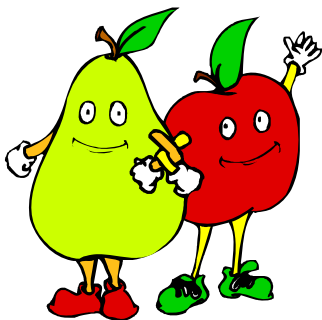


SOLUTIONS
for your LIFE

Prepared by Mary A. Keith, PhD, LD/N
Extension Agent, Food, Nutrition and Health
August, 2007

Hillsborough County
5339 County Road 579
Seffner, Fl., 33584-3334
SUN 541-5519
(813) 744-5519
FAX (813) 744-5776
hillsborough@ifas.ufl.edu
<http://hillsborough.extension.ufl.edu/>

NUTRITION IN THE CLASSROOM
Putting a Class Together



As you are getting ready to welcome new children into your classroom, here are a few ways to use foods to make that a little easier. You can use these ideas to help children learn each others names. You

can use the foods they choose as the basis for many other lessons.

Make a Classful of Foods

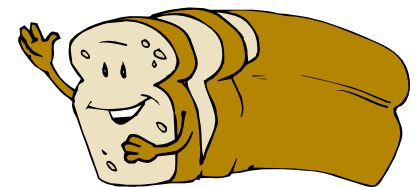
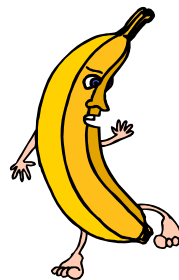
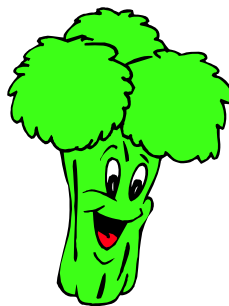
You will need:

- grocery store ads, or magazines with pictures of food
- blunt scissors
- glue or paste, or tape

Give the children the ad with food pictures. Ask each one to find and cut out a picture of their favorite food, or of a food of their favorite color.

For older children, ask them to find a food that starts with the same letter as their name.

When all the children have a picture, do one of these:



1. Make a collage by gluing or taping all the pictures into a group on a large sheet of paper or on the board.

2. Make a line of pictures by gluing or taping them on the board according to the height of each child. So the picture the tallest child chose would be on one side (left for example) and the shortest child on the other (right) side.

If you want, you can write each child's name under their favorite food picture.



3. Use brown paper (from a grocery store bag) to cut out the shape of a large basket or grocery cart.. Draw lines on it to make it look like a basket or cart. . Tape the basket on the board or large paper. Let each child tape or glue their picture above the basket, to 'fill the basket'.

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Welcome the New Foods

Just as you are welcoming new children into the group, welcome new foods. This can be a great way to introduce new fruits, breads, vegetables or other dishes. For example, what if a child names a food that other children do not know? You can find out where that food is from, what color is it, how big is it. You might even find a sample of it. Or, you can let the child introduce the food. Here's one fun way to describe a new food.

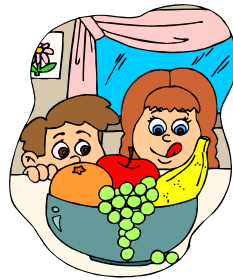
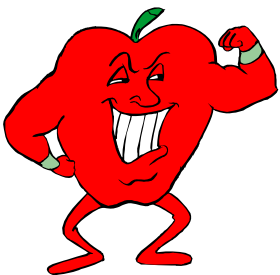
Sister/Brother, Is It?

Play a version of Mother May I? with new foods. Call it "Sister (or Brother), Is It?" Let a child who is familiar with the new food stand at one side of the room. All the other children stand in a line at the other side, facing the "Mother/Sister/Brother".

Starting at one end of the line, each child may ask one question, such as "Sister, is it a fruit?" If the answer is Yes, the child may take one step forward, toward 'Mother'. If the answer is No, they may not advance. Each child gets to ask one question, and advance or stand still. Then the next child asks their question, on down the line, until all the children have asked a question. At this point you can either start over with the first child, or declare a winner. Or, if you prefer to not set up a competition, whenever one child gets a 'yes' answer, let the whole class take a step forward.

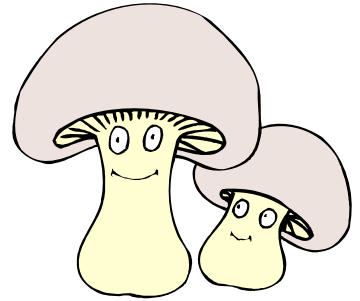
Each time a child gets a 'yes' answer, write the clue on the board or piece of paper.

After everyone has asked their question, read all the clues. See if anyone can recognize the food. If not, explain, tell or show them the new food.



Make Mystery Boards

You can play this game with new foods that you choose, or with foods that children like or remember.



Introduce the children to the idea of a mystery board. If you see that there will be a new food on the menu in the coming week, use it. Or pick a food a few children know that is unfamiliar to others. The new food is the mystery. Put a picture of an unfamiliar food (a fruit or vegetable) up on the board. Or put one clue to the mystery food up. (It grows underground.)

Ask how many children recognize or can guess the food. Let them come up and whisper it to you. Put the names of any children who know the name of the food or guess it correctly on the board.

Each following day, give the children another clue about the mystery food. As they recognize the food or learn the name, add their names to the list. Do not let the mystery go on too long. If the other children haven't told all ready, try to help the children identify the food by the end of the week.

This game can be repeated multiple times with new foods. You can vary the kinds of clues you give. One week just give color clues, or clues about how it sounds when you eat it.

As you continue adding children's names at different times throughout the week they will soon be knowing each other's names and they and their foods will be 'welcomed' to the classroom.