

055: What group does each food belong to?

Classify the foods based on the food group they belong to



Session introduction

Present the food classification method "Choose my plate" (More information at <https://www.choosemyplate.gov>). Pass out the Miniland foods, name each one and say the food group it belongs to: which ones are Fruits, Vegetables, Proteins, Grains and Dairy.

Playing with the Miniland product

Print and cut out cards. Place them on the table face down. Each child takes a card, looks at it, folds it and puts it away. Look for the Miniland food that matches the image. The child shows the Miniland food to the rest of the group. Play at identifying which group each food belongs to. The person who knows which group it belongs to puts a color-coded sticker on it (Fruits-red, Vegetables-green, Proteins-purple, Grains-orange, Dairy-blue), according to the group each food belongs to. Next, the cards are picked up and the player sees if he or she is right.

Digital game

When you finish, play with the digital game to reinforce contents. The game consists of classifying and identifying what group each food belongs to. First, the cook gives us 3 pieces of advice on nutrition. 1. Reduce the consumption of sugar, salt and fat. 2. Exercise 60 minutes per day. 3. Drink many liquids daily. The game consists of dragging the food to the section of the plate according to the group it belongs to. You have to classify 16 foods in total.



Educational content

Natural Science

Identify some basic foods, classify them and know how frequently it is recommended to eat them.

Language

Food and nutrient-related vocabulary.

Multilingual education

English food group vocabulary

TIC

Use of the digital environment



Compatible Miniland Material

Ref. 30582 Vegetables
Ref. 30581 Fruits
Ref. 30583 Confectionary
Ref. 30765 Basket of Fruits
Ref. 30766 Basket of Vegetables
Ref. 30811 Fruits, Vegetables & dried fruits
Ref. 30584 Cold meat
Ref. 30585 Fast food
Ref. 30592 Packed assortment
Ref. 30596 Packed assortment
Ref. 30815 Fast food assortment



Age

5 years 8 years
7 years 9 years
8 years



Themes

Food
Nutrition

