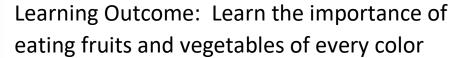


**Nutrients** Sample Lesson: Pre-K





Supplies: **MyPlate** graphic, **Site Word Books** and crayons

- 1. Display the **MyPlate** graphic for students to see
- 2. Review and name the five food groups on MyPlate
- 3. Ask students to name different fruits and vegetables and list their responses
- 4. Point out to students that the fruits and vegetables are lots of different colors and could make a beautiful rainbow
- 5. Now name colors and ask students to tell you fruits and vegetables for each color
- 6. Ask students why they think it is good to eat fruits and vegetables of many colors? (They can make your plate/meal look pretty. Eating different-colored fruits and vegetables can help your body get what it needs to be healthy.)
- 7. Now divide your class into two groups
  - a. Assign one group as fruits and give them the **Fruits** site word books
  - b. Assign the other group as vegetables and give them the **Vegetables** site word books
- 8. Read the books aloud and have students follow along in their mini books
  - a. After reading a sentence in the **Fruits** book, ask students to name another food or object that is the same color
  - b. After reading a sentence in the **Vegetables** book, have students make an "I have" sentence
- 9. Let students color the pages

