

Physical
Life
Earth and Space

LESSON 15

Identifying foods that help keep our bodies healthy

Lesson Preparation

Program Materials

- *Science K Fitness Fun*™ CD
- Photo Cards 14A–L
- Food Stickers
- Child’s Booklet B *Investigating Ways to Keep My Body Healthy* (pp. 4 and 5)
- Optional: Photographs of types of food can be found at www.nancylarson.com under Teacher or Student Links, *Science K*, Lesson 15, or on the Teacher Resource CD (Website Link Photos).

Teacher Collected Materials

- CD player or computer
- Cheese sticks or slices

The Lesson

- Before or after the lesson or at another time of day, use the *Science K Fitness Fun* CD to exercise with your child. Use the songs “Warm-Up Time” and “I Can Do More.” If you have other children at home, invite them to join in as you and your child exercise to music.

“In your last science lesson, you learned that vegetables, meats, and beans are nutritious foods that help keep your body healthy.”

“I will show you a photo of a vegetable.”

“If you know what the vegetable is, say the name of the vegetable.”

- Show your child Photo Cards 14A–G of the carrots, peas, green beans, squash, broccoli, spinach, and potatoes. If your child is unable to name a vegetable, name the vegetable.

“Now I will show you a photo of a meat or a food made with beans.”

“If you know what the food is, say the name of the food.”

- Show your child Photo Cards 14H–L of the hamburger, chicken, fish, baked beans, and chili with beans.

“In today’s science lesson, you will identify nutritious foods you might like to eat.”

- Hand the Food Stickers sheet to your child.

“What are some nutritious foods on your sheet of stickers?”

- Allow time for your child to name 6–8 foods.
- Hand the booklet *Investigating Ways to Keep My Body Healthy* to your child.

“Open your science booklet to page 4.”

“Point to the number 4 at the bottom of the page.”

- Make sure your child has opened his/her booklet to the correct page.

“Follow along as I read the sentence at the top of the page.”

- Read the sentence “I eat nutritious foods to keep my body healthy.”

“On these two pages, you will use stickers to show nutritious foods you might like to eat to keep your body healthy.”

“I will say the name of a vegetable.”

“Point to the vegetable on your sheet of stickers as I say the name.”

- Name the vegetables in the following order: green beans, carrots, peas, broccoli, celery, potatoes, and squash. Check as your child points to the vegetables.

“Point to the first oval on page 4.”

“The word in this oval is ‘vegetables.’”

“Choose vegetables you might like to eat, and put the stickers in the oval with the word ‘vegetables.’”

- Assist your child as he/she does this.

“Now I will say the name of a fruit.”

“Point to the fruit on your sheet of stickers as I say the name.”

- Name the fruits in the following order: bananas, grapes, oranges, pineapple, strawberries, apples, and mango. Check as your child points to the fruits.

“Point to the oval on the bottom of page 4.”

“The word in this oval is ‘fruits.’”

“Choose fruits you might like to eat, and put the stickers in the oval with the word ‘fruits.’”

- Assist your child as he/she does this.

“Point to the milk on your sheet of stickers.”

“Now I will say the name of a food made from milk.”

“Point to the food on your sheet of stickers as I say the name.”

- Name the foods in the following order: yogurt, sliced cheese, milk, and string cheese. Check as your child points to the foods made from milk.

“Point to the oval at the top of the next page of your booklet.”

“The word in this oval is ‘milk.’”

“Put the milk sticker in the oval.”

- Assist your child as he/she does this.

“Choose foods you might like to eat that are made from milk, and put the stickers in the oval with the word ‘milk.’”

- Assist your child as he/she does this.

“Now I will say the name of a grain or a food made from grains.”

“Point to the food on your sheet of stickers as I say the name.”

- Name the foods in the following order: corn, spaghetti, cereal, rice, bread, crackers, and corn bread. Check as your child points to the grains.

“Point to the next oval in your booklet.”

“The word in this oval is ‘grains.’”

“Choose foods you might like to eat that are grains or are made from grains, and put the stickers in the oval with the word ‘grains.’”

- Assist your child as he/she does this.

“Now I will say the name of a meat or a food made with beans.”

“Point to the food on your sheet of stickers as I say the name.”

- Name the foods in the following order: hamburger, baked beans, chicken, fish, and chili with beans. Check as your child points to the foods.

“Point to the last oval.”

“The words in this oval are ‘meats and beans.’”

“Choose foods you might like to eat that are meats or beans, and put the stickers in the oval with the words ‘meats and beans.’”

- Assist your child as he/she does this.

“What is something you learned in science today?”

- Allow time for your child to share.

“In your next science lesson, you will learn about another way to keep your body healthy.”

“Today our healthy snack will be cheese.”

- Eat cheese with your child.
- Collect your child’s booklet.