Everything is planned for you!



ng Page - Nutrition

Guiding Questions - Nutrition

Learning Objectives:

Why is nutrition important?

Why are vegetables good for you?

Build-a-Meal

Scientific Discover - Nutrition



Hands-on Lear

Children are instinctua love to explore, and led learning. Triclude plast the students play and nutrition and what food While exploring food,

- learn the 5 fo Investigate v
- each of the 5 discover white "cometimes

Step-by-step

*Use as many real-life

how it works in your the right foods oan m feel good. Healthy nut people's risk for dis

ided Supplies:

What are the

Scientific Discover - Nutrition knowing what to e the science center meals using the fill

Recommende

What is a "sor

Place the plact Place 2 differen the science

per bag - lun idents create oks for Ideas in the baa. rnatívely, fo directions for vided if plac each activity

knowing what to e the science cente meals using the fil

Recommende

- fifp books
- backete toy food

Procedure: Print, out, and a

- Place the plactic Place 2 differe at the science paper bag - lun Students create
- books for Ideas or in the bag.
- Alternatively, i provided if plas

Build-a-Meal

Book Recommendations - Nutrition

What's On My Plate? Choosing

from the Five Food Groups by Jennifer Booth

Colorful pages engage learn what the 5 food well as how much of a each day. Fun facts a activity are included a

The Farm that by Nancy Castaldo

A beautifully illustrate how to farm our food sustainable way. In or to nourish us, farmer to the crops in a plan

Are You What by A. Baggaley, C. Mitchem

Colorful plotures and presentation help stud about nutrition. Quest gulzzee and plotures the information.

Teacher-Recommended Book List





Table by Pat Brisson

Before We Eat: From Farm to







Guiding questions

(and answers) to help

promote discussion



nutrition

grains

fruits

protein



Language Board with detailed



pictures

4 Full Color Resource Posters

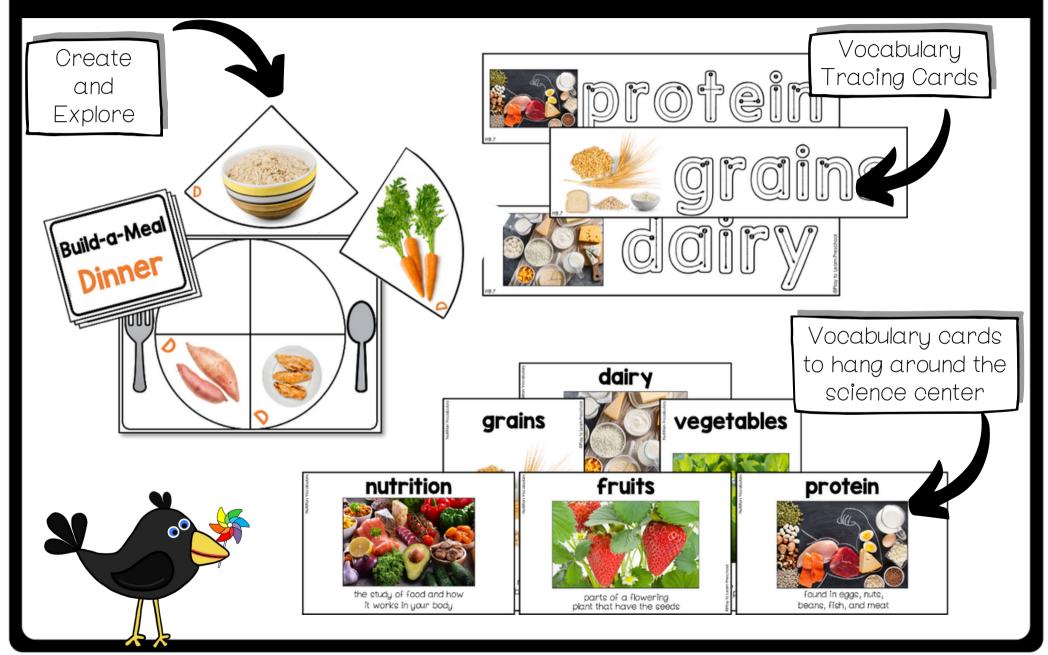
Vibrant colors to attract students' attention



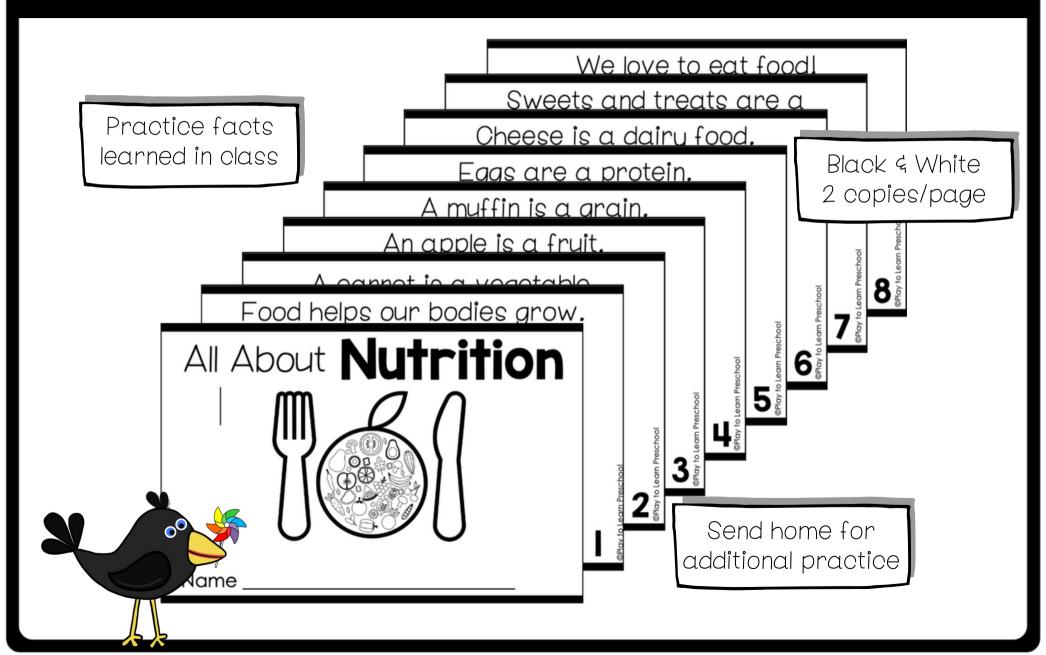
Healthy foods feed our body energy.

Clear, concise sentences to reinforce the concept

STEM & Literacy



Student Mini-Books



Looking for More Preschool Resources?



Have fun playing and learning with your students!



Meet Jamie

Jamie is the founder and C.E.O of Play to Learn Preschool. She has her bachelor's degree in Early Childhood Education and a master's degree in reading education. She has taught in both public and private schools and works tirelessly to create meaningful and delightful preschool experiences for both her virtual and in-person preschool students.

Additional Resources:

