

Health fair Outline: Nutrition (UPK, K 1,2,3)
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UPK & K

- Communicating with students asking what nutrition means to them. What are a few of their favorite nutritious foods?
- 10-15 minute interactive lecture/ conversation about what nutrition is, listing the different components of nutrition (fruits,vegetables, grains, protein & dairy) and explaining different foods for each.

Interactive activity: Print out for each student from myplate.gov create your own plate. Will have mini colored cutouts of nutritious foods for each child to create a plate to their liking. These will include fruits, veggies, grains, protein and dairy.

<https://myplate-prod.azureedge.us/sites/default/files/2020-12/Coloring%20Sheet.pdf>

<https://myplate-prod.azureedge.us/sites/default/files/2020-12/ColoringSheetBlank.pdf>

- If possible we would like to provide the students with healthy snacks such as apples, bananas, _____ **(making sure to check with the teacher of each class if it is okay and any student allergies)**
- Will close gauging if children have a better understanding of nutrition and healthy food options and open the floor to any questions.

1st, 2nd & 3rd

- Communicating with students asking what nutrition means to them. What are a few of their favorite nutritious foods?
- 10-15 minute interactive lecture/ conversation about what nutrition is, listing the different components of nutrition (fruits,vegetables, grains, protein & dairy) and explaining different foods for each. Briefly explaining that nutritious foods are essential for them to grow healthy and strong.
- Interactive Activity: My plate grocery store bingo ages 5 and up. Consists of foods in each of the following categories, fruits, vegetables, grains, protein and dairy. Students are to circle foods they see in the grocery store. If they find 5 in a row they are to yell Bingo!

https://myplate-prod.azureedge.us/sites/default/files/2020-12/Bingo_508.pdf

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