



Lesson Plan: Go Foods Vs Slow Foods

Overview:

This lesson plan is designed for preschoolers aged 3-5 and focuses on the concept of "Go Foods" (healthy and nourishing foods) versus "Slow Foods" (unhealthy and less nourishing foods). The lesson aims to introduce children to the concept of making healthy food choices and understanding the difference between nutritious and less nutritious foods.

Materials:

- Picture books about healthy eating
- Food pictures or flashcards
- Pictures of "Go Foods" and "Slow Foods"
- Sorting mats or charts labeled "Go Foods" and "Slow Foods"
- Visual aids or posters depicting healthy and unhealthy foods
- Play food or plastic food models
- Worksheets or coloring sheets related to healthy eating

Introduction:

Start the lesson by gathering the children in a circle and introducing the topic of healthy eating and different types of foods. Show them pictures or flashcards of different foods and ask them to identify if each food is healthy or not. Engage them in a discussion about why some foods are good for our bodies and why others may not be as good.

Activities:

1. Picture Sorting Game (15 minutes):

- Show the children different pictures or flashcards of various foods.
- Explain that some foods are called "Go Foods" because they give us energy and help us grow strong and healthy, while others are called "Slow Foods" because they might not help our bodies as much.
- Engage the children in a sorting activity, where they place each food picture on the appropriate "Go Foods" or "Slow Foods" mat or chart.
- Discuss as a group the reasons why each food belongs in its respective category.

2. Healthy Food Collage (20 minutes):

- Provide the children with art supplies, such as paper, glue, and magazines.
- Ask them to create a collage using pictures of healthy foods from the magazines.
- Encourage them to think about different food groups and include a variety of fruits, vegetables, grains, and proteins in their collages.
- While they work, engage in a discussion about the benefits of these foods and how they help our bodies.

3. Dramatic Play:

Grocery Store (20 minutes):

- Set up a pretend grocery store area with play food or plastic food models.

- Assign roles to the children, such as customers and cashiers.
- Encourage them to engage in role play by choosing and purchasing "Go Foods" from the grocery store.
- Guide discussions and interactions during play to reinforce the concept of making healthy food choices.

Closure:

To conclude the lesson, gather the children in a circle and engage them in a discussion about what they've learned about "Go Foods" and "Slow Foods." Ask them to share their favorite healthy foods and why they think it's important to eat nutritious food. Summarize key concepts and encourage children to continue making healthy food choices at home and school.

Extension Activities:

1. Healthy Snack Recipe: Provide simple and healthy snack recipes for the children to make and enjoy together, incorporating "Go Foods" like fruits, vegetables, or whole grains.
2. Garden Exploration: Take the children on a visit to a garden or have a small garden area in the classroom where they can observe and learn about growing vegetables and fruits.
3. Healthy Plate: Create a visual aid or poster depicting a healthy plate with balanced portions of different food groups. Discuss the importance of having a variety of "Go Foods" on our plates.

Assessment Objectives:

1. Social-Emotional:
 - Follows limits and expectations during the picture sorting and grocery store activities
 - Participates cooperatively and constructively in group discussions and pretend play

2. Physical:

- Demonstrates fine-motor strength and coordination when cutting, pasting, and arranging pictures for the collage activity

3. Language:

- Listens to and understands directions during the picture sorting game and discussion
 - Uses language to describe and explain the characteristics of healthy and unhealthy foods during discussions and dramatic play

4. Cognitive:

- Demonstrates positive approaches to learning by showing curiosity and motivation during the sorting and collage activities
 - Remembers and connects experiences by categorizing different foods as "Go Foods" or "Slow Foods"

Assessment Methods:

Observations will be made throughout the lesson to assess the children's social-

emotional interactions, physical abilities, language skills, and cognitive engagement. The teacher will also listen to the children during discussions and provide individual feedback during the art and pretend play activities. Assessment results will inform teaching practices by identifying areas where additional support or extension activities may be required.