

CHILDREN'S HOME SOCIETY OF CALIFORNIA

Family Child Care Home Education Network (FCCHEN)
Parent and Provider Resource: Activities for Distance Learning

Learning about Healthy Foods

The following activity will support your child's learning while they are at home. Talk to your child and ask questions as you play. As your child listens to you, your child builds language and social skills, further reinforcing the concepts you are teaching. Match activities to your child's favorite books, songs, or toys to make them more meaningful learning experiences. Visit our website at www.chs-ca.org and click on the News and Events tab for more learning resources.

PRESCHOOL - Activity: Build a Healthy Plate

What you need:

- Scissors
- Glue
- Paper plates (or pieces of cardboard or thick paper cut into plate-sized circles)
- Magazines, newspapers, or coupon flyers with pictures of food
- MyPlate infographic

What to do:

- Gather supplies at a table and invite your child to join you
- Look through the magazines, newspapers, and coupon books or flyers and talk about which foods are healthy
- Ask your child to cut out the pictures of the healthy foods you find. Look for pictures of grains, fruits, vegetables, proteins, and dairy products. Talk about the food in the pictures describing their appearance and labeling the food group they are from
- Using the MyPlate Infographic as a guide, ask your child to select foods that make a healthy meal and glue them on to a paper plate. Help your child fill half of the plate with fruits and vegetables, the other half with proteins and grains, and choose a dairy product as a side dish or drink. Make as many different meal plates as you can
- Encourage your child to use the plates during pretend play such as working in a restaurant or cooking for their family at home
- During family meals, place foods on the plate according to the MyPlate Infographic, and talk about the importance of making food choices that help us grow strong and stay healthy

What the activity does:

- Introduces children to the concept of food groups and how to select one item from each group to build a healthy meal
- Offers children practice in identifying similarities and differences, and grouping food together by type (fruit, vegetable, grain, protein, dairy)
- Introduces new vocabulary by naming and describing food items
- Builds fine motor skills by cutting out and gluing pictures
- Encourages creativity during imaginative play

