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This  
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plan

is designed for preschoolers aged 3-5 and focuses on teaching the concept of "Go Foods" (healthy and energizing foods) versus "Slow Foods" (unh

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)  
- Large sorting mats labeled "Go Foods" and "Slow Foods"  
- MyPlate visual aids for posters  
- Small paper plates  
- Art supplies (crayons

, markers, glucose sensors)  
- Books about healthy eating habits

Introduction:  
Begin the lesson by gathering the children in a circle and introducing

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make healthy food choices.

Activities:  
1. Sorting Game (15 minutes):

- Divide the children into small groups or pairs.

- Provide each group with

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Closure:

To conclude the lesson, gather the children in a circle and ask them to share one Go Food and one Slow Food that they

learned about during the lesson. Show appreciation for their participation and encourage them to make healthy food choices in their daily lives

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Foods during the sorting game and My Plate activity.

Assessment Methods:  
Observations

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