FOOD AS FUEL

FIRST GRADE

LEARNING OBJECTIVES

- Identify and classify foods into the five food groups
- Collect, organize, and interpret data about food preferences
- Understand nutritional value of foods and their colors
- Explain connection between food choices and body health
- Create 3D food models with clay and craft materials
- Communicate about healthy eating choices

7 WEEK UNIT   **NUTRITION & FOOD GROUPS**

WEEKLY ACTIVITIES

1. Food Groups Intro: Five food groups video, sorting activities
2. Data Collection: Survey favorite vegetables, create bar graphs
3. Rainbow Eating: Food colors and their health benefits
4. Food Modeling: Create favorite meal with foam clay and decorated box
5. Nutrition Picnic: Community celebration with all five food groups
6. Food Games: Pictionary
7. Universal Project: Blood slime creation

SKILLS

1. Classification, communication, nutrition awareness
2. Data collection, graphing, analysis
3. Art, nutrition, color recognition
4. 3D modeling, fine motor, creativity
5. Social skills, celebration, nutrition application
6. Communication, observation, art
7. Creative play, takeaway project

MATERIALS

1. Food pictures, sorting cards
2. Clipboards, data sheets, pencils
3. Markers, magazines, stickers, rainbow template
4. Foam clay, to-go boxes, markers, stickers
5. Real foods, laminated placemats, stuffed animals
6. Picture food cards, white/ display board, markers
7. Starch, glue, red food coloring, sandwich bags

CALIFORNIA STANDARDS

- 1.L.1.a, Compare characteristics of different plants and animals
- 1.L.2.b, Construct explanations about plant and animal needs
- Math 1.MD.C, Organize and represent data; create bar graphs
- ELA 1.SL.4, Describe objects, places, events with relevant details