



What's for Lunch?

*Children pick out healthy foods for lunch
and set them out on their plates.*

START

- In this activity, children will use pictures from magazines to create collage "lunch plates."
- Set up the table with magazines, glue sticks, and scissors. Depending on the size of your table, put paper plates out at places for children to sit and work.
- Introduce the activity by asking Who would like to do an art project making pretend lunches? You're going to cut pictures out of these magazines of all the healthy foods you'd like to eat for lunch and then glue them onto your plates!

NEXT STEPS

- For younger children, show them a few of the pre-cut out images of lunch foods and ask Do you like peanut butter and jelly sandwiches? Cheese sticks? Would you like to glue these onto your plate?
- For older children, ask them what kinds of foods they like to eat for lunch. Offer them a magazine and tell them to find some of those foods or others that they might like.
- You can encourage the children to share the pictures they are finding. For example, if someone finds a picture of grapes that they don't want to use, they can ask if anyone else wants it for their plate.
- Introduce the concept of healthy foods. You can do this by engaging the children in conversation about what's appropriate food for a meal vs. dessert and why. For example, apples are sweet but are OK to have with a meal or for a snack vs. ice cream that is also sweet but should be saved for a dessert food. Be sure that you aren't judging the children's food choices so much as engaging them in a conversation they can think about and participate in.
- Adults can also create a lunch plate and model healthy food choices for their children.

MATERIALS

- * Heavy-duty dinner-size paper plates
- * Magazines
- * Images of typical lunch foods
- * Scissors
- * Glue
- * A food pyramid or plate chart (see attached, 2 pages)

Learning Guideline:

Physical Development:
Discuss nutritious meals and snacks and the difference between junk food and healthy food through creating books, collages, or displays.

Tip Sheets:

Be Healthy, Scissors

(continued on side 2)



(continued from side 1)

FINISH UP

- As the children are finishing up their plates, you can walk around and encourage them to tell you about their work. Is this what you have for lunch at home? What do you bring to preschool/school for lunch? Did you get any new ideas by seeing what the other children eat? Is there a new food you would like to try?
- You can ask the children if they would like to write captions or notes on their plates; the adults can help with the writing.

EXPAND YOUR ACTIVITY

- Show the Food Pyramid or Plate Chart. Ask if any of the children have seen it before and would like to share what they know. Talk about the different parts of it.
- Have the children draw four sections onto blank plates, label each section: bread and cereal, meat, milk and cheese, fruits and vegetables.
- Have the children look for pictures and put the foods into the right compartments.

TAKE IT HOME

- Children can create the paper-plate charts for home, and families can make a game of adding more and more foods to their plates over time. Adults should have their own plates as well.
- For younger children, see if they can identify each of the foods served in a meal by name.
- For older children, see if they (and the adults) can tell which group each food served in a meal belongs to.

BOOKS

- *Eating the Alphabet: Fruits & Vegetables from A to Z* by Lois Ehlert
- *Feast for Ten* by Cathryn Falwell
- *The Vegetables We Eat* by Gail Gibbons

MATERIALS

- * Heavy-duty dinner-size paper plates
- * Magazines
- * Images of typical lunch foods
- * Scissors
- * Glue
- * The food pyramid (see attached)

Learning Guideline:

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Tip Sheets:

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FOOD PYRAMID

