

## Outline for Early Childhood Library Activity

### Healthy Food Choices

#### Standards / Positions Statements

This lesson focuses on healthy food items that the children actively eat at home. We would like to know what the children are eating at home that are healthy for their bodies. Also, we would like to figure out what children think is healthy and what is not healthy. Based on their food choices we, as teachers, will get a better idea as what our students are really thinking.

#### Children Input / Purpose

Each child will get one construction paper that they will fold in half to represent a book. The teacher will place a stack of grocery newspapers in the middle of the table or hand each child one newspaper. The child will then cut out the picture of the food items that they eat at home and glue the picture in their book. The newspapers that we are using for this activity are free, grocery stores mail them to promote their business and specials for the week. Also, the children get to see the real picture of food as oppose to a drawing. Depending on the children's ages, you can have a goal of 10 items per student or have the children fill the whole book. Healthy eating is promoted everywhere now a days. A child might be thinking, what is healthy food? The next step for this activity is to do one page with non-healthy food items and the second page with healthy food items. Also, once the children have a better understanding of what is healthy, teachers can increase the number of pages in the child's book.

#### Theme / Main Goals

The main goal for this lesson is for the children to have a better explanation of what food items are healthy and why they should be eating healthy at home, in school and everywhere in between. Of course, you can't abstain from comfort foods, but portions are also encouraged. An open conversation between teachers and students is encouraged. Children can ask questions. Teachers can ask questions too. One conversation can go as follows, "We like to eat candy, but what else can we eat that is delicious as well as healthy?" Answer can be ....watermelon.

#### Small Group Opportunities

This activity is better done in a small group. The children should be using a table and chairs, as oppose to sitting on the carpet because scissors can be used. Also, this activity can require a lot of clean-up.

#### Individual Opportunities

This activity can be done during free play if a child would like to make another book. Also, it can be an activity that can be sent home to be completed by the whole family and then the children can share their work with the group or class. The children are free to ask questions

and ask for help. Especially when using scissors. If a child is working on this activity, it would be a good idea to remind the child about scissor safety.

One on One / Teacher - Child Opportunities

If a child has a special need, one teacher can sit or kneel near the student and help him/her. The teacher can then also help the children near by. The teacher can multi-task by specifically helping the child and other children can also benefit. During free play a teacher can invite a child to do this activity on a one-on-one basis so the child can fully grasp the activity.

Materials / Organization

Free newspapers that are mailed to your home  
Construction paper  
Markers  
Glue  
Scissors

Assessment / Growth and Development of the Children in your Care

Teachers can ask to look at each students book to see what the children have chosen to put in their book. It is important not to judge or have negative comments. This is a learning experience. As the idea about healthy eating is increased, teachers can notice if the children are grasping the idea of healthy eating. This lesson will take time for the children to understand. Some children may have healthy habits that they learn from home and others will probably have unhealthy habits that are learned from their homes.

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Great Things are just around the corner

**Savon**  
Pharmacy

Open Regular Hours  
Closed Sunday, April 24th  
Pharmacy Closed

**3 day**  
COUPON SALE

Friday, April 22nd thru  
Sunday, April 24th

**1.99** lb.  
Pork Spare Ribs  
Prepared Ribeye

**1.99** lb.  
Pork Loin Roast Rib  
Prepared Ribeye

**1.99** lb.  
Mini Seedless  
Watermelon

**50% off**  
Albertsons Beef  
• Rib Roast or Steaks  
• New York Loin  
Roast or Steaks

STORE COUPON VALID 4/22/11-4/24/11

**2.99** ea.  
Save up to 1.00  
Challenge of Danish Butter  
16 oz. ea., select varieties  
Limit 3 Total

STORE COUPON VALID 4/22/11-4/24/11

**3.99** ea.  
Save up to 1.00  
Sara Lee  
• Ovens Fresh Fruit Pies  
37 oz., select varieties  
• Original Cheesecake  
17.19 oz., select varieties  
• Family Pound Cake  
1 lb.  
Limit 4 Total

**MUST BUY 4**  
in a single transaction. Greater  
Lesser Quantities \$4.50 ea.

**4\$11**  
for  
Diet Coke  
Coke Zero  
12 oz. cans,  
varieties,  
where applicable  
Save up to  
12.96 on 4

**ONLY \$3.99**

**BUY ONE GET ONE FREE**

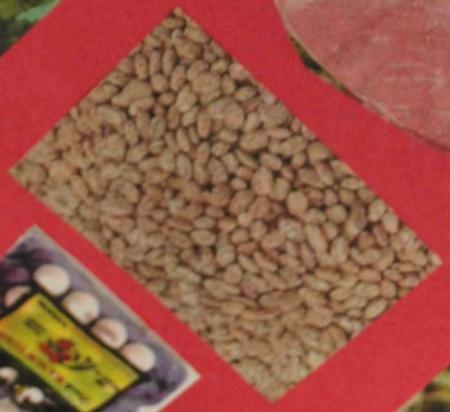
Lay's  
Potato Chips  
10-10.5 oz.,  
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Save up to  
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Ice Cream  
1.5 lb.  
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Healthy  
Food  
Choices



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COUPON SALE

Friday, April 22nd thru  
Sunday, April 24th

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**2.99**

WALD 428-114-8877

**3.99**

WALD 428-114-8877

**Albertsons**  
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**1.99**

WALD 428-114-8877

**50%**

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