



Lesson Plan: Healthy Eating

Overview:

This lesson plan is designed for preschoolers aged 4-5 and focuses on the topic of healthy eating. The lesson aims to introduce children to the concept of healthy food choices, understand the benefits of eating nutritious foods, and engage them in hands-on activities to reinforce their learning.

Materials:

- Picture books about healthy eating
- Plastic play food (fruits, vegetables, grains, proteins)
- Sorting mats or containers
- Food pyramid poster
- Healthy and unhealthy food pictures
- Art supplies (paper, crayons, markers)
- Healthy snack ingredients (fruits, vegetables, whole-grain crackers, cheese, etc.)
- Snack preparation materials (plates, napkins, cups, cutting board, child-safe knives)

Introduction:

Begin the lesson by gathering the children in a circle and introducing the topic of healthy eating. Show them a picture book about healthy foods and lead a discussion about the benefits of eating nutritious foods. Talk about the different food groups and ask questions like "What are some healthy foods you like to eat?" and "Why is it important to eat fruits and vegetables?" This introduction will engage them in the learning objectives of the lesson.

Activities:

1. Sorting Healthy and Unhealthy Foods (15 minutes):

- Show the children pictures of different foods and ask them to sort them into two groups: healthy and unhealthy.
- Provide sorting mats or containers labeled "Healthy" and "Unhealthy" for the children to place the pictures in the correct group.
- Discuss each food item and explain why it belongs in the healthy or unhealthy group.

2. Exploring the Food Pyramid (20 minutes):

- Show the children a poster of the food pyramid and explain how it categorizes different types of food.
- Provide plastic play food and ask the children to create a balanced meal by placing the food items in the correct food groups on the pyramid.
- Discuss each food group and its importance in a healthy diet.

3. Healthy Snack Preparation (20 minutes):

- Divide the children into small groups and provide them with healthy snack ingredients.
- Guide them in preparing a nutritious snack, such as fruit skewers or vegetable wraps.

- Discuss the ingredients used and their health benefits while preparing the snack.
- Allow the children to enjoy their snack as a group.

Closure:

To conclude the lesson, gather the children in a circle and ask each of them to share one healthy food they learned about or enjoyed during the lesson. Summarize the key points discussed during the lesson and reiterate the importance of making healthy food choices.

Extension Activities:

1. Food Group Chart: Provide each child with a printed chart of the food pyramid and ask them to color and label the different food groups.
2. Healthy Recipe Book: Encourage the children to create their own healthy recipe book by drawing pictures or writing recipes for their favorite nutritious snacks.
3. Grocery Store Visit: Take the children on a virtual or real-world trip to a grocery store to explore different types of healthy foods and discuss their benefits.

Assessment Objectives:

1. Social-Emotional:

- Follows limits and expectations when working in small groups during snack preparation
- Balances needs and rights by sharing and taking turns with materials and responsibilities

2. Physical:

- Demonstrates fine-motor strength and coordination when sorting food pictures and preparing the snack
- Demonstrates gross-motor skills during physical activities related to healthy eating (e.g., dancing to a fruit and vegetable-themed song)

3. Language:

- Listens to and comprehends instructions during the introduction, sorting activity, and snack preparation
- Uses language to describe and discuss healthy foods and their benefits during group discussions

4. Cognitive:

- Demonstrates curiosity and motivation when exploring and discussing healthy foods
- Classifies and sorts foods into appropriate categories during the sorting activity

Assessment Methods:

Observations will be made throughout the lesson to assess the children's social-emotional interactions, physical abilities, language development, and cognitive engagement. The teacher will also listen to the children during group discussions and provide individual feedback during the snack preparation activity. Assessment results will inform teaching practices by identifying areas where additional support or extension

activities may be required.