

## **Super K Buffet: Lesson for Kindergarten**

### **Purpose**

To help students develop an understanding of healthy food choices they can make each day

### **Desired Outcomes**

The learner will read or begin to read.

The learner will use new vocabulary in speech and writing.

The learner will compare attributes of objects using appropriate vocabulary.

The learner will place foods in appropriate group of the MyPlate.

The learner will make healthful food choices.

The learner will apply knowledge and behavior self-management skills to areas of nutrition and physical activity for healthy growth, development, and maintenance.

The learner will exhibit a physically active lifestyle.

### **Vocabulary**

beans	fruits	grains	meat	milk	nutrition
oils	pyramid	rainbow	vegetables		

### **Materials Provided**

- Manipulatives located in “Main Course” lesson
- “Nutritious Choices”
- “Run the Rainbow Challenge: Rainbows Aloft”

### **Materials Needed**

- White paper or foam plates
- Crayons or markers
- Pictures of various food items

### **Instructional Procedures**

*Preparation:*

- Make necessary preparations as outlined in “Main Course” lesson.
- Gather photos and/or graphic representations of foods from each food group. Food labels brought in by students will work well.
- Have paper plates and crayons/markers ready for distribution.
- Prepare MyPlate and MyPyramid for display in the classroom.

1. Teach “Main Course” lesson.
2. Share photos, food drawings, and labels and discuss food groups to which each example belongs.
3. Discuss the concept that all food items we eat are produced by farmers. Ask student to raise their hands if there is a farmer in their family.
4. Explain that farmers grow many different foods. Many have high nutritional value and should be a part of daily eating. Others need to be eaten in moderation. Cite examples. As reinforcement, have students complete “Nutritious Choices.”
5. Lead a discussion centered on healthy food choices.
6. Have students draw and color a rainbow design and their depiction of a farmer at work on their white paper/foam plates.
7. Students demonstrate their understanding of class discussion by selecting laminated photos and food pictures and placing them on their plates. This activity can be a part of a housekeeping center and can be checked by the teacher, assistant, or volunteer for appropriate choices.
8. Students should be challenged to make appropriate choices for school breakfasts and lunches as well.
9. For physical activity, have students participate in “Run the Rainbow Challenge: Rainbows Aloft.”

### **Extension Activity**

Have students properly set a table or place setting and role play proper etiquette and food safety protocol (i.e. serving with a spoon – not picking food up with hands; hand washing; napkin in lap, etc.)

### **Answer Key:**

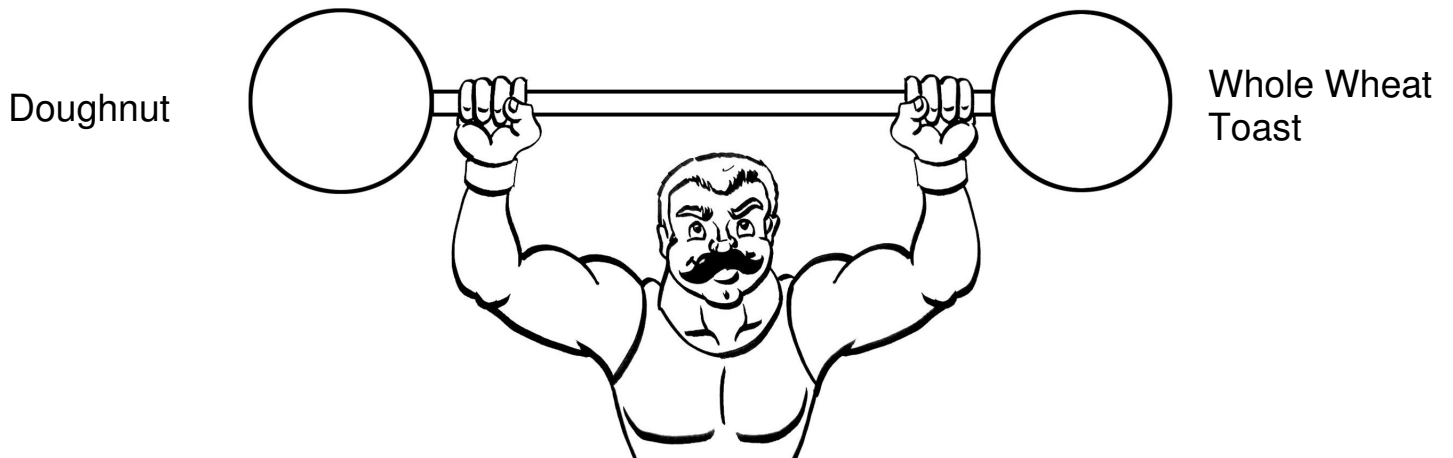
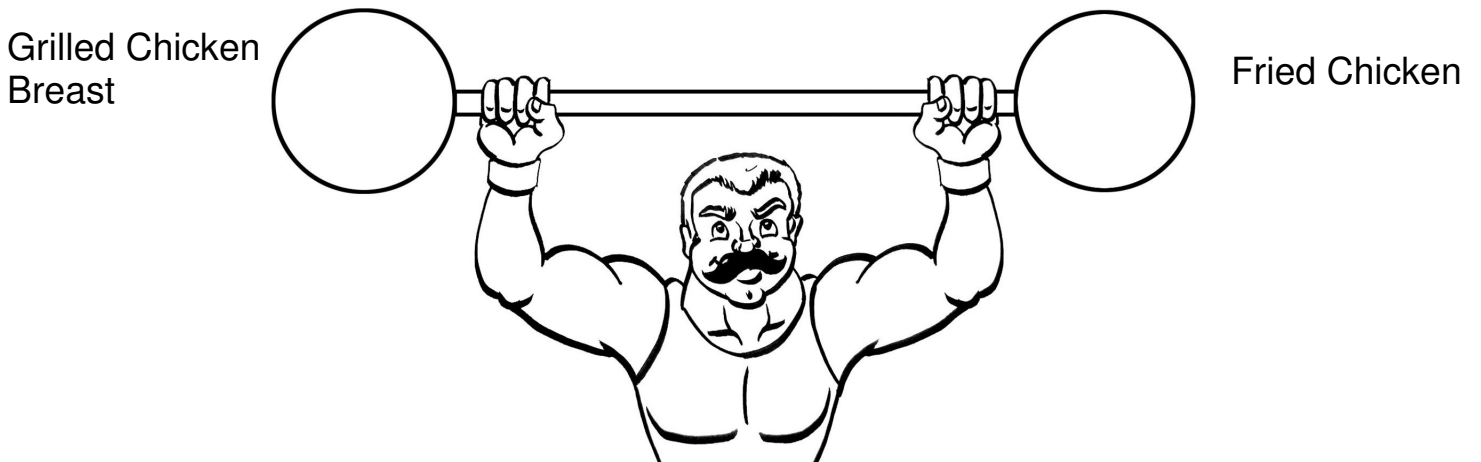
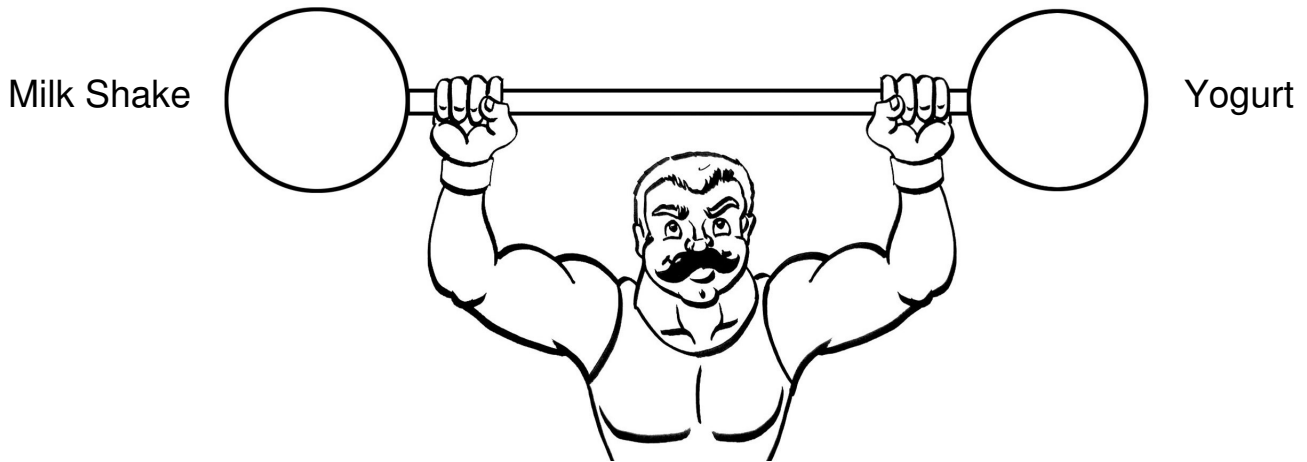
#### ***Nutritious Choices***

Yogurt  
Grilled Chicken Breast  
Whole Wheat Toast  
Tossed Green Salad  
Apple  
Olive Oil Dressing

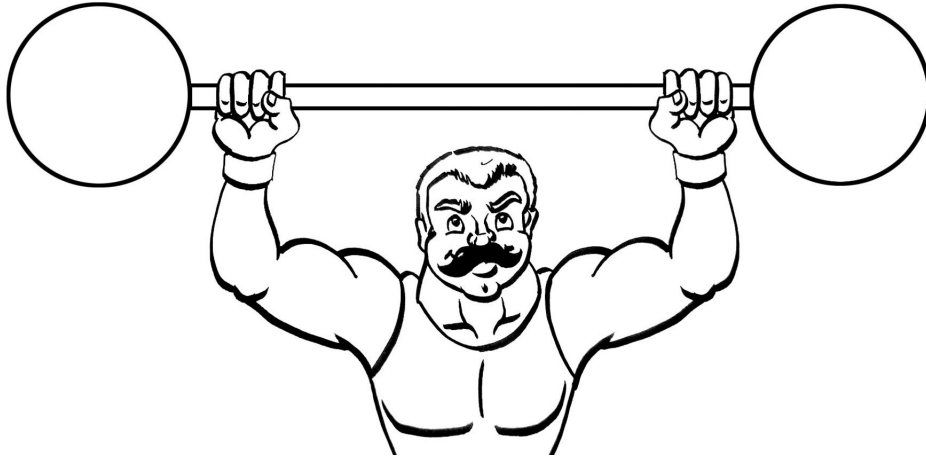
# Nutritious Choices

Farmers provide you with nutritious foods. Some foods help you grow and make you strong. You should eat more of these foods every day.

*Directions: For each picture, color the body builder's weight that shows the food that is the healthier choice.*

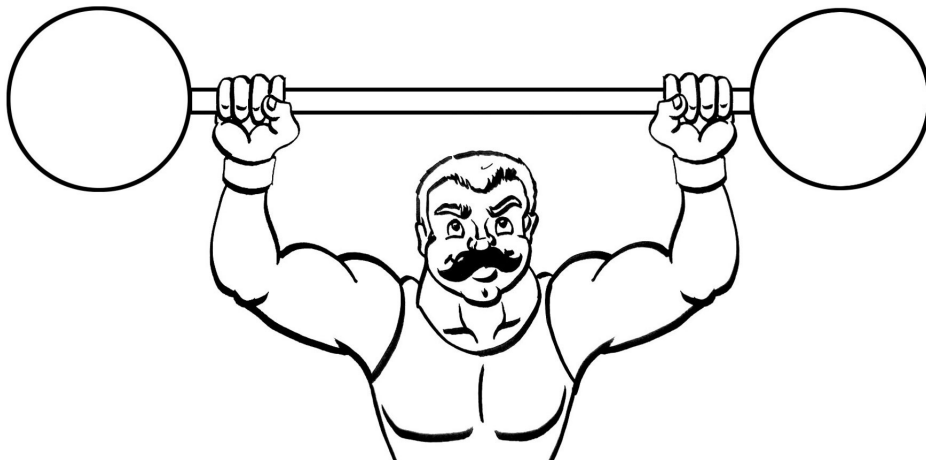


Tossed Green  
Salad



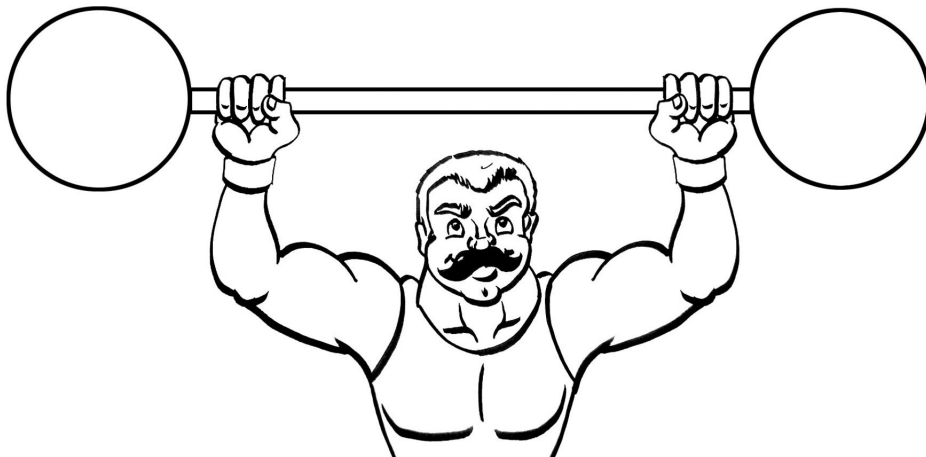
French Fries

Apple



Apple Pie

Ranch  
Dressing



Olive Oil  
Dressing

## **Run the Rainbow Challenge: Rainbows Aloft**

Students have practiced choosing a rainbow of colors on their plates to assure that they are getting a variety of foods that provide all the nutrients their bodies need. To help students associate the various colors of MyPlate with the food groups they represent, play “Rainbows Aloft” with the class. The game can be played using balloons that are batted by students to stay aloft or colored sheer scarves, which students can blow. Have the children stand in a random arrangement. Sing and/or play a recording of the song, “The Farmer Grows a Rainbow.” A recording is available on “The Farmer Grows a Rainbow” DVD, or on the national Ag in the Classroom website – [www.agclassroom.org](http://www.agclassroom.org). Students may move to the music and sing along with the first verse. As the subsequent verses are sung, the teacher should toss in balloons or scarves that match the color represented by the food group mentioned. Students sing along and do their part to keep the colors aloft. If a playground parachute is available, the activity may be adapted to include use of the parachute.