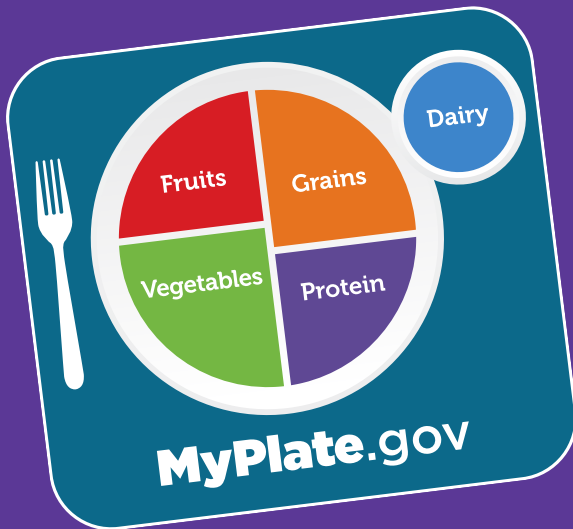




Nutrition Education for Kindergarten



Student Workbook



January 2023 • FNS-472
TeamNutrition.USDA.gov

Name: _____

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STAR Chart

(Student Achievement Recognition Chart)

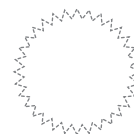
Name _____

Lesson 1 • Meet the Five Food Group Friends

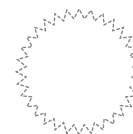
Achievement Markers

1. Named the five food groups
2. Named a food that belongs to each food group
3. Demonstrated proper handwashing
4. Named a time when it is important to wash hands

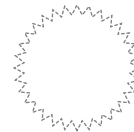
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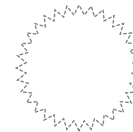
2.



3.



4.



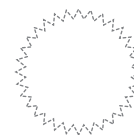
Comments

Lesson 2 • Discover MyPlate

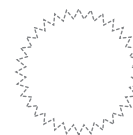
Achievement Markers

1. Named five foods that make a **MyPlate** meal
2. Identified the **MyPlate** icon
3. Explained how the **MyPlate** icon serves as a reminder to eat from all five food groups

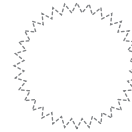
1.



2.



3.



Comments

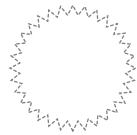
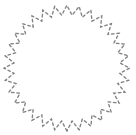
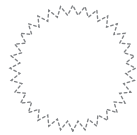
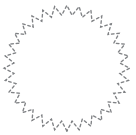


STAR Chart


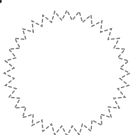
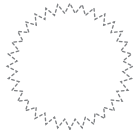
(Student Achievement Recognition Chart)

Name _____

Lesson 3 • Eat Your Colors!

| | | | | | |
|----------------------------|---|-----------------|---|----|---|
| Achievement Markers | <ol style="list-style-type: none"> 1. Named a reason why we should eat fruits and vegetables of different colors 2. Named two different-colored fruits 3. Named two different-colored vegetables 4. Tasted a new fruit or vegetable | 1. |  | 2. |  |
| | | 3. |  | 4. |  |
| | | Comments | | | |
| | | | | | |

Lesson 4 • Planting the Seeds for Healthier Eating

| | | | | | |
|----------------------------|--|-----------------|---|----|---|
| Achievement Markers | <ol style="list-style-type: none"> 1. Planted a bean sprout 2. Identified the sequence in the plant life cycle as a tomato grows from a seed into a plant 3. Named three things a plant needs to grow | 1. |  | 2. |  |
| | | 3. |  | | |
| | | Comments | | | |
| | | | | | |

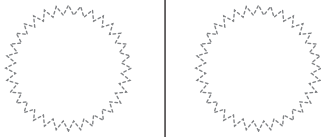
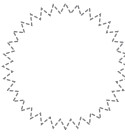


STAR Chart

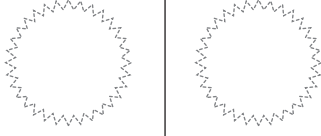
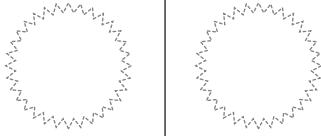
(Student Achievement Recognition Chart)

Name _____

Lesson 5 • Starting Our Day the MyPlate Way

| | | | |
|----------------------------|--|---|---|
| Achievement Markers | <ol style="list-style-type: none"> 1. Named a reason why it is important to eat breakfast 2. Described feeling hungry or full 3. Ate a breakfast with foods from at least three food groups | 1. | 2. |
| | |  | |
| | | 3. |  |
| Comments | | | |

Lesson 6 • Let's Play, Let's Party!

| | | | |
|----------------------------|--|---|----|
| Achievement Markers | <ol style="list-style-type: none"> 1. Named three different ways to be physically active 2. Named two reasons why it is important to be physically active every day 3. Explained that healthy food choices help fuel our bodies to play and be active 4. Prepared (and tasted!) a MyPlate snack | 1. | 2. |
| | |  | |
| | | 3. | 4. |
| | |  | |
| Comments | | | |



Lesson 1

Fruit and Vegetable Sorting

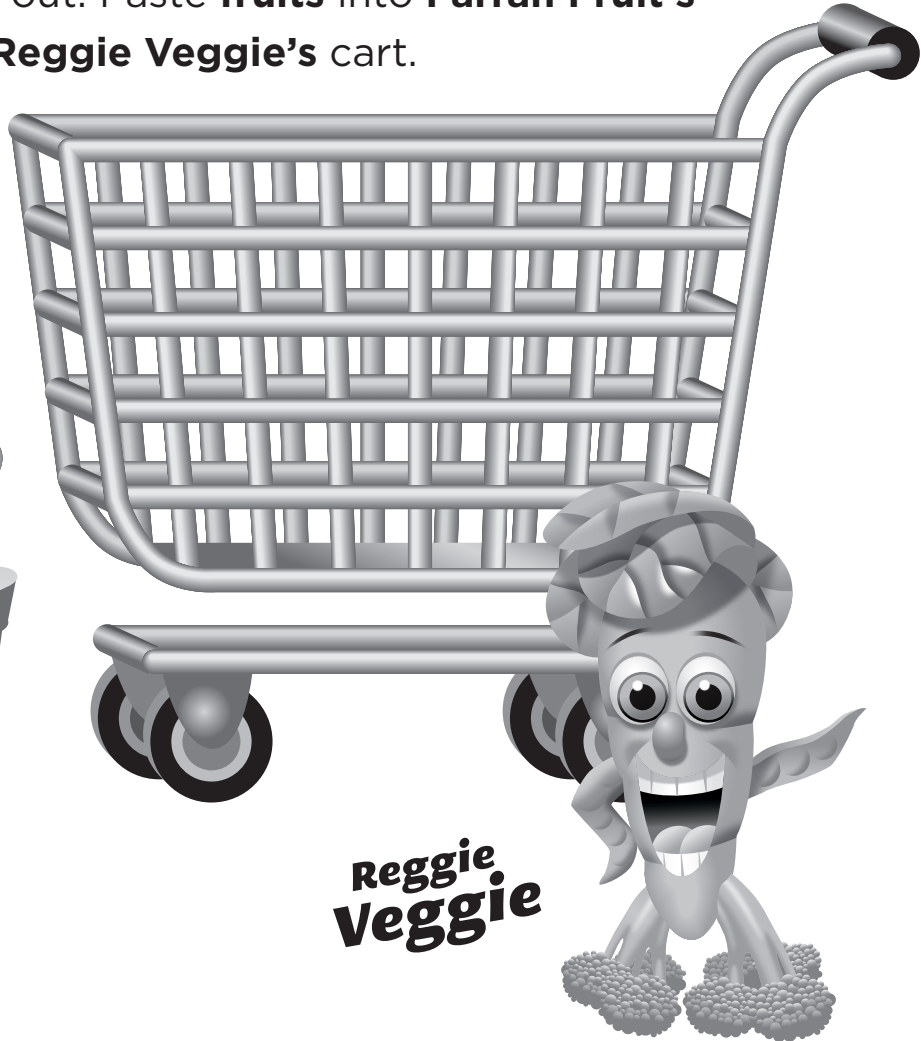
Activity

1

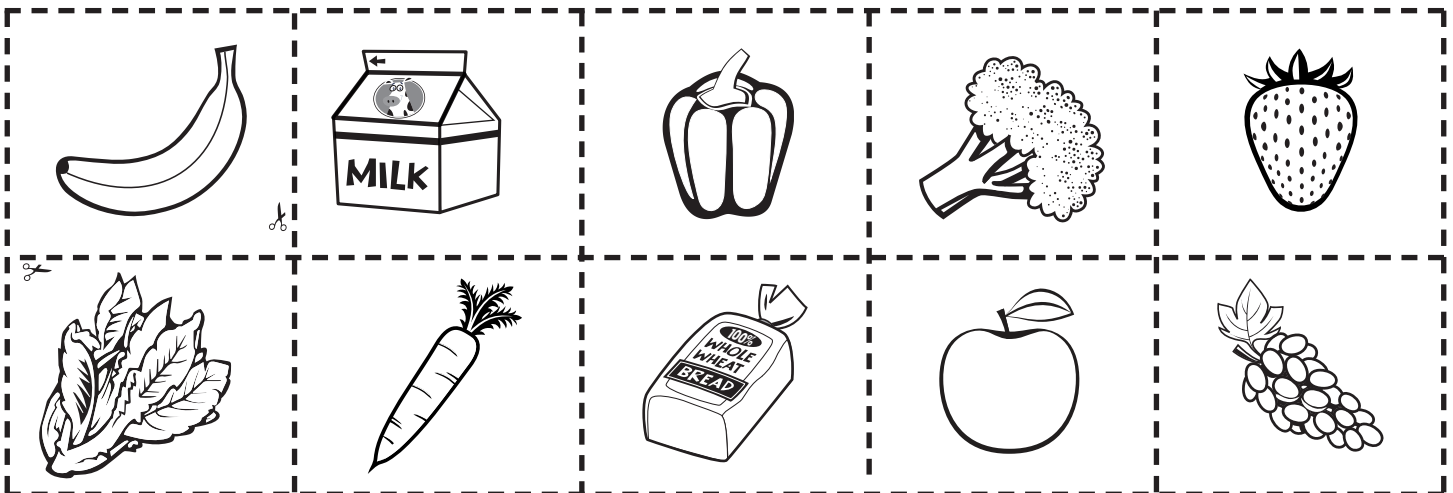
Help the Food Group Friends sort **fruits** and **vegetables**. Color the foods at the bottom. Cut them out. Paste **fruits** into **Farrah Fruit's** basket. Paste **vegetables** into **Reggie Veggie's** cart. Only paste foods that belong.



Farrah
Fruit



Reggie
Veggie





Lesson 1

Grains and Dairy Sorting

Activity

2

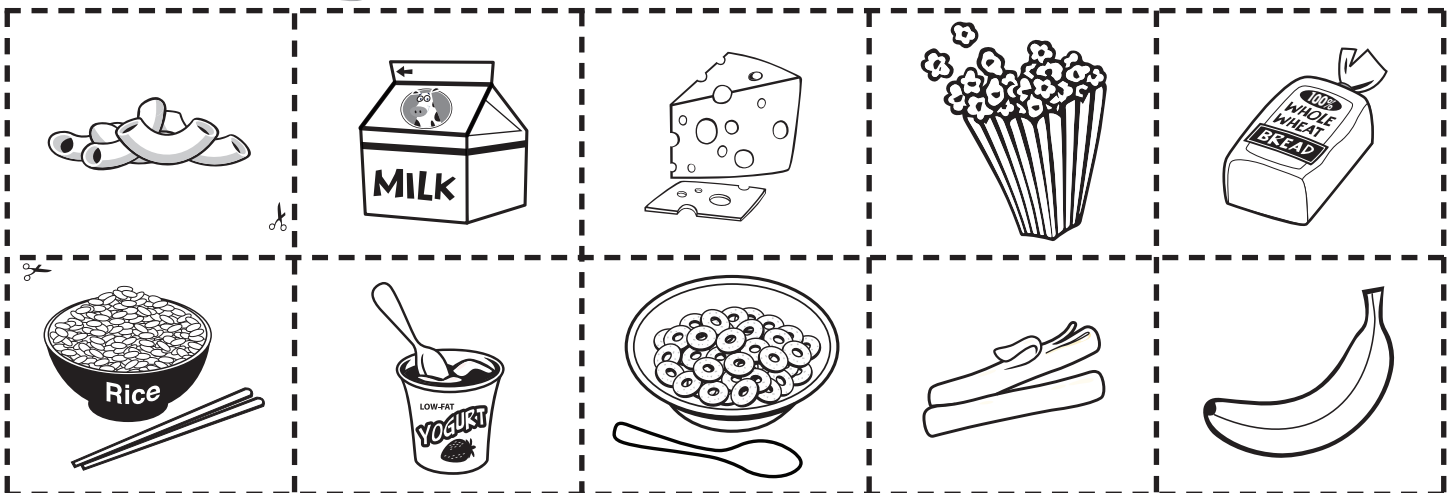
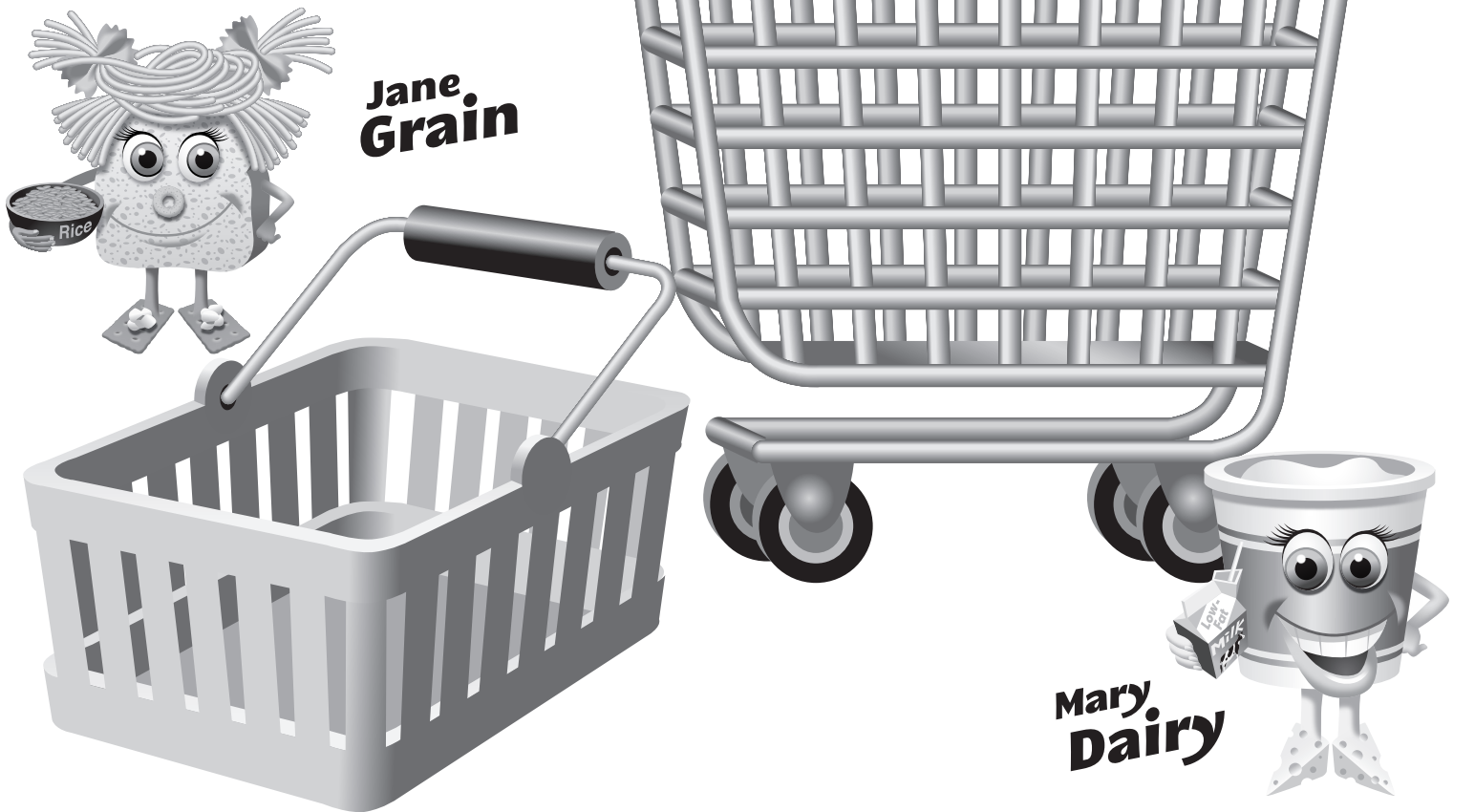
Help the Food Group Friends sort **grains** and **dairy foods**.

Color the foods at the bottom. Cut them out.

Paste **grains** into **Jane Grain's** basket.

Paste **dairy foods** into **Mary Dairy's** cart.

Only paste foods that belong.





Lesson 1

Protein Foods Sorting

Activity

3

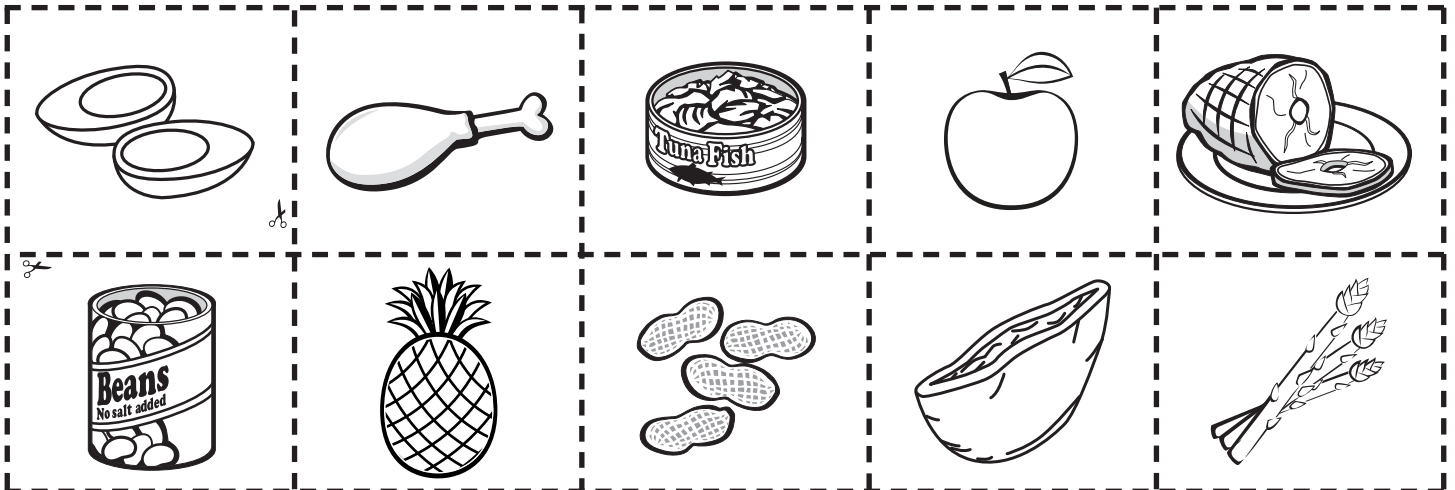
Help **Dean Protein** sort **protein foods**.

Color the foods at the bottom. Cut them out.

Paste **protein foods** into **Dean Protein's** cart.

Only paste foods that belong.

Dean Protein





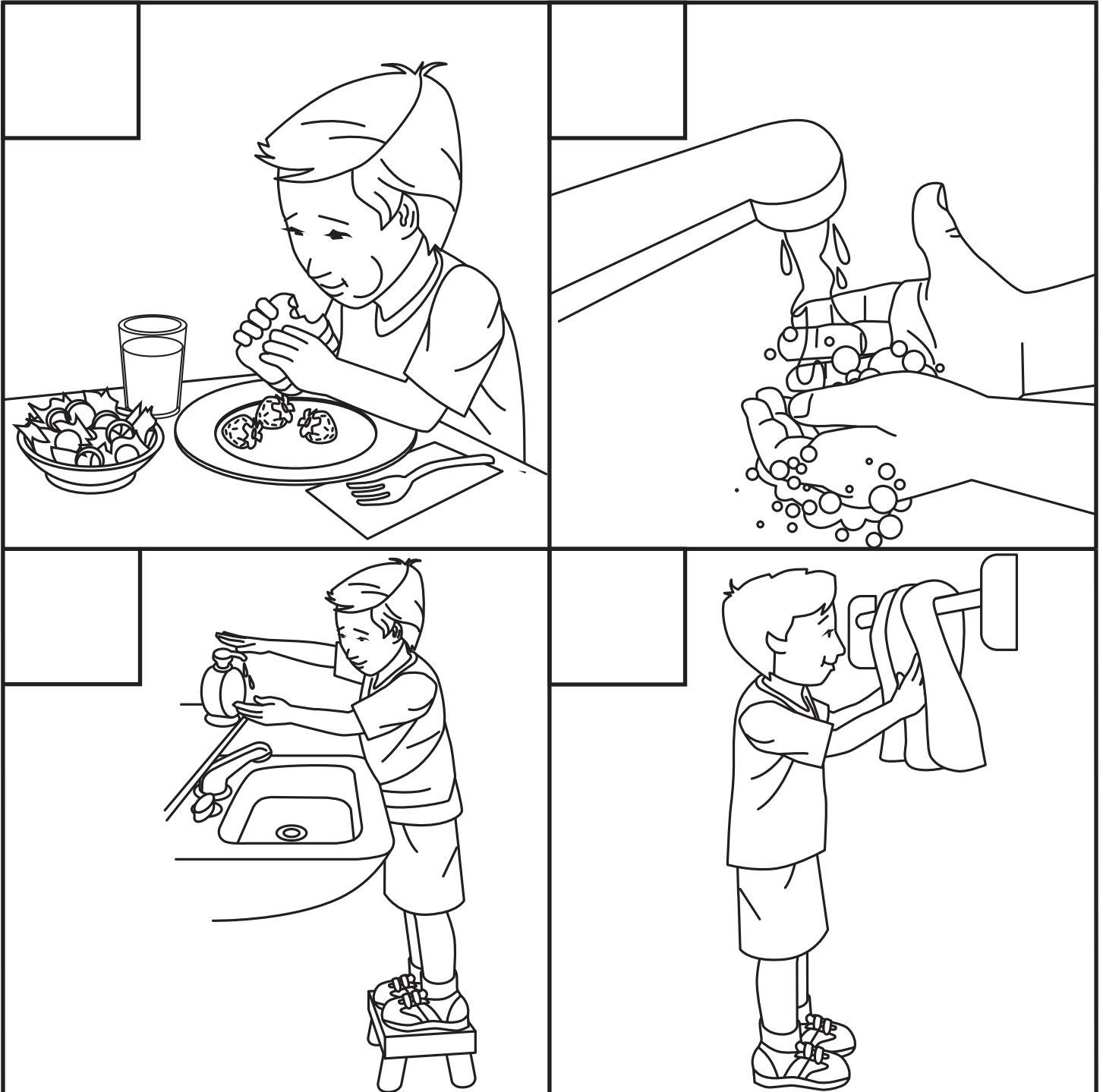
Lesson 1

Wash Your Hands!

Activity

4

Look at each picture. Show the order. Write **1, 2, 3, or 4** next to each picture. Circle things that start with the letter **S**.



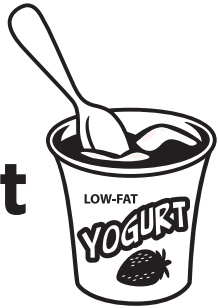
Lesson 1

Foods I Like

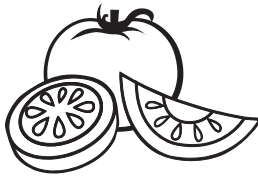
Activity
5

Read each sentence. Color the pictures.
Draw a food you like in the last sentence.

I like to eat



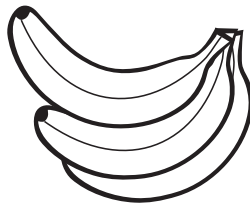
I like to eat



in a



I like to eat



at



I like to eat

Lesson 2 MyPlate Placemat

Activity

1

Write your name. Draw a picture of one food from each food group on the MyPlate.

Name: _____

Fruits

Grains

Protein

Vegetables

Dairy

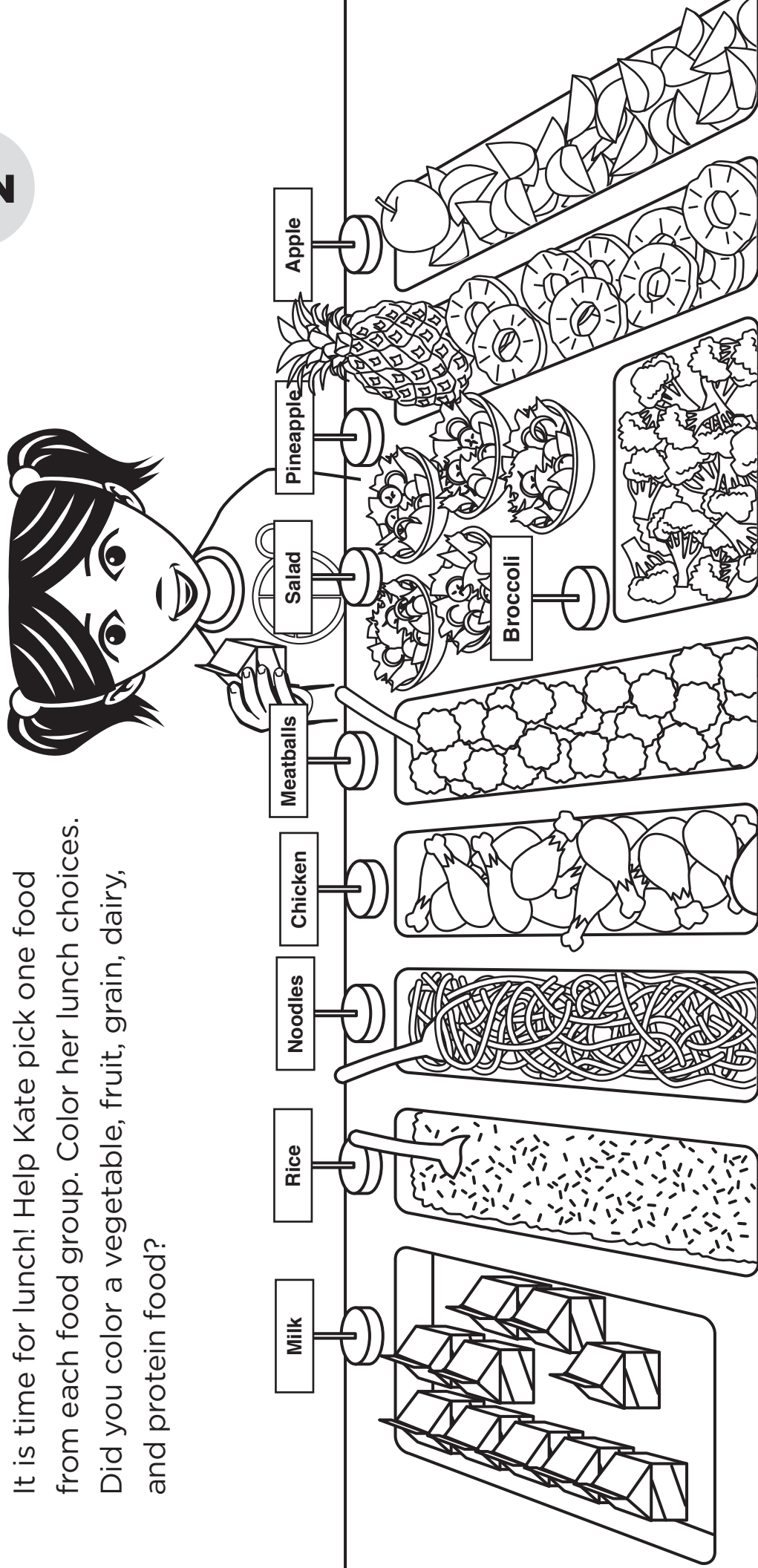


Lesson 2

Kate's Lunch Plate

Activity
2

It is time for lunch! Help Kate pick one food from each food group. Color her lunch choices. Did you color a vegetable, fruit, grain, dairy, and protein food?



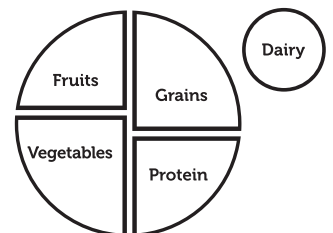
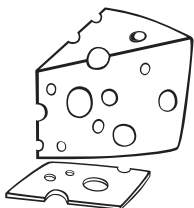
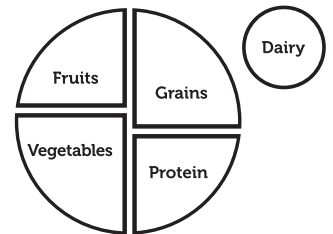
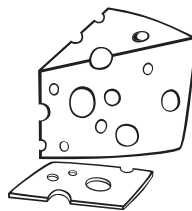
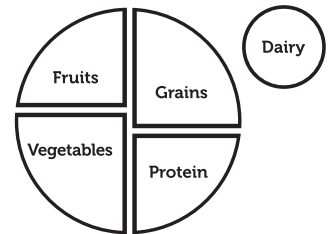
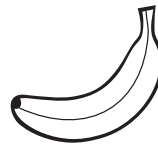
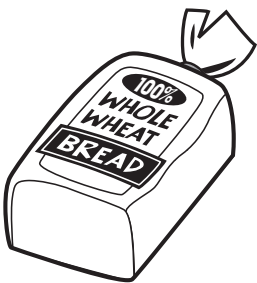
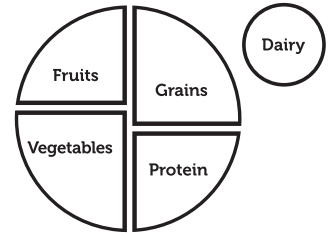
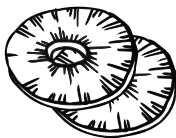
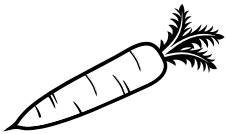
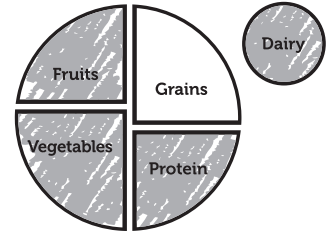
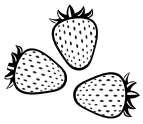
Lesson 2

What Do We Need?

Activity 3

Color in the plate for each food group you see.

What food group is missing?



Lesson 3

Bananas for Fruit!

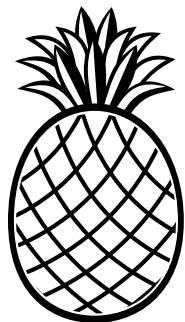
Activity

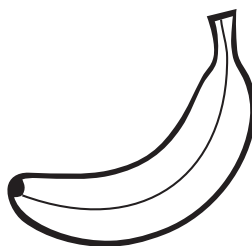
1

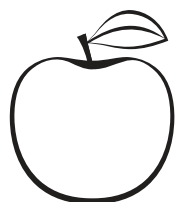
I love fruit! Color the fruits.

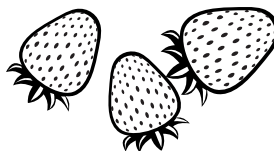
What letter does the name of each fruit start with?

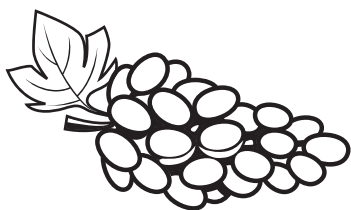
Write the letter on the lines next to each fruit.

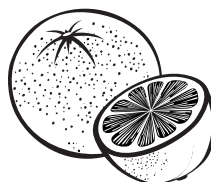


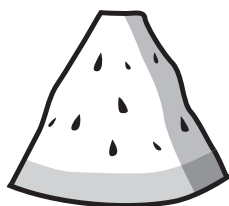


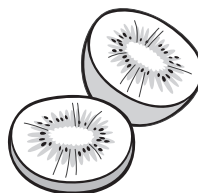












Lesson 3

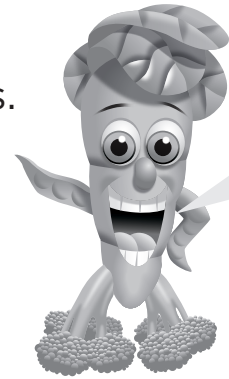
Vote for Veggies!

Activity
2

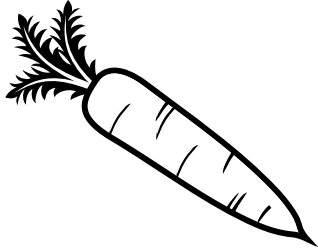
Veggies are my favorite!

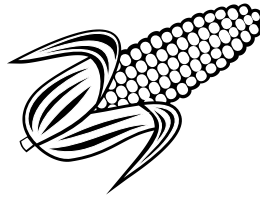
Write the first letter of each vegetable on the lines.

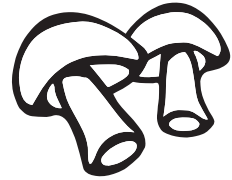
Color in the vegetables that start with
the same letter in each row.

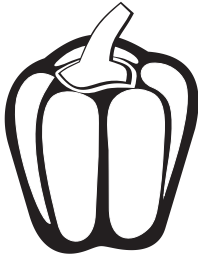


What have
you tried?



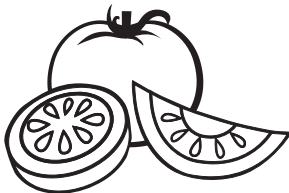


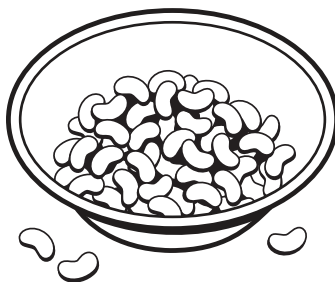














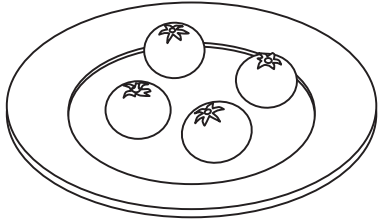
Lesson 3

Snack Count

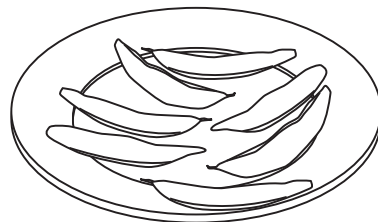
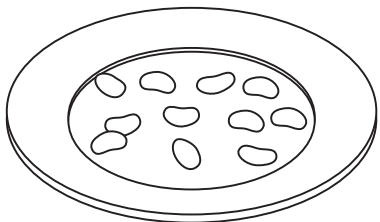
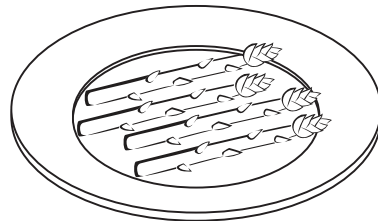
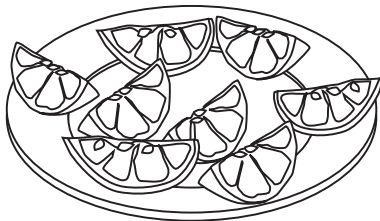
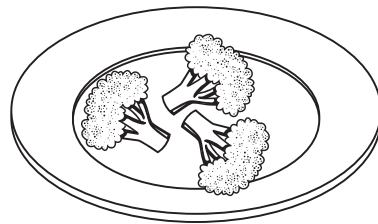
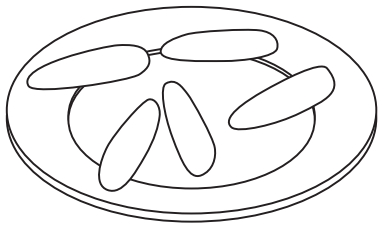
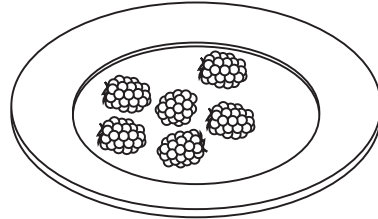
Activity

3

It's snack time! Count the number of fruits and vegetables on each plate. Write the numbers on the lines. Which plate in each row has more? Circle it. Color the fruits and vegetables.



4



Lesson 4

Time to Grow!

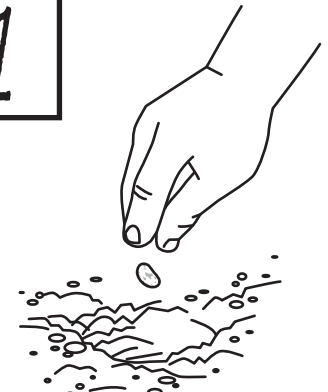


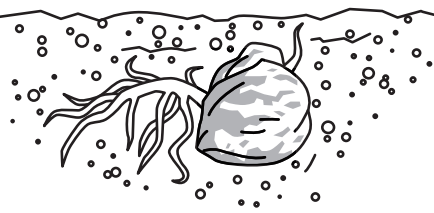


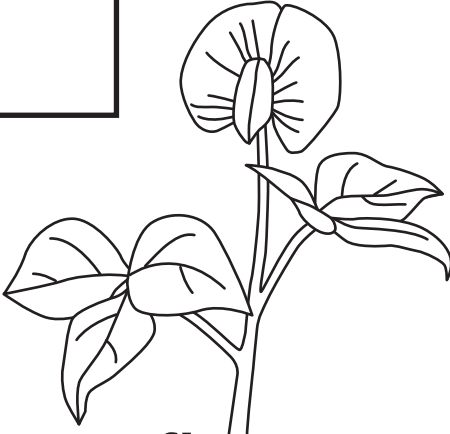

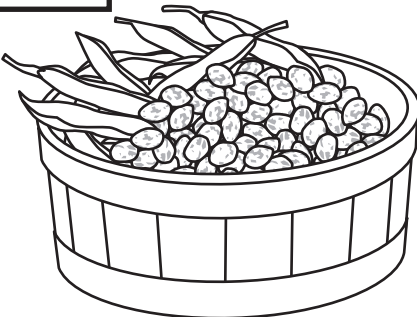
Activity

1

How do plants grow?

Number the pictures from 1 to 9 going from left to right, top to bottom.

Then read the sentences in order to learn how a bean grows.

| | | |
|--|--|--|
| <p>1</p>  <p>Plant the seed.</p> |  <p>Cover with soil.</p> |  <p>Water it.</p> |
|  <p>It grows roots.</p> |  <p>It grows leaves.</p> |  <p>It gets taller.</p> |
|  <p>It flowers.</p> |  <p>A bean grows!</p> |  <p>Time to eat!</p> |

Lesson 4

1, 2, 3, 4 — Grow, Fruit and Veggies, Grow!

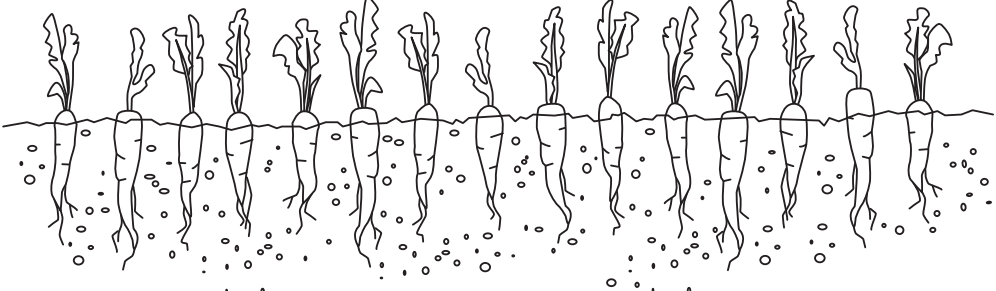

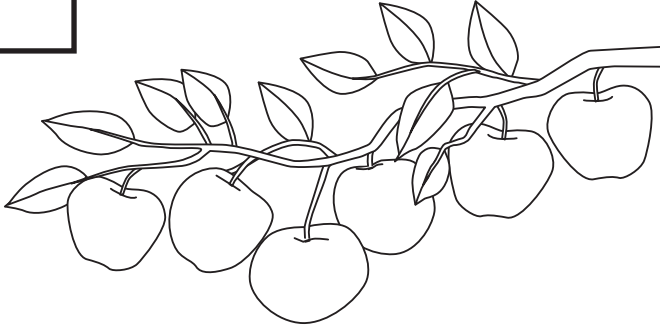
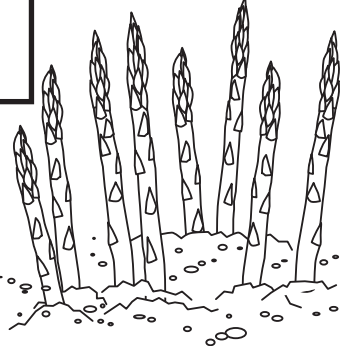
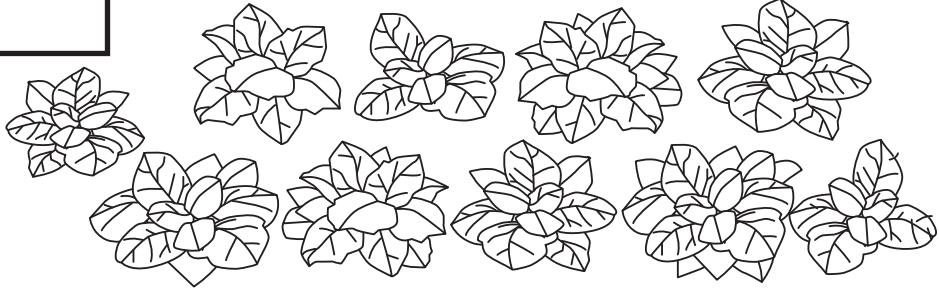
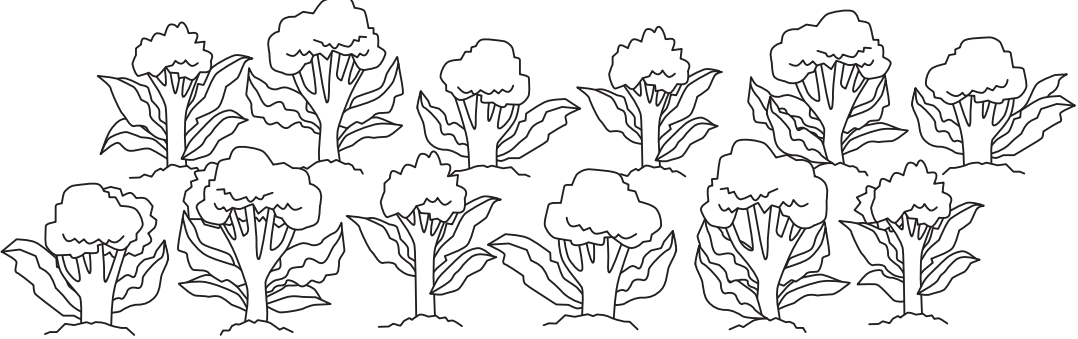
Activity

2

Look at the fruits and vegetables growing!

How many fruits or vegetables are in each picture box?

Count them. Write the number in the square. Color the pictures.

| | | | |
|---|--|--|--|
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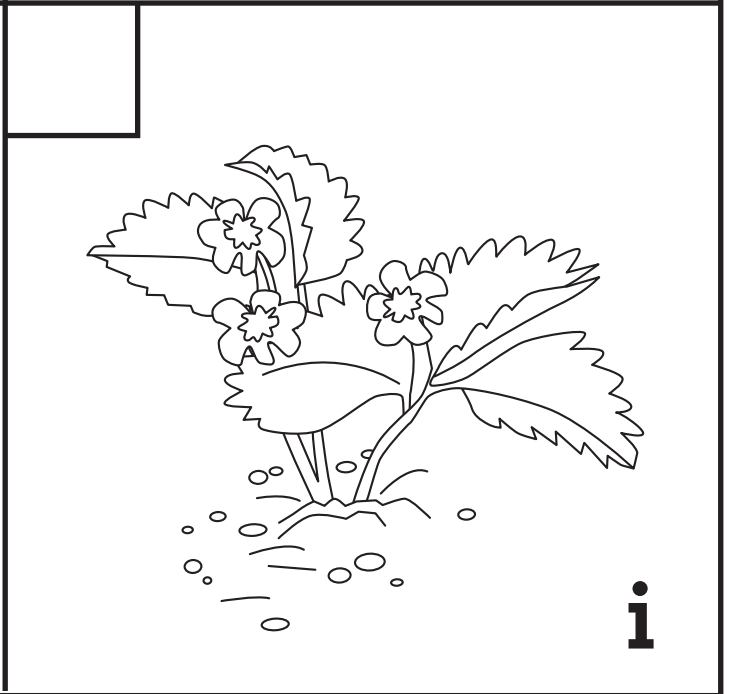
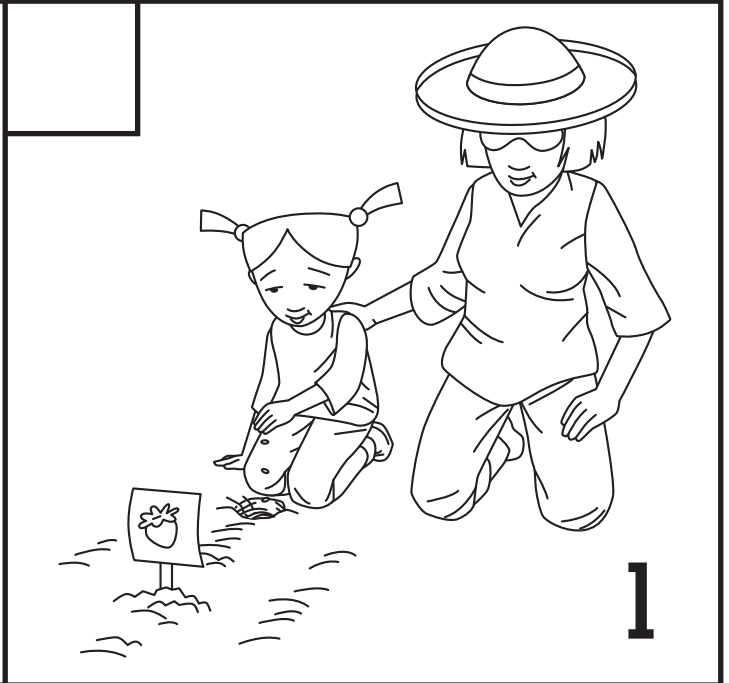
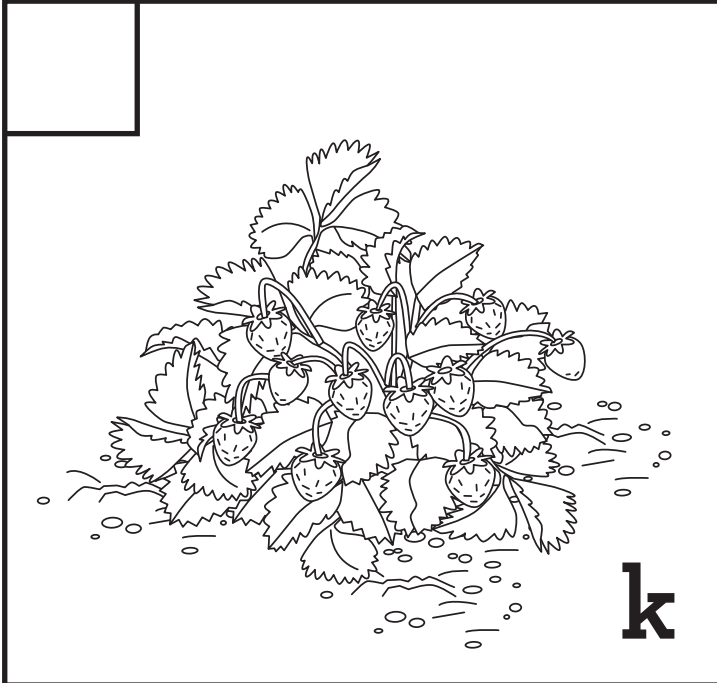
Lesson 4

Time for Strawberries

Activity
3

Look at each picture. Show the order. Write 1, 2, 3, or 4 in the box.

Color each picture. Write the letter from each box below. What does it spell?



I
 1 2 3 4

strawberries.

Lesson 5

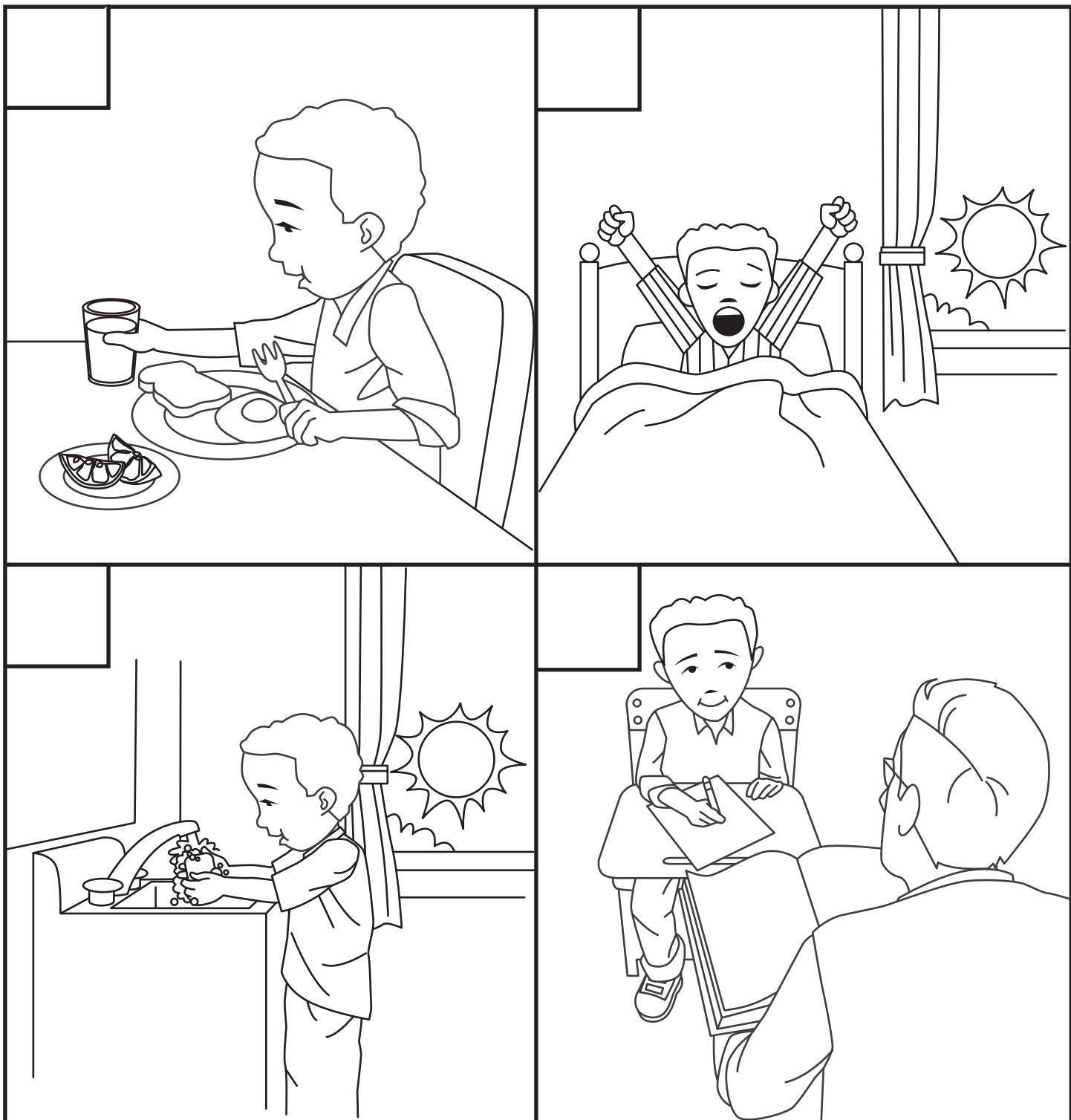
What a Day!

Activity

1

Look at each picture. Show the order.

Write 1, 2, 3, or 4 in the box. Color the pictures.

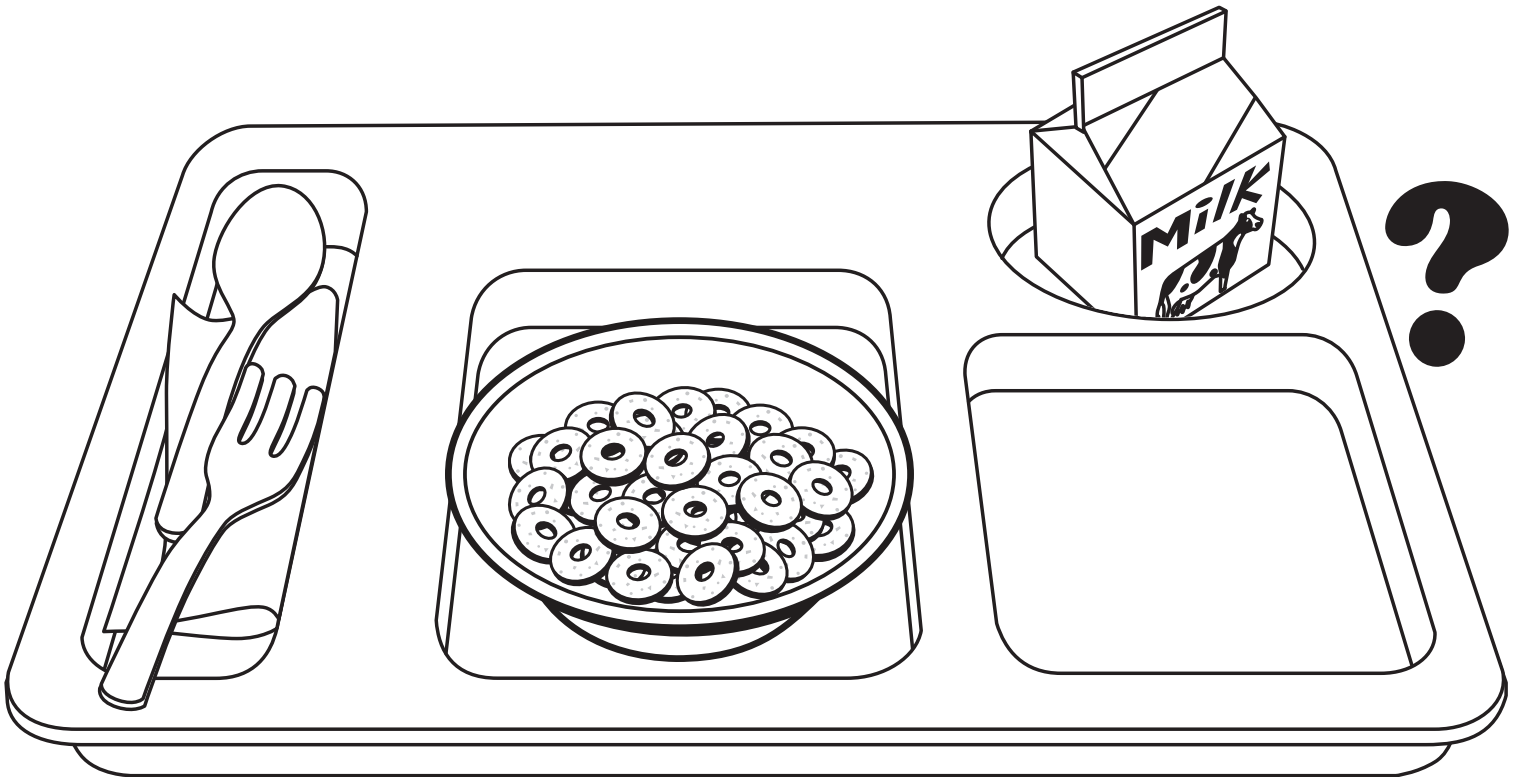


Lesson 5

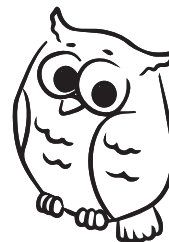
Where Is the Fruit?

Activity
2

It is time for breakfast. You have a bowl of cereal and milk. The fruit is missing. What fruit is for breakfast? Look at the pictures. Write the letter that begins each word. The letters spell the word of the missing fruit.



What fruit is for breakfast?



Draw a picture of the missing fruit on the tray.

Lesson 5

Breakfast Time!

Activity

3

1. Pick a **Protein, Fruit, Grain,** and **Dairy** food to make breakfast.

Circle one choice in each group.

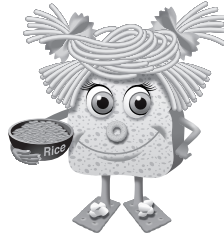
2. Circle a vegetable to eat as a snack.



Fruits



Dairy



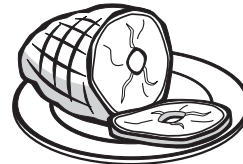
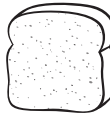
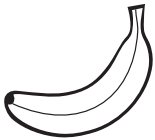
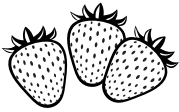
Grains



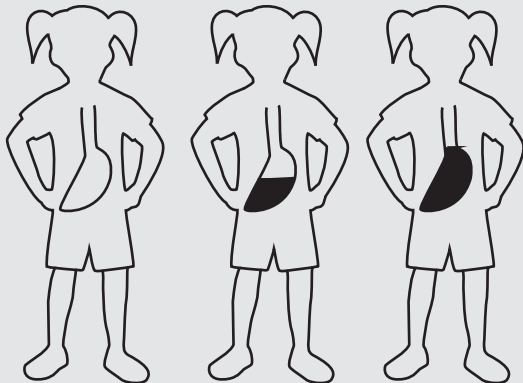
Protein Foods



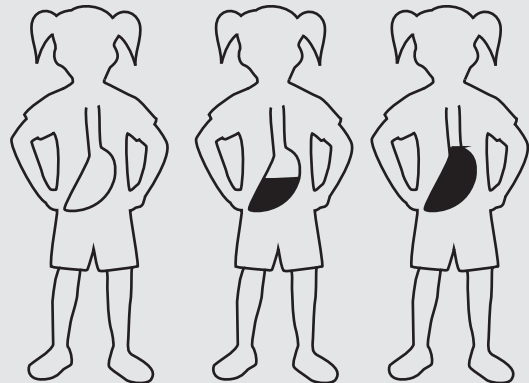
Vegetables



How full does your tummy feel **before** you eat breakfast?



How full does your tummy feel **after** you eat breakfast?



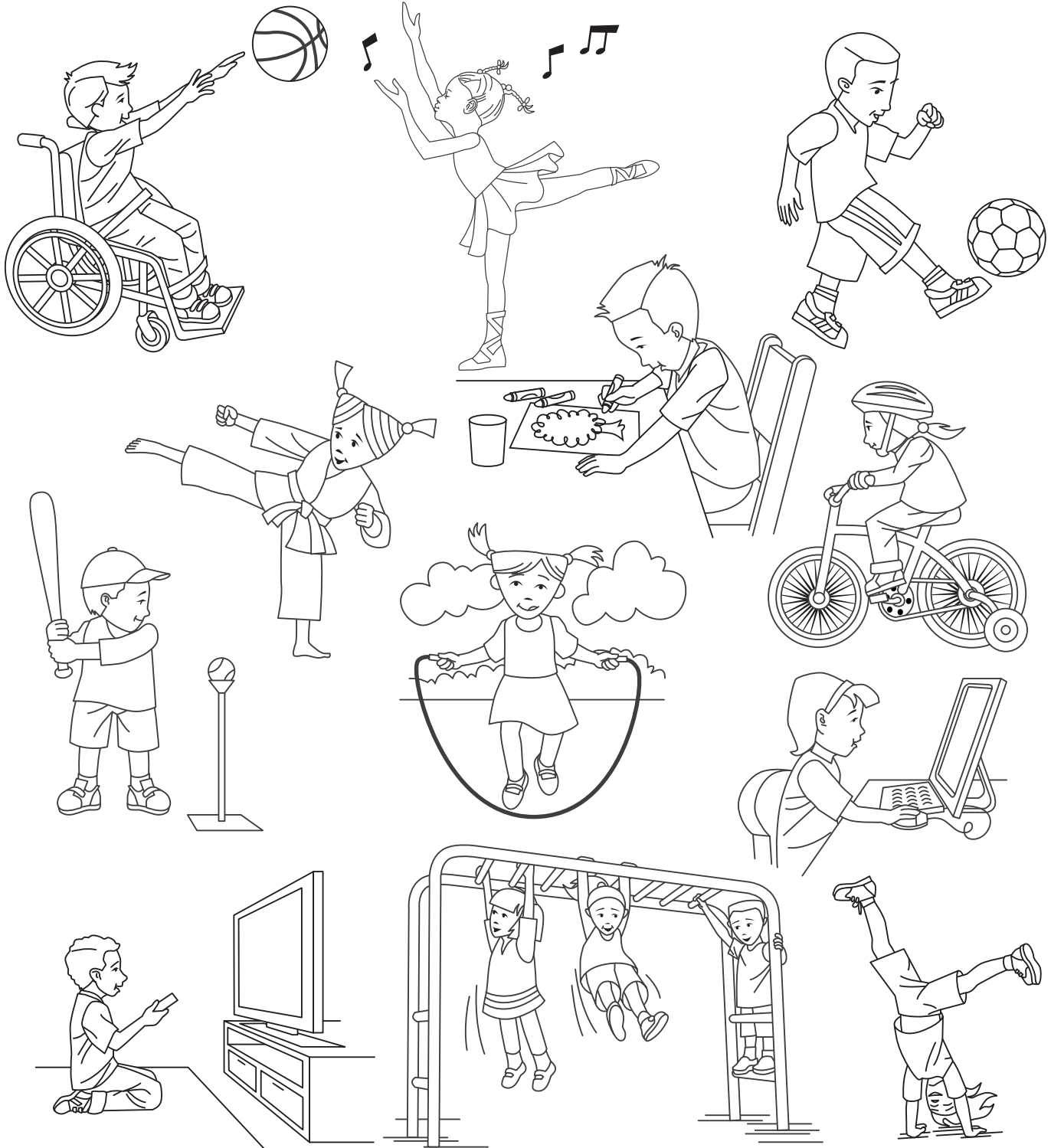
Lesson 6

Run, Jump, Play!

Activity

1

Color the pictures that show how to be active at play.
Only color activities that make your heart beat faster.
Circle your favorite way to be active when you play.



Lesson 6

Field Day Fun!

Activity

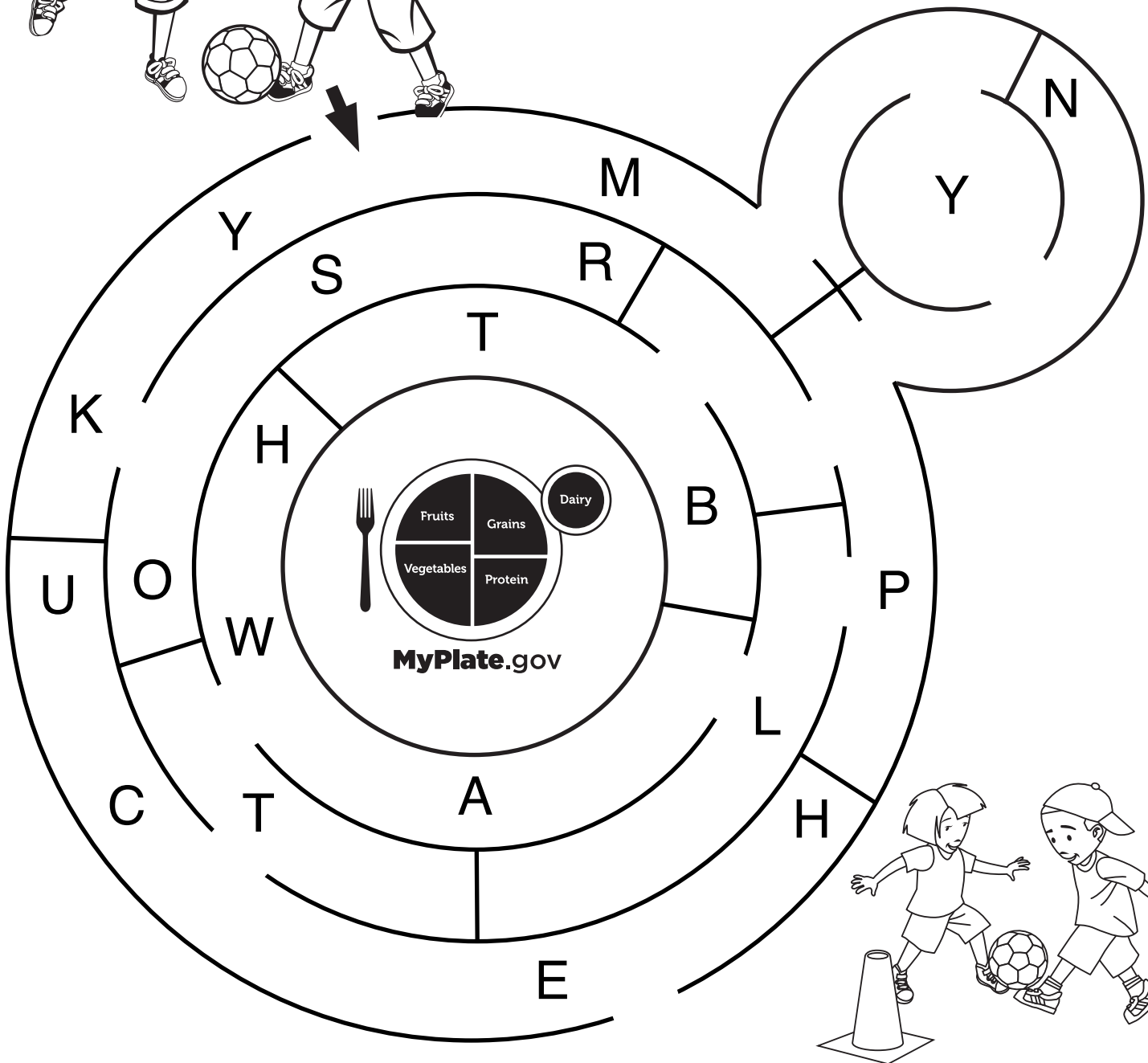
2



It is time for soccer.

Help Nate and Kate find the way.

Follow letters that spell **MyPlate**.







Discover
MyPlate
Certificate



Good job, _____!

You tried new foods and learned about **MyPlate**.

Keep up the good work.

Choose healthy foods from each food group.

Run, jump, and play every day.

It is fun and good for you!

Teacher's Signature _____



Discover other nutrition education materials developed under the U.S. Department of Agriculture's Team Nutrition initiative at: **TeamNutrition.USDA.gov**.

