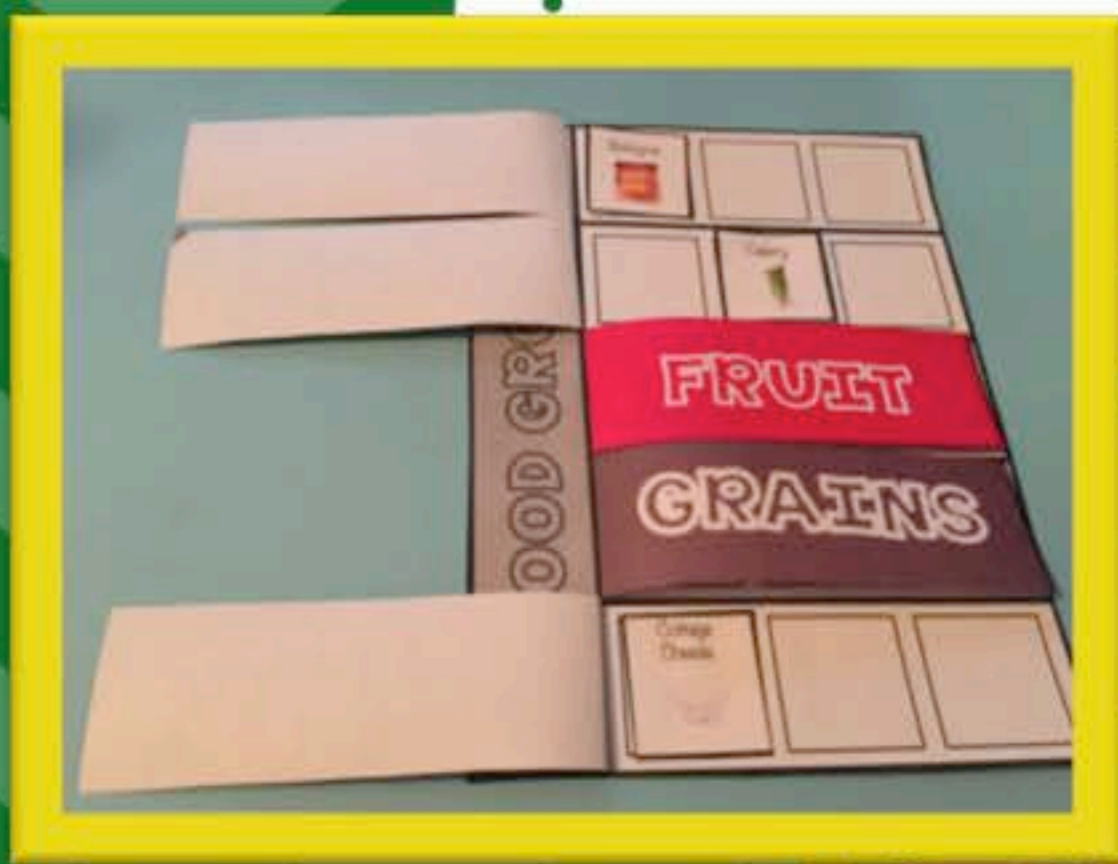


All About Healthy Food: Interactive Materials for Nutrition



By Christine Reeve

www.teacherspayteachers.com

[/Store/Christine-Reeve](http://www.teacherspayteachers.com/Store/Christine-Reeve)



All About Healthy Food

A Nutrition Unit

This unit contains mini-books, interactive foldables, worksheets, and file folder activities presenting information about food groups and making healthy eating choices. Students will be introduced to basic information on food groups, appropriate serving sizes of different food groups, and recommended guidelines for healthy eating. The mix of materials allows students to practice the skills in different ways.

What's Included:

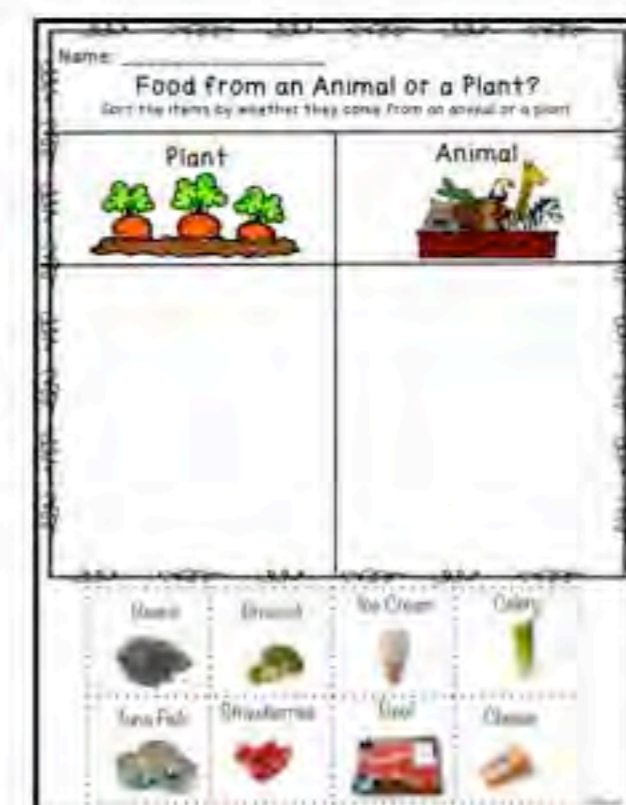
6 File Folder Sorting Activities

- Healthy Foods or Treats (Clip Art of Foods)
- Healthy Foods or Treats (Photos of Food)
- Bakery or Produce items (Clip art)
- Meat or Fruit items (Clip art)
- Food from an Animal or a Plant (clip art or photos of food)
- Sort by 5 Food Groups (photos)



10 Sorting Cut-and-Paste Worksheets

- 5 healthy or treat
- 5 food from an animal or plant



15 Cut-and-Paste Worksheets Using My Plate graphics to sort by food group

- 5 Breakfast plate
- 5 Lunch plate
- 5 Dinner plate





Treats

PR

Beans 	Yogurt 	Apples 	Carrots
Tuna 	Orange Juice 	Bananas 	Broccoli
Milk 	Cucumber 	Cantaloupe 	Celery
Pudding 	Toaster Pastry 	French Fries 	Chocolate
Potato Chips 	Ice Cream 	Pie 	Candy
Cookies 	Donuts 	Jello 	Pizza



Healthy Food

HEW



Choose **MyPlate**.gov

**Today's
Menu**

Fried chicken

Green beans

Milk

Carrot sticks

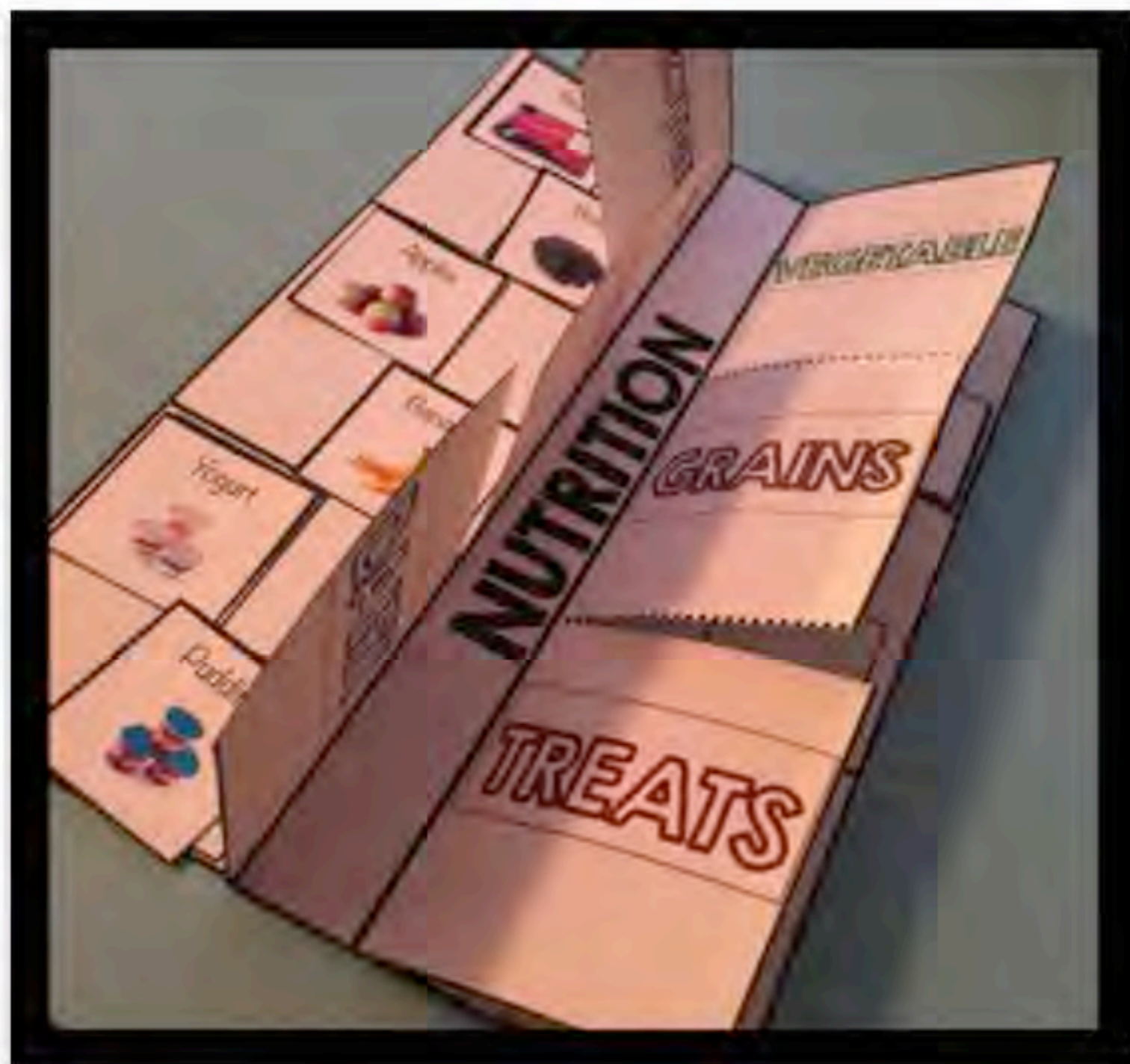
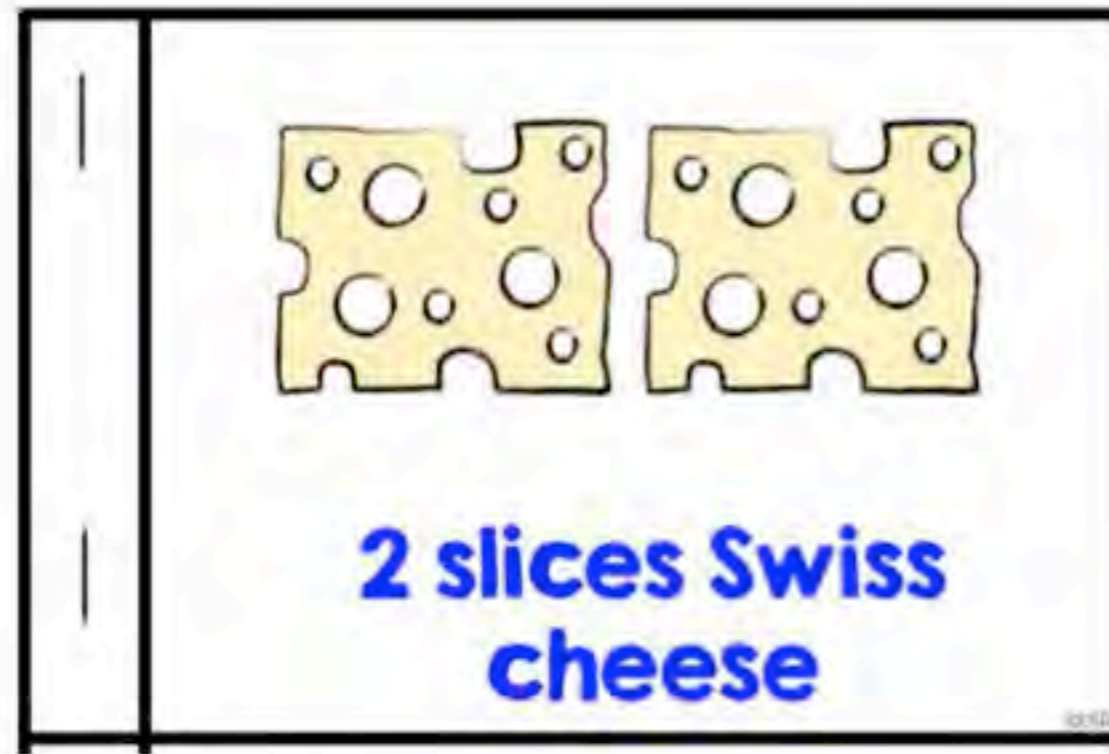
Grapes

Granola bar

What's Included:

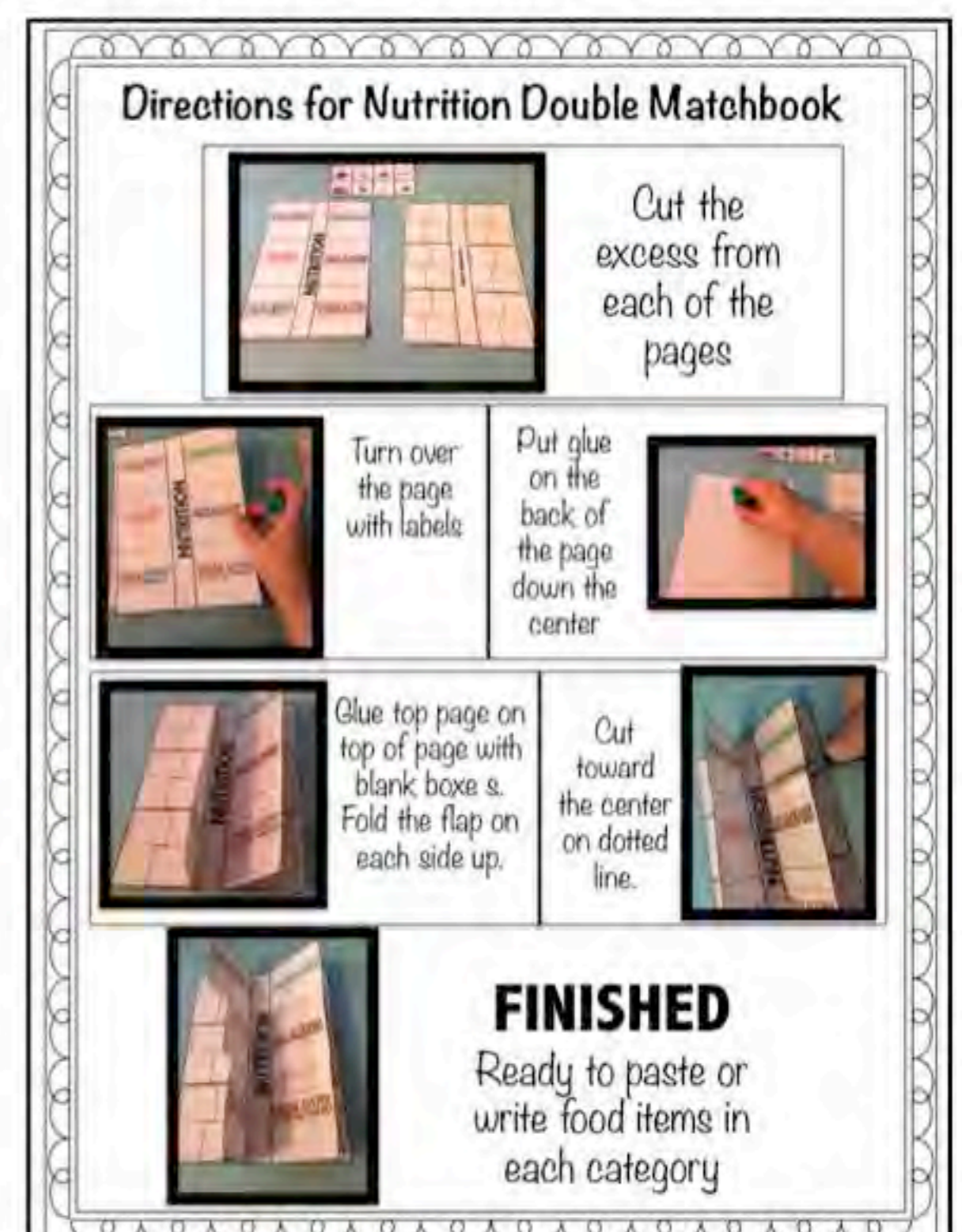
1 Mini Book for Healthy Eating

- Covers tips for each food group for healthy eating
- Can be used as a free-standing book or as part of an interactive notebook

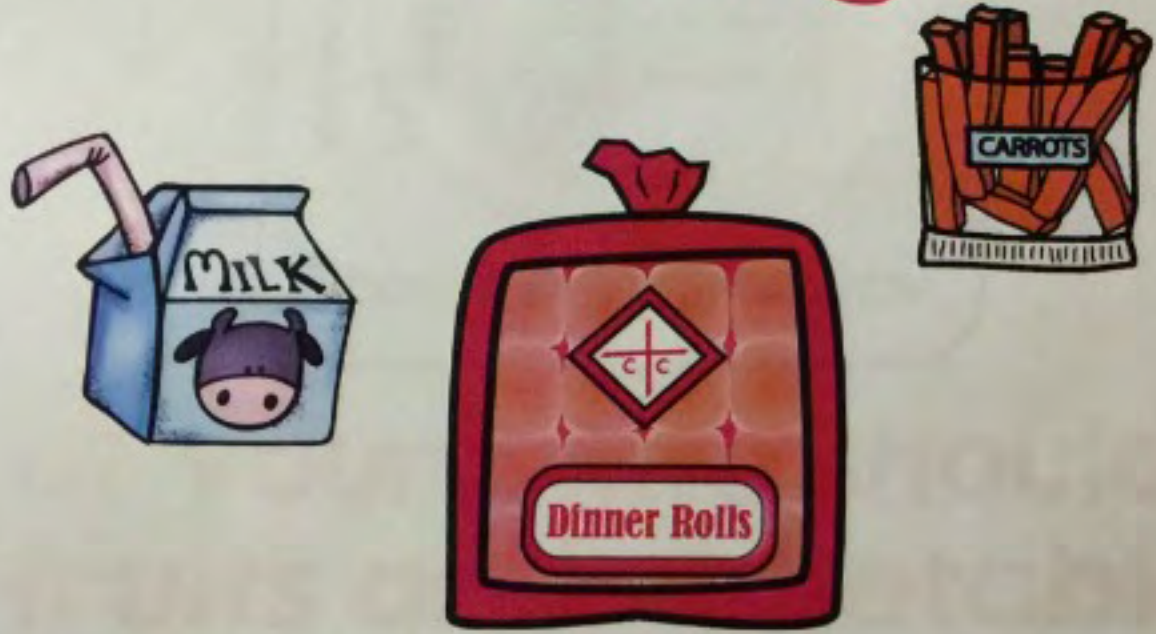


A double flip flap book that can be used as a free-standing foldable or as part of an interactive notebook. If you use it as a standalone, I've included 2 templates that can be used as the bottom sheet—one that is plain boxes and one that has boxes for placing food pictures (also included).

I've included a picture task analysis for the students to use to make the flip flap book as well so they can learn to assemble them.



Healthy Tips for Eating



©CER

FRUIT



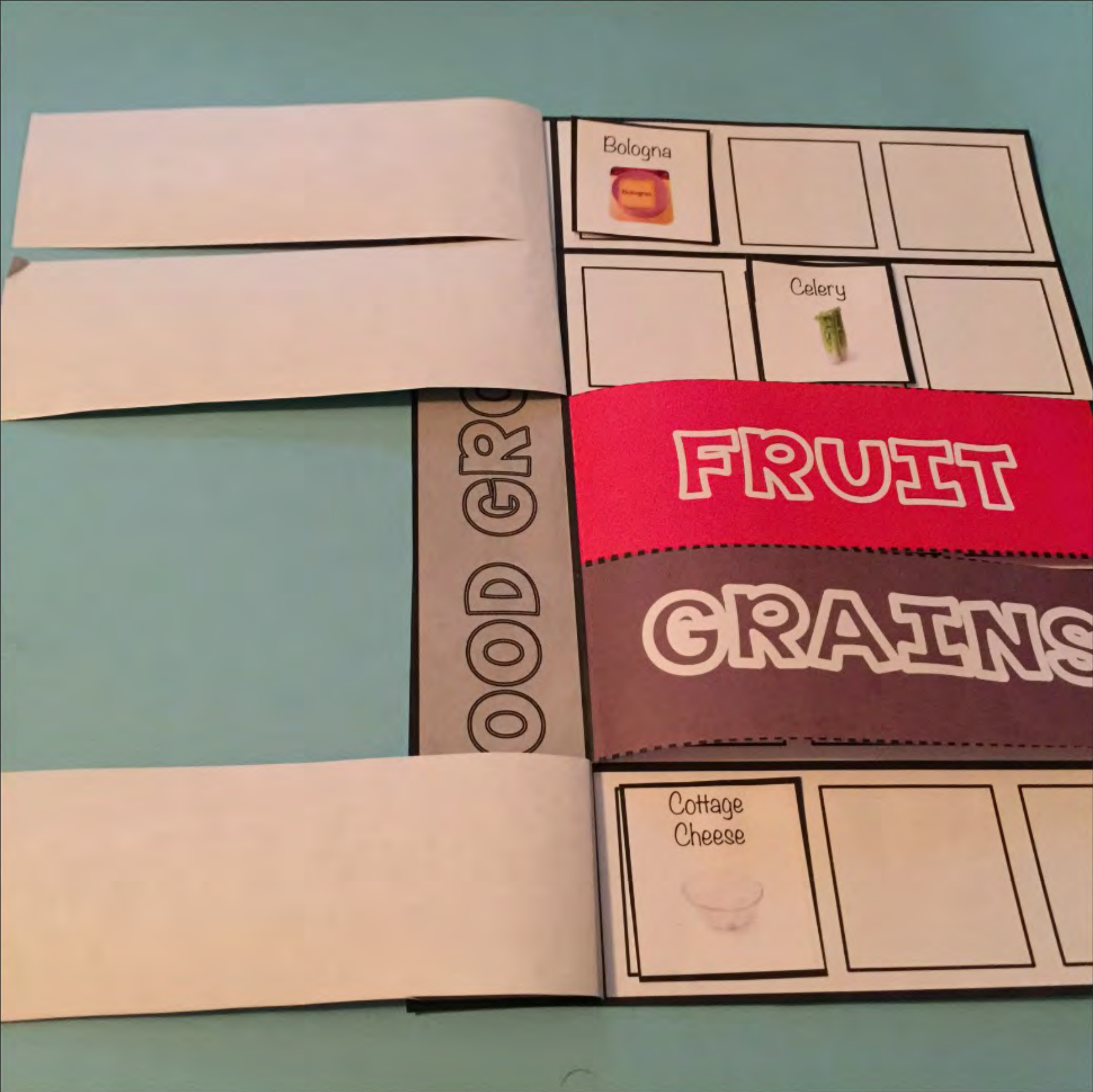
1 1/2 CUPS each day

Try to eat seafood protein twice a week.



Try to eat seafood protein twice a week.

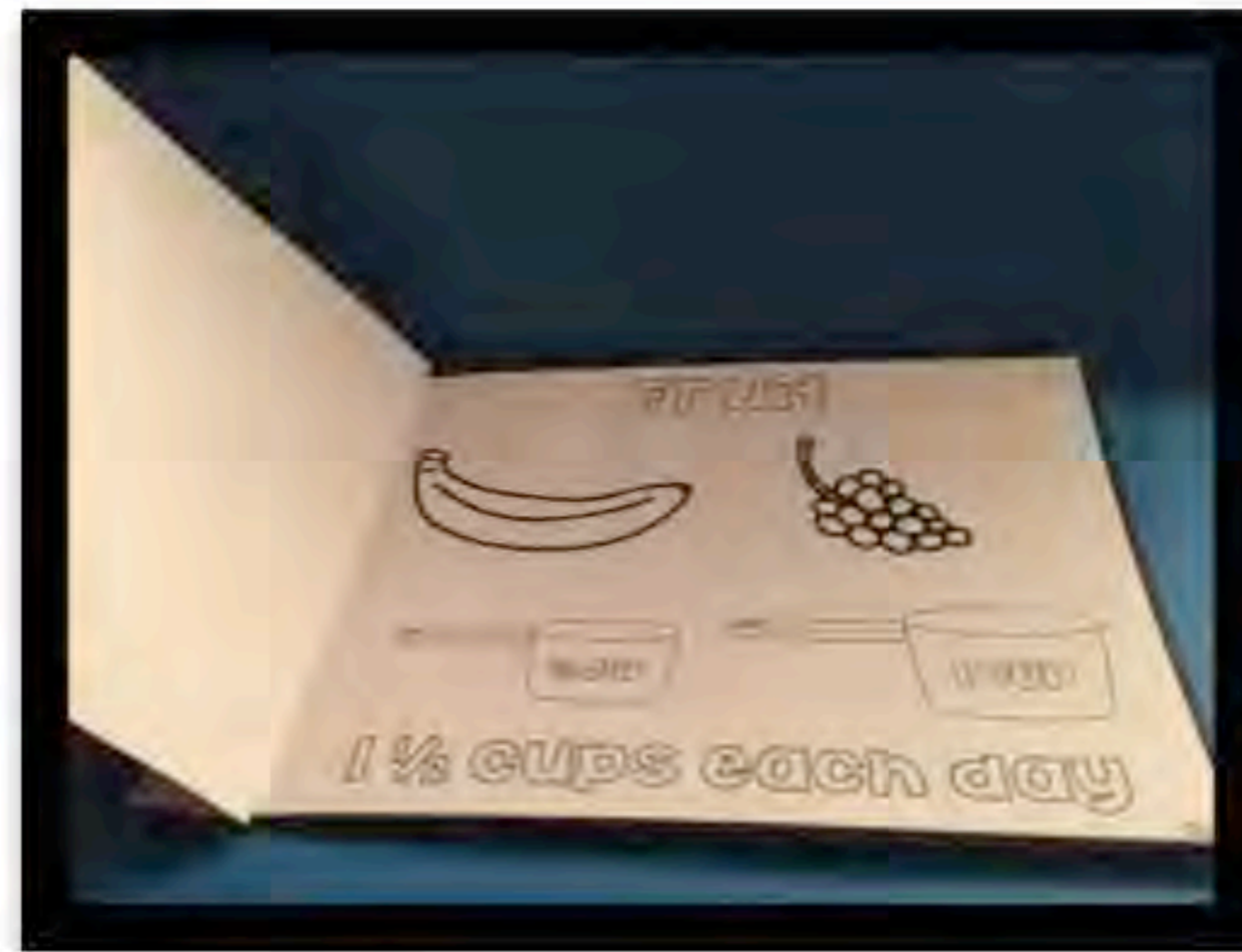
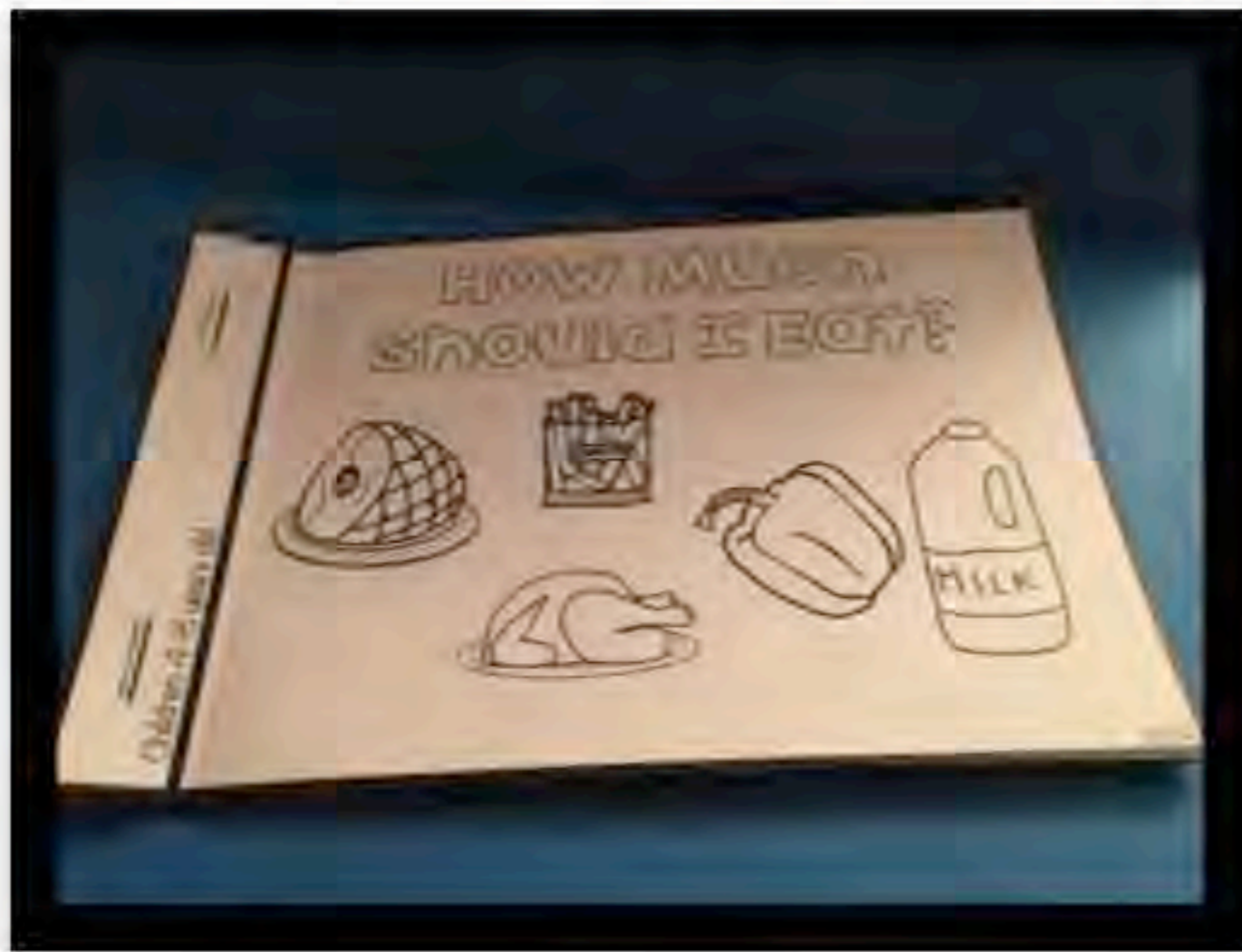
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What's Included:

7 Mini Books for Recommended Daily Servings for Different Ages and Gender

- Includes one for children aged 4-8 years old, boys/girls 9-13, boys/girls 14-18 years old, and women / men 19 years and older for transition students
- There is a page for each food group and one for healthy oils
- Students color and assemble books as a free-standing book or as part of an interactive notebook



PROTEIN	SERVINGS	VEGETABLE
FRUIT		GRAINS
DAIRY		OILS

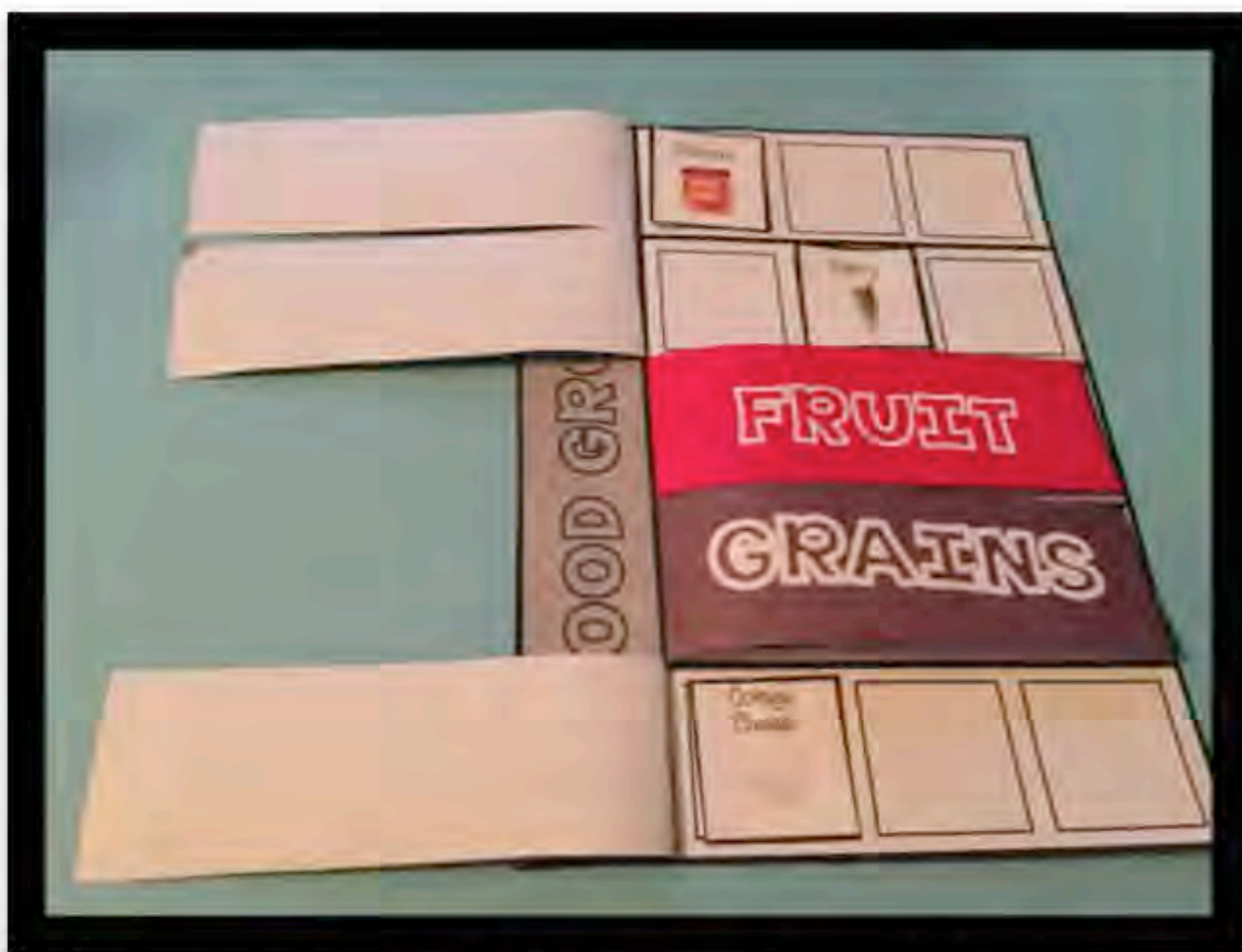
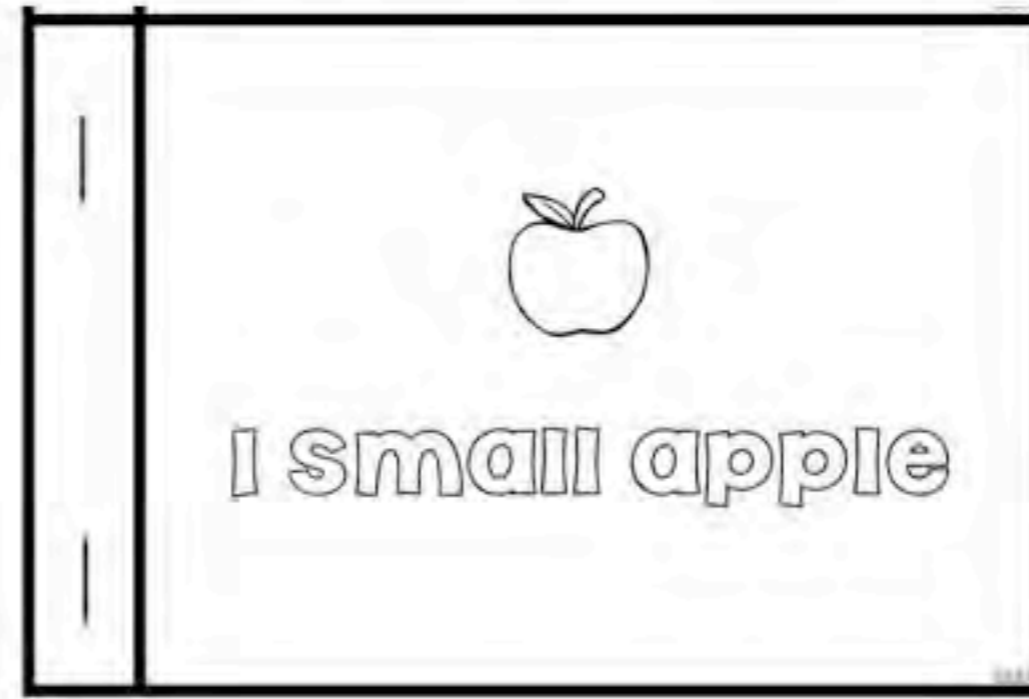
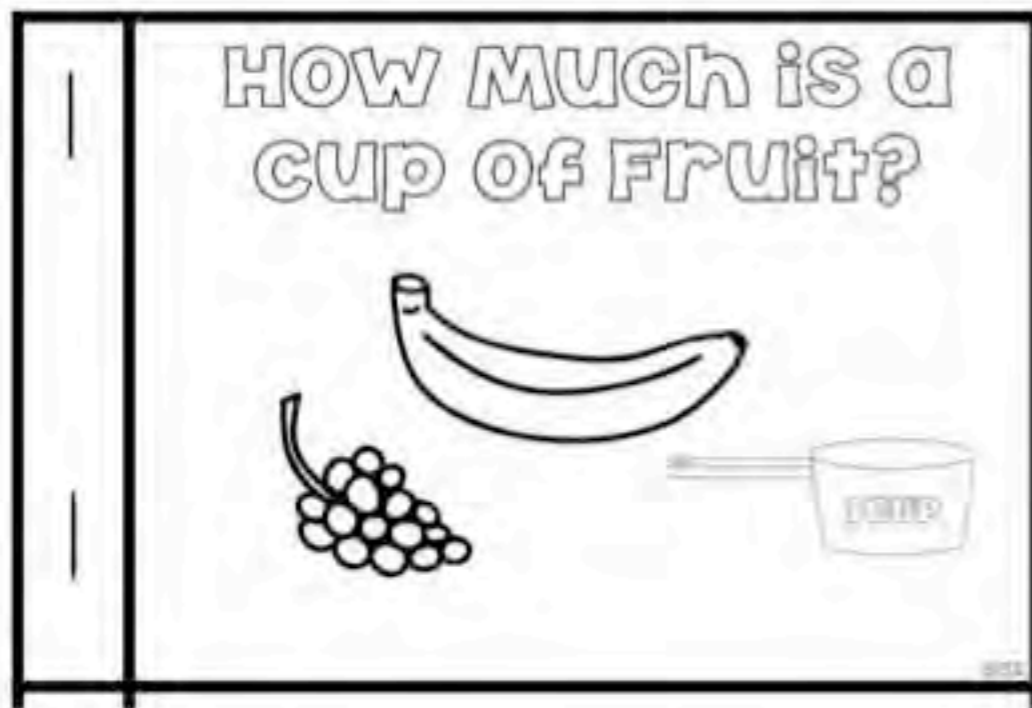
I should eat _____ ounces of protein every day	Glue or Staple Here	I should eat _____ cups of vegetables every day
I should eat _____ cups of fruit every day		I should eat _____ ounces of grains every day
I should eat _____ cups of dairy every day		I should eat _____ teaspoons of oils every day

A double flip flap book that can be used as a free-standing foldable or as part of an interactive notebook. Students write in (under the flap) the recommended servings for each category. For students who cannot write in the servings independently, there is a guided sheet that can be used as the bottom layer in which students just write in how many cups or ounces of each category.

The same task analysis from the earlier flip flap can be used for the students to assemble them.

What's Included:

6 Mini Books Introducing How Much is a Cup or Ounce of Each Category of Food (vegetables, fruit, dairy, grains, protein, oils). Color and black and white versions included.



Colored version and version for students to color with color cues.

A flip flap book that can be used as a free-standing foldable or as part of an interactive notebook. Students write in (under the flap) foods that belong in each food group. For students who cannot write in the servings independently, there is a guided sheet that can be used as the bottom layer in which students glue pictures of food for each category (also included)

Picture Task Analysis to show students how to assemble the flip-flap book is included as well.

Directions for Food Groups Flip Flap

Cut the excess from each of the pages

Put glue on the spine of the bottom page.

Glue the spines together and fold the spine forward.

Cut along the dotted line for each category

Stop cutting at the solid line of the spine.

FINISHED
Ready to paste or write food items in each category

What's Included:

2 Versions of a Layered Flip Book (again can be used as standalone or as part of an interactive notebook) is designed to have students sort foods by food group. There are 2 versions. One with color outlines and one in black and white the students can color. Students can write in the foods for different groups or can use the supplied pictures to cut and paste them onto the proper page.




Colored version and version for students to color with color cues.


Picture Task Analysis to show students how to assemble the flip-flap book is included as well.

If you want to put the task analysis on one page, select multiple under printing to print all on one page.

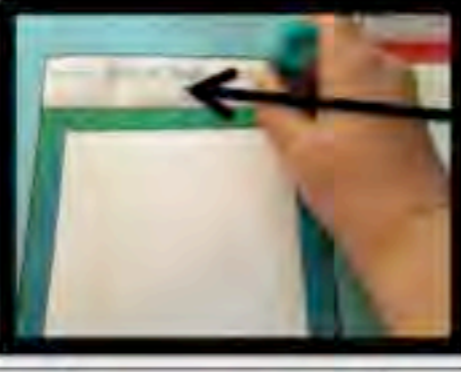
Flap Book Visual Instructions




Cut excess off each sheet. Cut on solid lines only.



Fold on dotted line (at top of color for each page).



Put glue on the flap at the top of the Vegetable Sheet.



Glue the flap from Fruit on to the top of the Vegetable sheet.

HEALTHY EATING FOOD GROUPS

Milk



Cheese



Ice Cream



DAIRY



GRAINS

PROTEIN

FRUITS

VEGETABLES

HEALTHY EATING FOOD GROUPS

DAIRY

GRAINS

PROTEIN

FRUITS

VEGETABLES

Pears



Strawberries



Oranges



FRUITS

VEGETABLES

Shredded
Wheat



Waffles



Whole Wheat
Bread



Oatmeal



Croissant



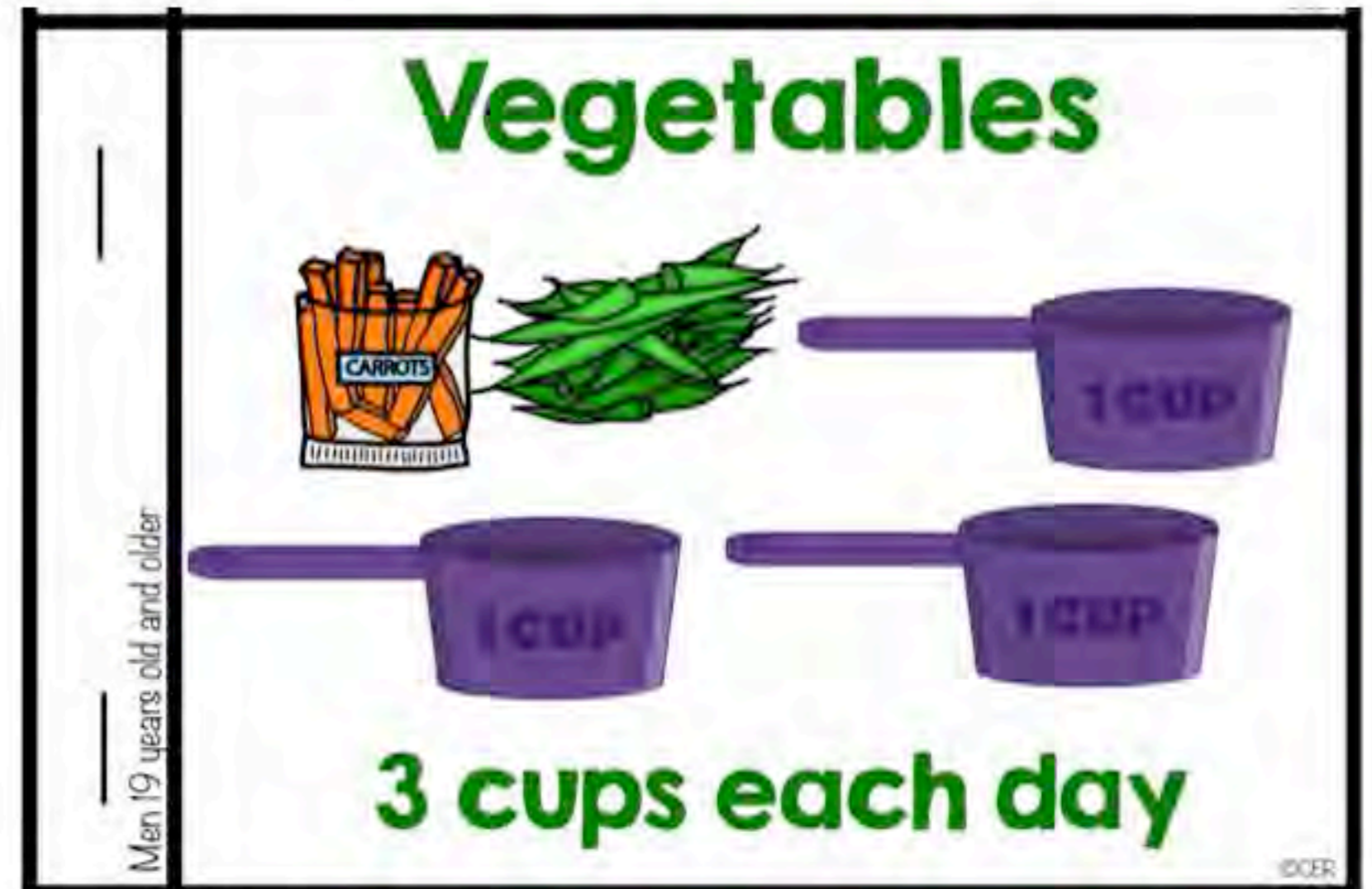
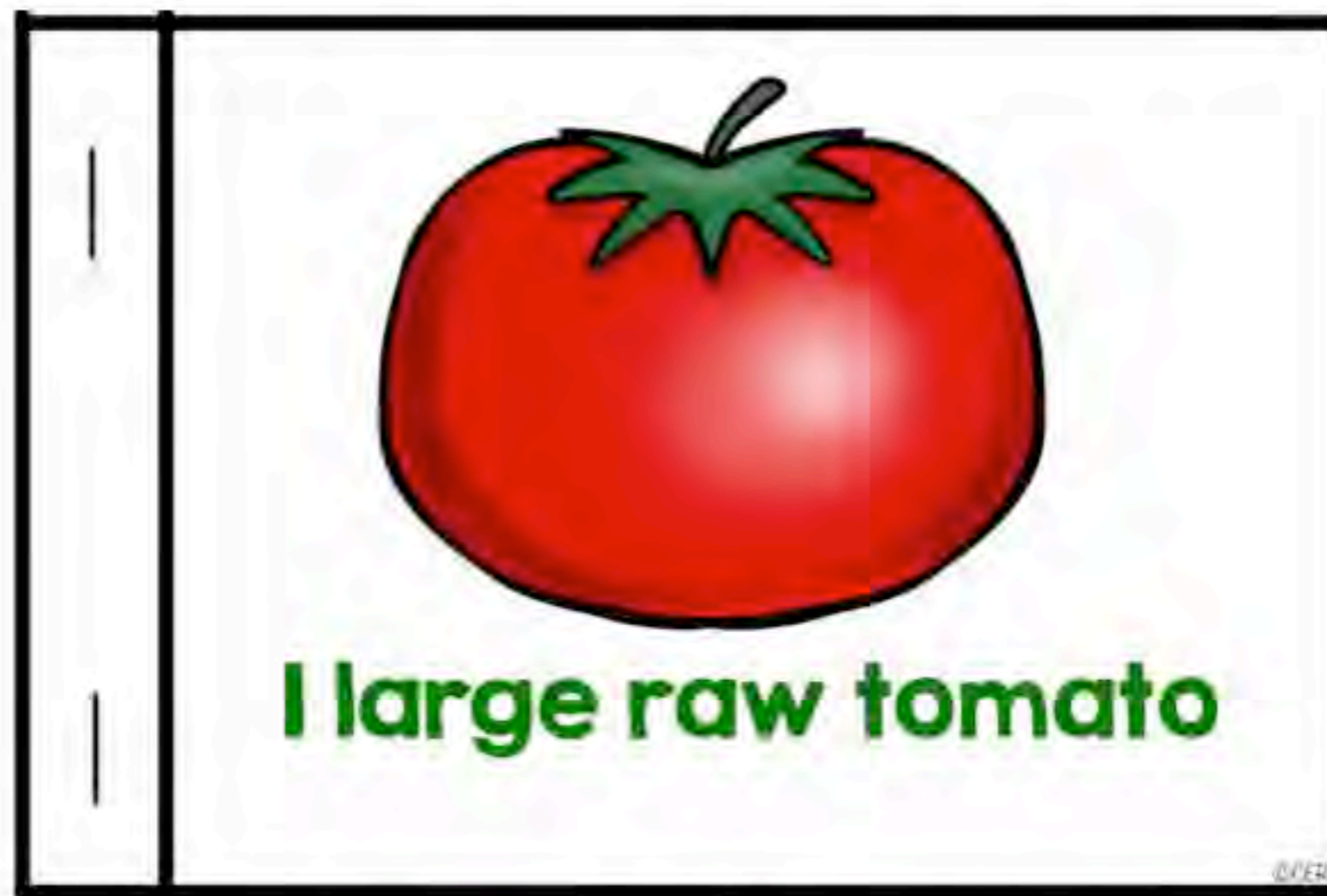
GRAINS

PROTEIN

FRUITS

VEGETABLES

Each mini-book comes with a color version for the teacher's example or for students who cannot color and create their own book.



The following skills can be addressed and practiced with these materials:

- Identifying the food groups
- Choosing between healthy food and treats
- Choose menus that create a balanced diet
- Identify appropriate serving sizes for recommended daily amounts of foods
- Identify helpful tips for eating a balanced diet
- Identify food items that come from animals or plants
- Following directions for assembling education materials (foldables)

Extension Activities:

- Have students cut food items from a local store flyers or magazines and sort them using the layered foldable book
- Have students use the books as references for planning balanced meals
- Have students use the MyPlate graphic to discuss the daily school lunch menu, having the students choose foods in each part of the plate.
- Cut the double flip-flap book apart to make cards from each flap. Have the students color them and put them on popsicle sticks to create response cards. Present foods to the group and have each student use the response cards to identify what food group it belongs to.
- Access videos and other educational materials from <http://www.choosemyplate.gov/> to supplement the instructional lessons.
- <http://www.choosemyplate.gov/kids/index.html> also provides games for students to play online
- Have students keep a food diary and review it weekly in relation to the recommended dietary guidelines

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