



HEALTHY BEAR ASKS, "WHICH ONE DOESN'T BELONG?"

TYPE OF ACTIVITY: Large group

KEY CONCEPT: Eat a variety of foods

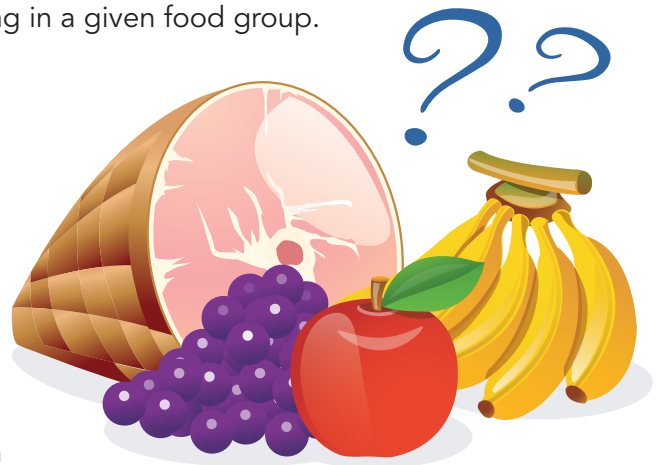


OBJECTIVES:

- › Children will classify foods into MyPlate food groups.
- › Children will identify foods that do not belong in a given food group.

MATERIALS:

- › Healthy Bear puppet
- › Large MyPlate poster
- › Food set templates
- › Food models or real foods (optional)



PROCEDURE:

1. Set-up: Cut apart the four pictures in each food set. Clip each set together, or put each set in a separate bag.
2. Tell the children that Healthy Bear is coming back to visit, and he is confused. Explain that he was trying to make pictures of different food groups, but some of the foods are not in the right food group.
3. Have Healthy Bear show an example. Show children the four pictures in one set, and ask children to name the foods. Encourage children to decide which food is not in the same group as the other foods. Suggested phrases:
 - a. *What foods do you see in this set?*
 - b. *Which one is from a different food group than the others?*
 - c. *The milk doesn't belong in this picture, because it is not a fruit like the others. Can you think of another fruit that could go in this set?*
4. Pass out food card sets to small groups of children. Encourage each group to look at the pictures and decide which one does not belong to the same food group.
5. Have Healthy Bear visit each small group. Have the group tell Healthy Bear which picture in their set does not belong. When several groups are finished, have them trade card sets and play the game again.
6. Optional: Repeat the activity with sets of food models or real foods.

ADAPTATIONS/EXTENSIONS:

Math: Place the card sets in the math area. Encourage children to find the one that doesn't belong, or to sort the cards into food groups.

FOOD SET TEMPLATE 1



Day 7: Review: Eat a Variety of Foods

For more activities, visit eathealthybeactive.net

FOOD SET TEMPLATE 2



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FOOD SET TEMPLATE 3



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FOOD SET TEMPLATE 4



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FOOD SET TEMPLATE 5



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