheese and you know it, stomp your feet,
If there's cheese and you know it, stomp you feet,
If you're cheese and you know it, hold your food card up and show us,
If there's cheese and you know it, stomp your feet.

Spanish:

Carrot – la zanahoria
Broccoli – el brocoli
Potato – la papa
Corn – el maiz



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Little Jack Horner

Little Jack Horner sat in a corner,
Eating his Christmas pie.
He put in his thumb and pulled out a plum
And said, "What a good boy am I!"

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Wednesday Art:

Vegetable Prints

Items Needed:

- ✓ Various vegetables
- ✓ Colored paint
- ✓ Construction paper
- ✓ Popsicle sticks

Directions:

Cut the vegetables in half to create a print. Stick a popsicle in the veggie to create a handle for the child to hold. Hold each vegetable, dip it in paint and press onto the paper. After they are dry, label each vegetable.

Friday Art:

Fruit Prints

Ingredients:

- ✓ Various fruits
- ✓ Colored paint
- ✓ Construction paper
- ✓ Popsicle sticks

Directions:

Cut the fruit in half to create a print. Stick a popsicle stick in the fruit to create a handle for the child to hold. Hold each fruit, dip it in the paint and press onto the paper. After they are dry, label each fruit.