



055 What group does each food belong to?

Classify the foods based on the food group they belong to

Starting Session

Present the food classification method "Choose my plate" (More information at <https://www.choosemyplate.gov/multilanguage-spanish>). 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.

Miniland Product Game

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 Sciences

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

Language

- Vocabulary related to food and the nutrients.

ICT

Use of a digital environment.



Compatible Miniland Material

- Ref. 30582 Vegetables
- Ref. 30581 Fruits
- Ref. 30583 Confec onary
- 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

Multilingual education

Vocabulary and speaking.



Age

5-9 years.



Themes

Food and Nutrition.