



FOOD GROUPS SONG

TYPE OF ACTIVITY: Music

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will practice language and rhythm by singing the Food Groups song
- › Children will practice letter identification by holding up letters at appropriate times during the song

MATERIALS:

- › Words to the Food Groups song
- › Letters for each word, on individual cards (see template)
- › Pictures of each food in the song
- › MyPlate poster (optional)

PROCEDURE:

1. Set-up: Cut apart the letters, and place letters for each word in an individual bag. Attach pictures of each word on the backs of the letters (optional).
2. Lead the children in singing through the Food Groups song once. Encourage children to clap along as they sing.
3. Sing through the song again. Show the letters and pictures as the words come up in the song.
4. Distribute letters to different children. As you sing the song again, encourage children to hold up their letters as they are named.

ADAPTATIONS/EXTENSIONS:

Language/literacy: Ask children to think of other foods to use in this song (e.g. grape, bread, salad, mango, peach). Sing the song with children's suggestions.

Music: Choose one verse of the song. Sing that verse multiple times, replacing one letter with a clap or stomp each time (e.g., clap-E-A-C-H, clap-clap-A-C-H).

FOOD GROUPS SONG

(Sung to the tune of "BINGO")

*I know a food that is a fruit
And peach is its name-0:
P-E-A-C-H,
P-E-A-C-H,
P-E-A-C-H,
And peach is its name-o.*

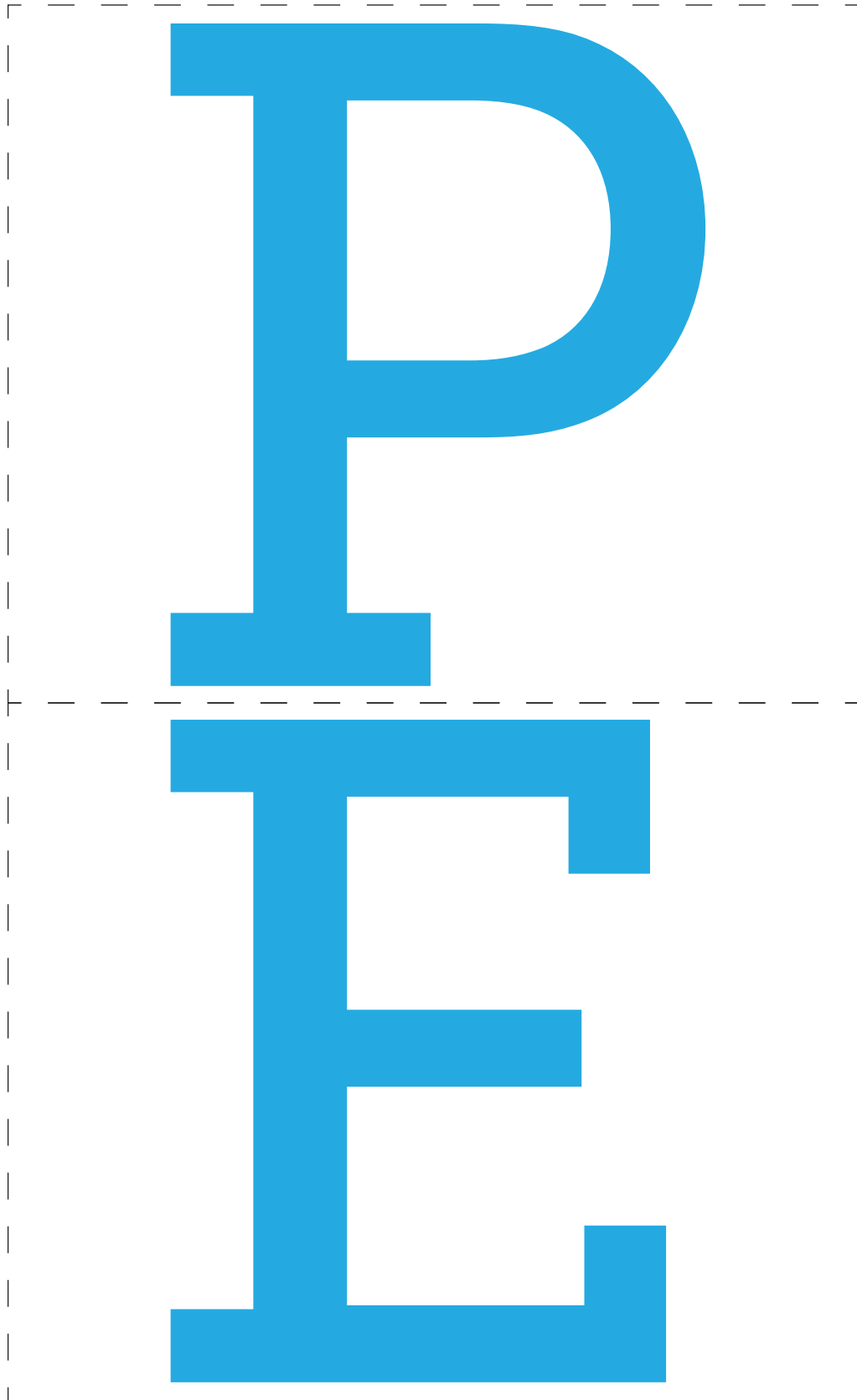
*I know a food that is a grain
And bread is its name-0:
B-R-E-A-D,
B-R-E-A-D,
B-R-E-A-D,
And bread is its name-o.*

*I know a kind of dairy food
And cheese is its name-0:
C-H-E-E-S-E,
C-H-E-E-S-E,
C-H-E-E-S-E,
And cheese is its name-o.*

*I know a kind of protein food:
And steak is its name-0:
S-T-E-A-K,
S-T-E-A-K,
S-T-E-A-K,
And steak is its name-o.*

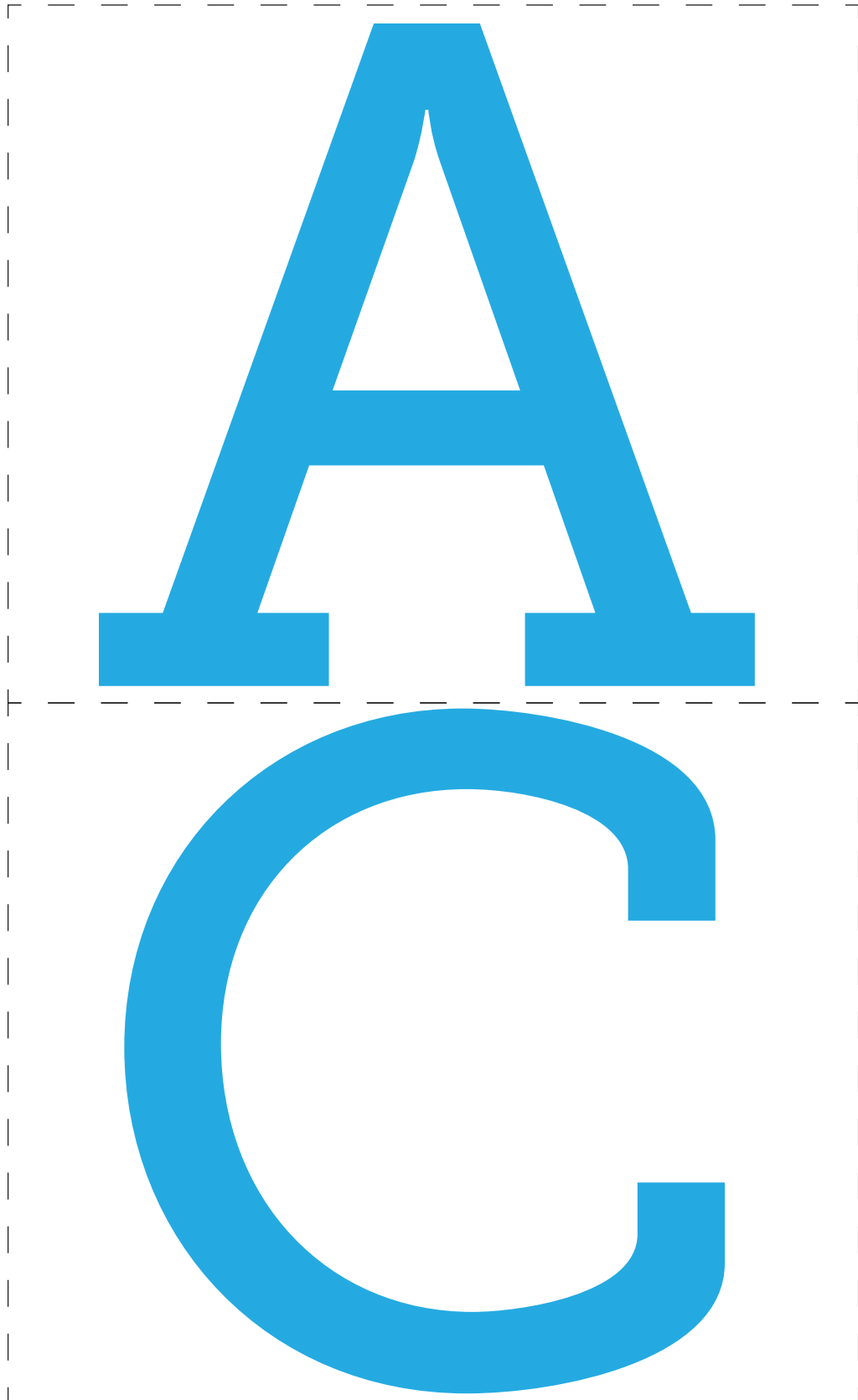
*I know a kind of vegetable
And carrot is its name-0:
C-A-R-R-O-T,
C-A-R-R-O-T,
C-A-R-R-O-T,
And carrot is its name-o*





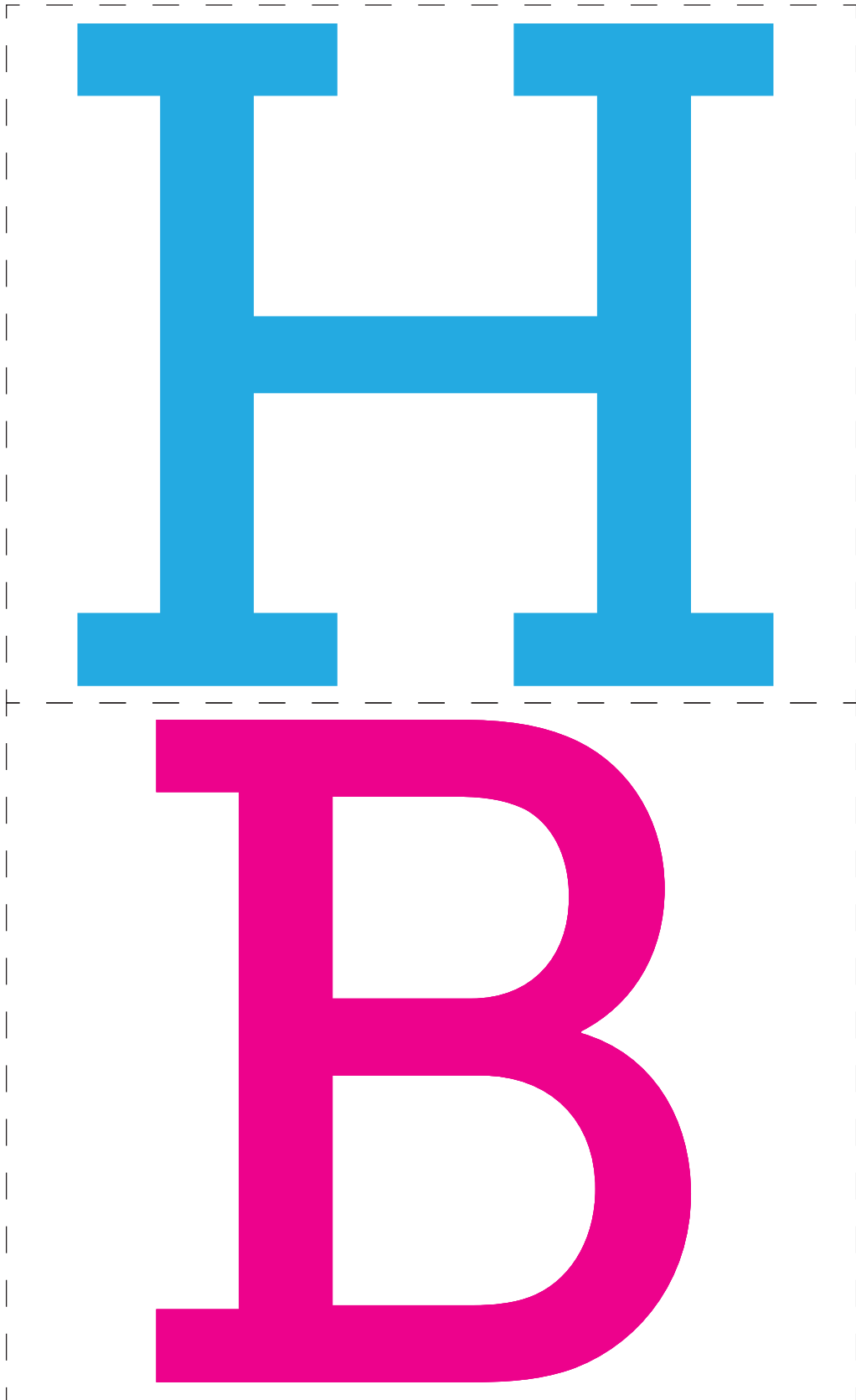
Day 14: Review – Healthy Eating

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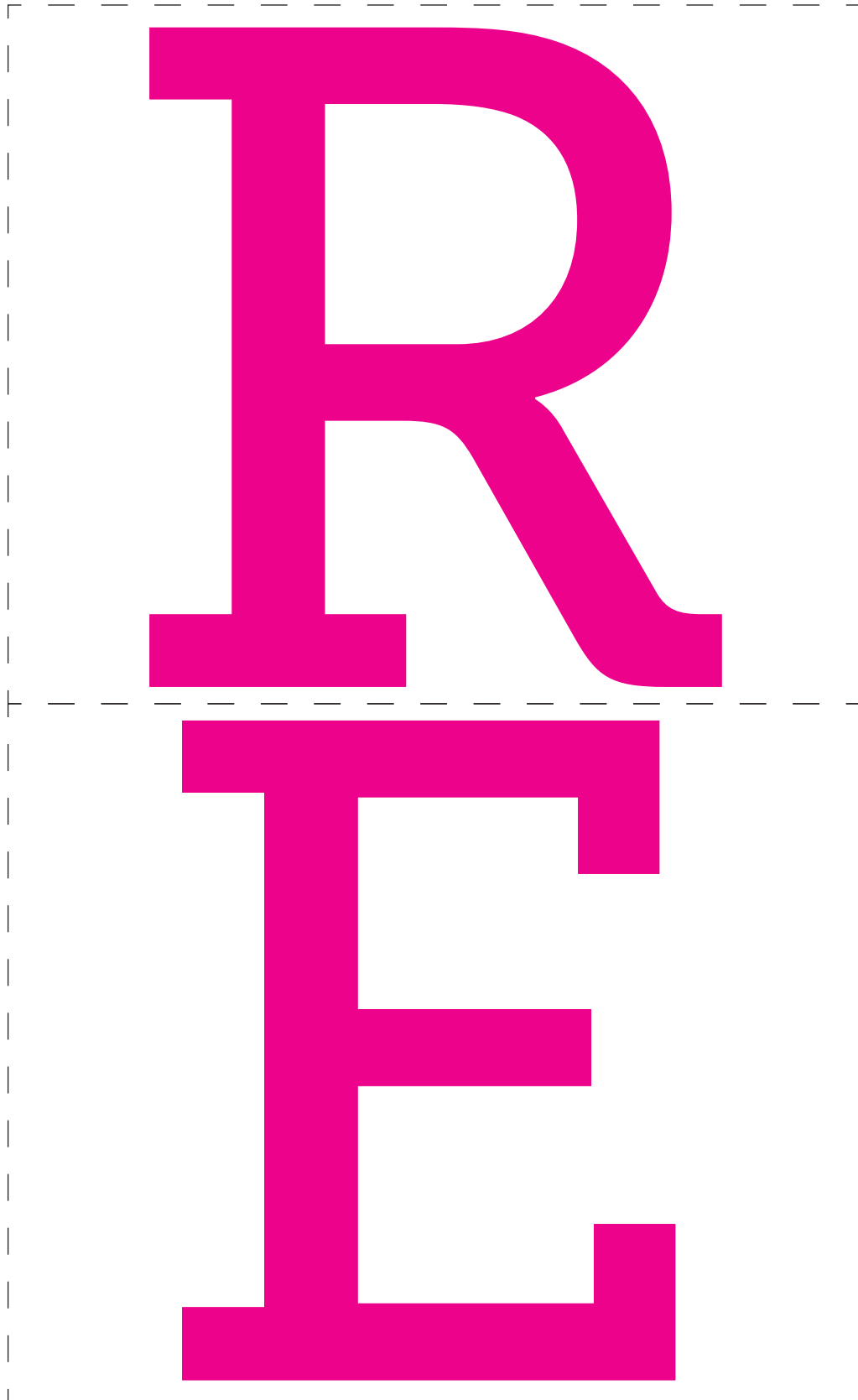
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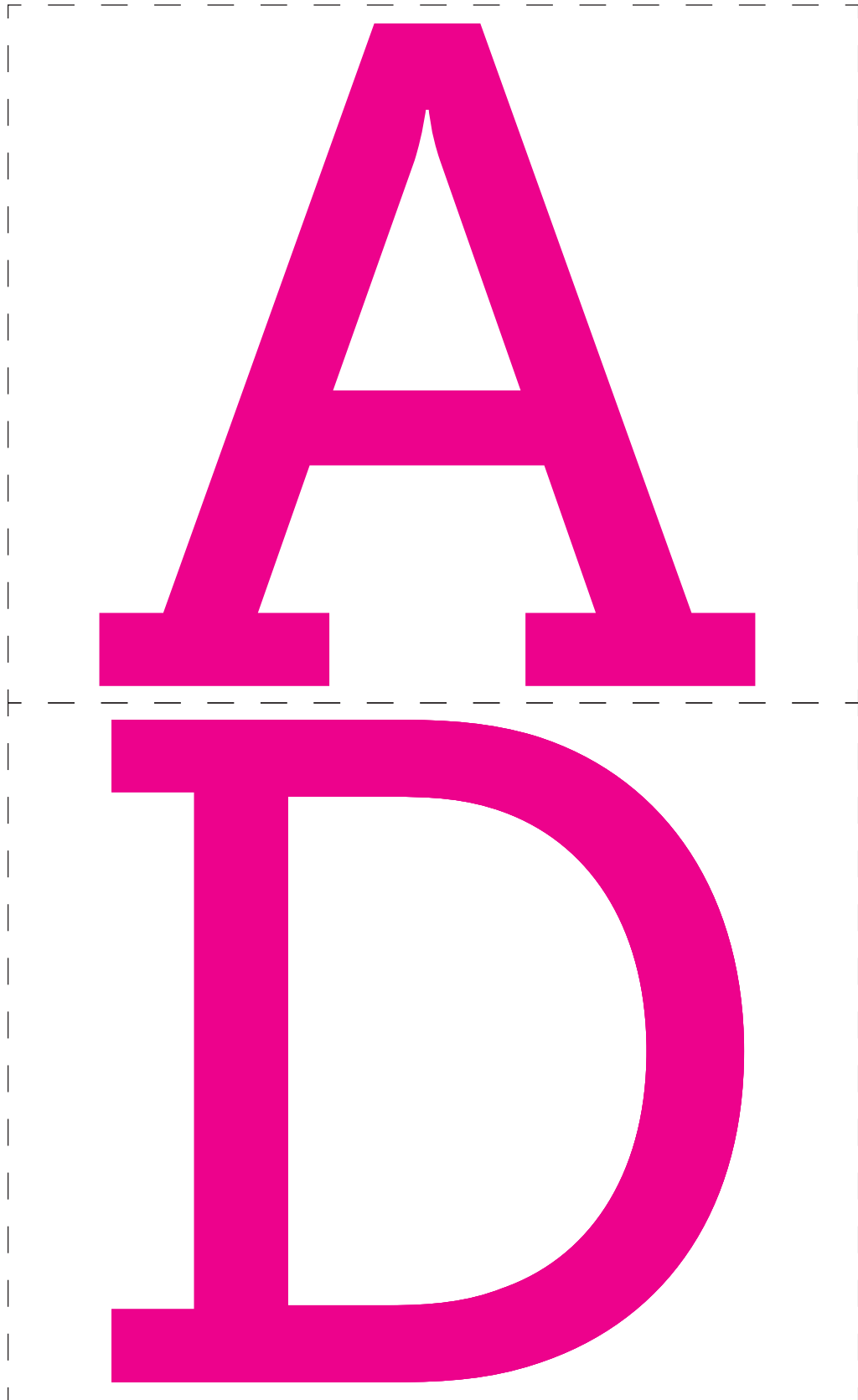
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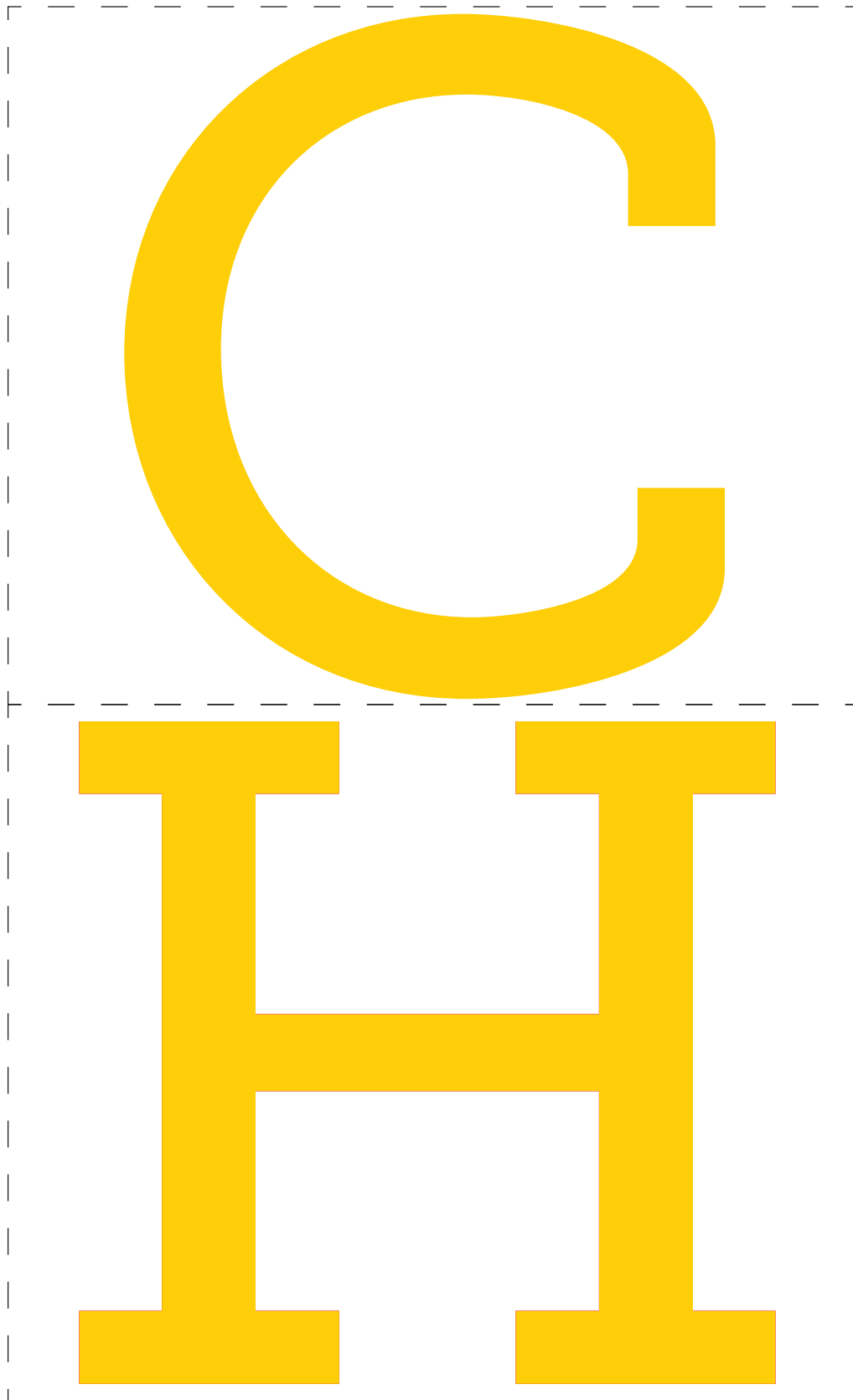
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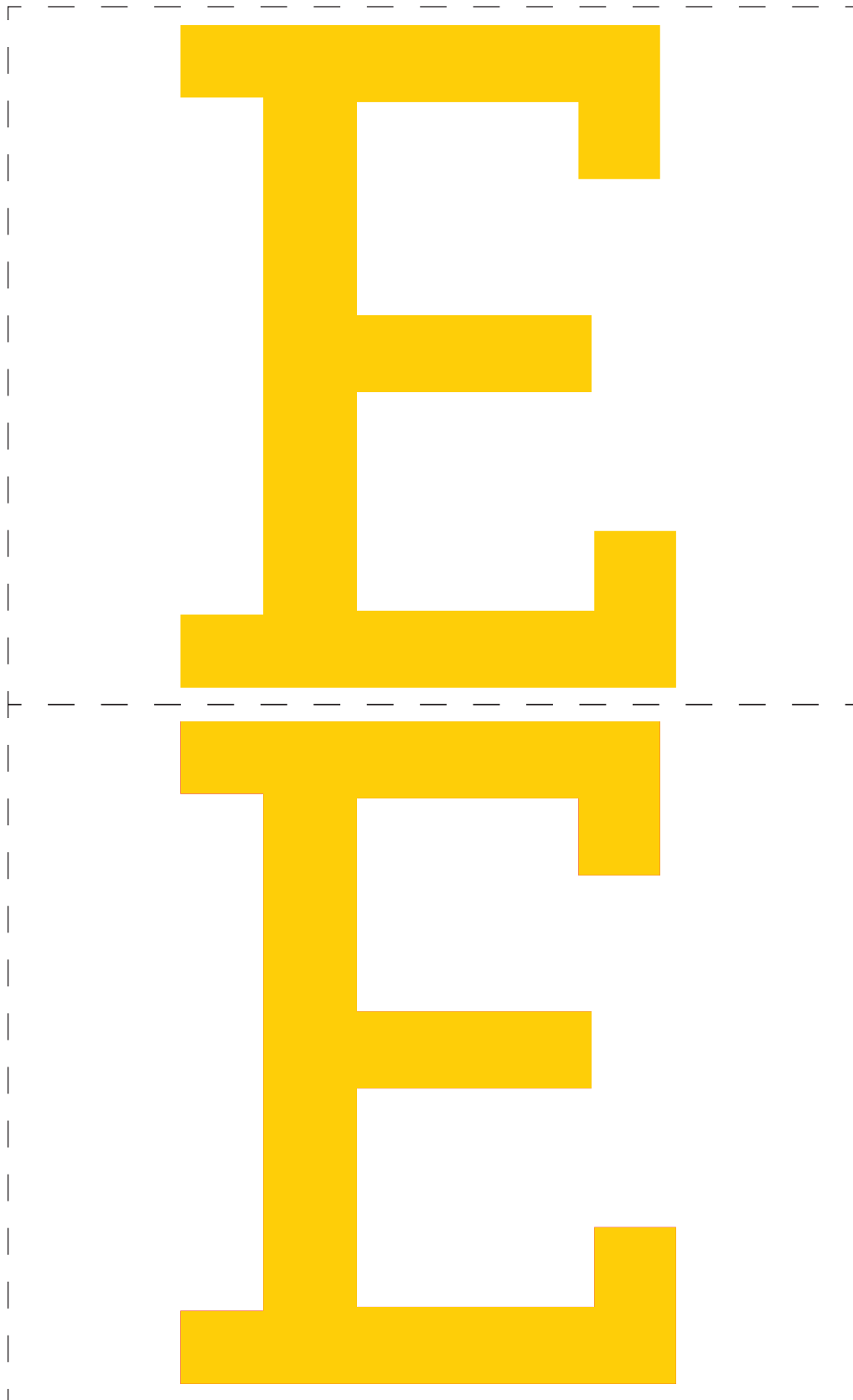
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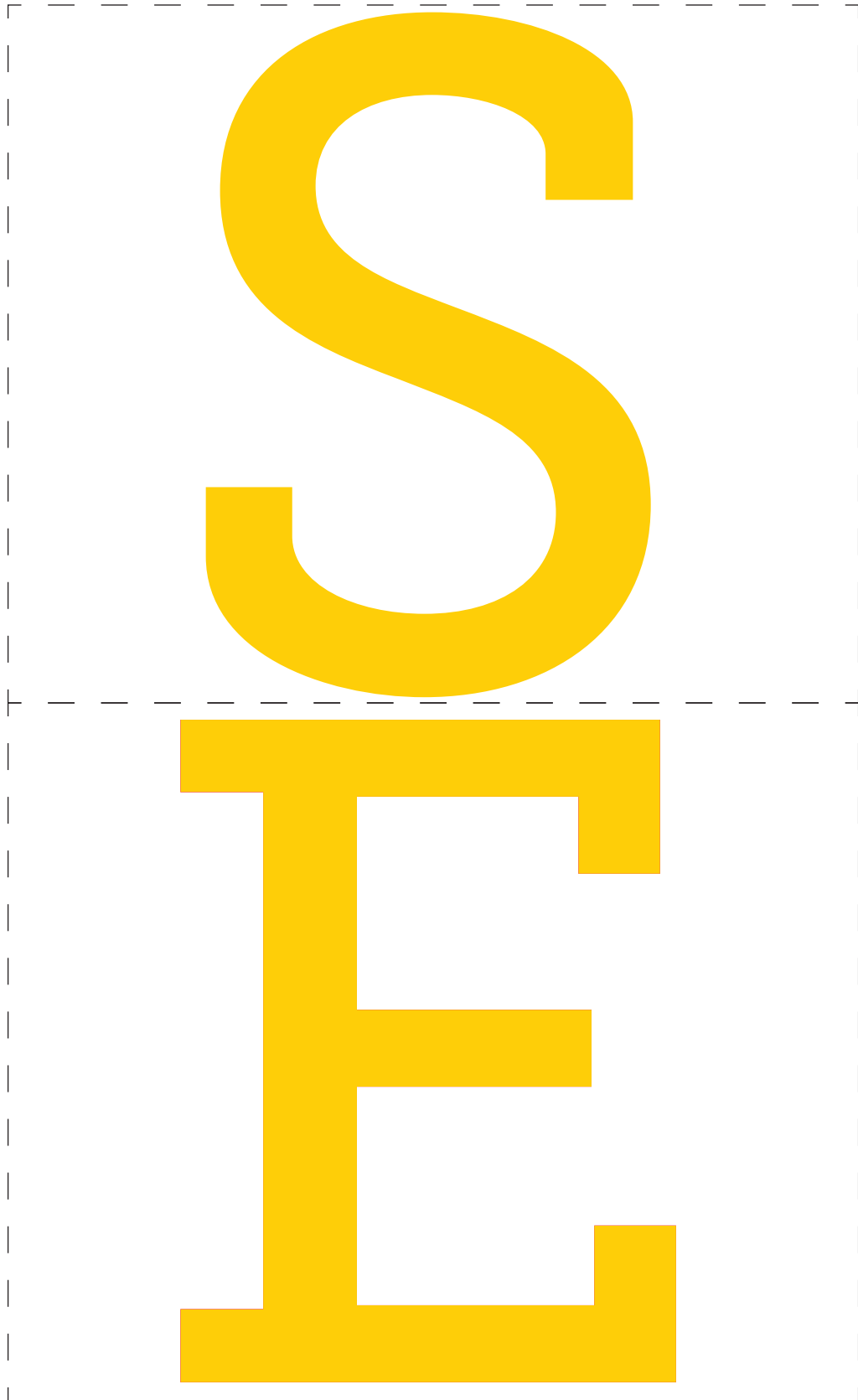
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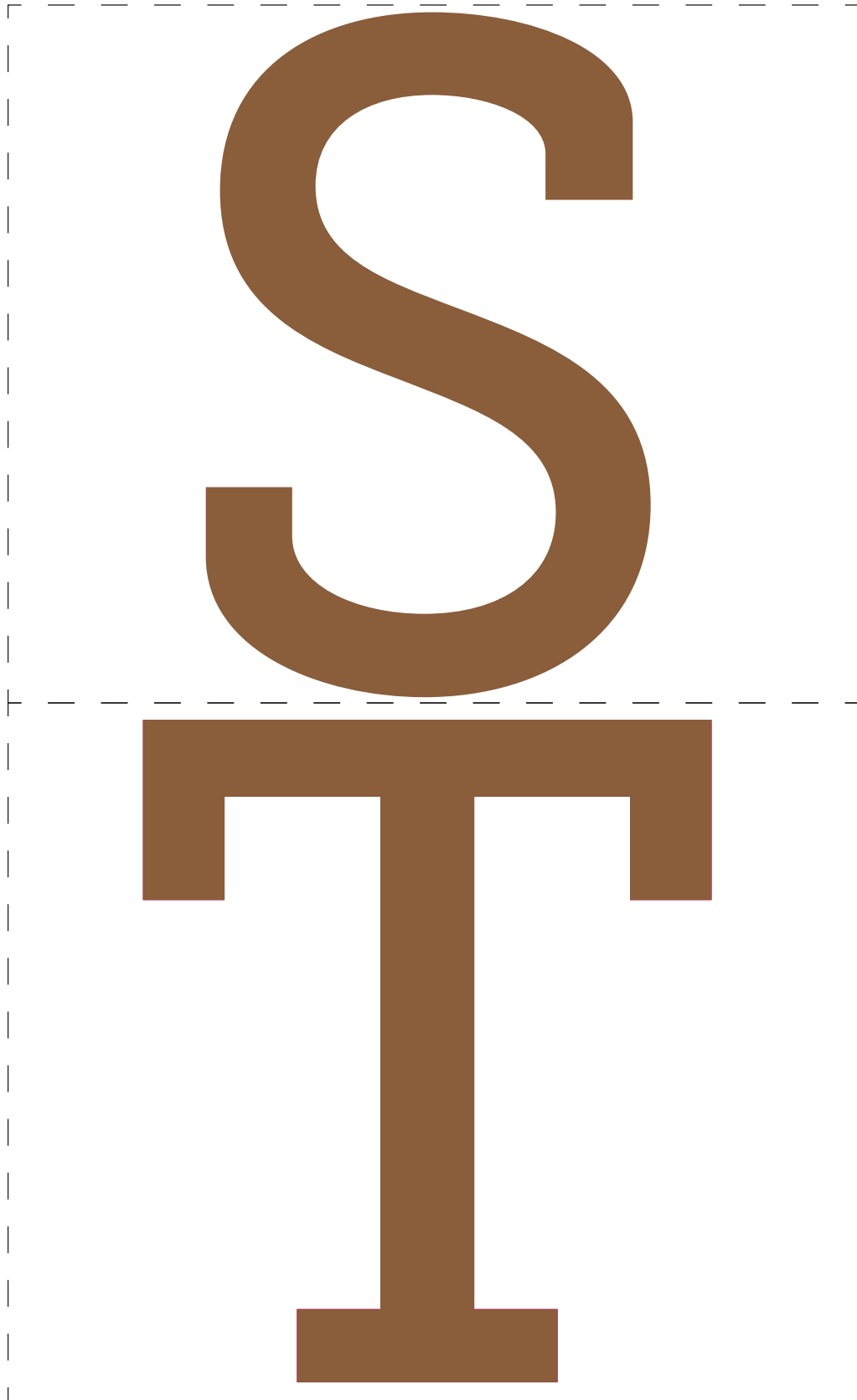
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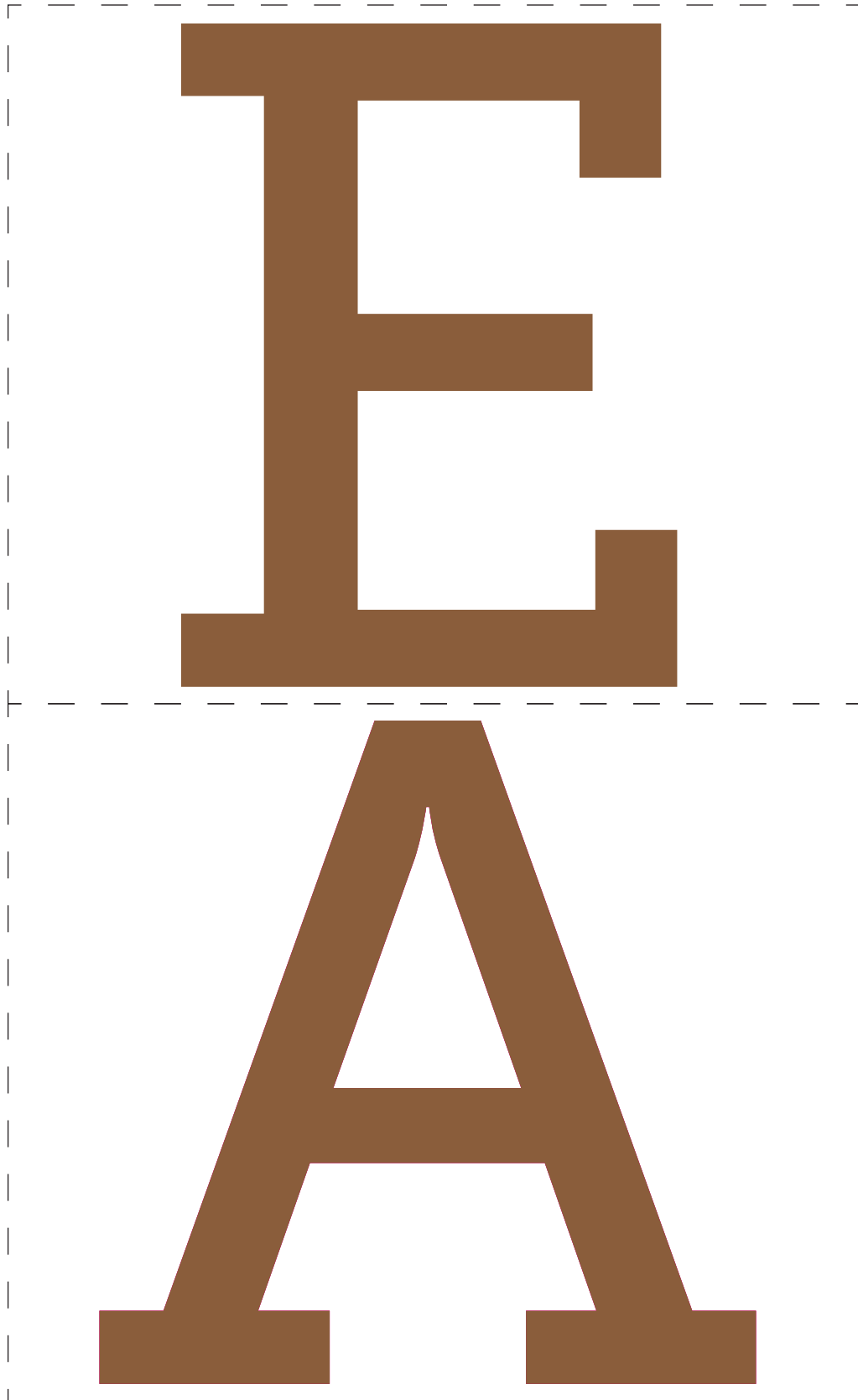
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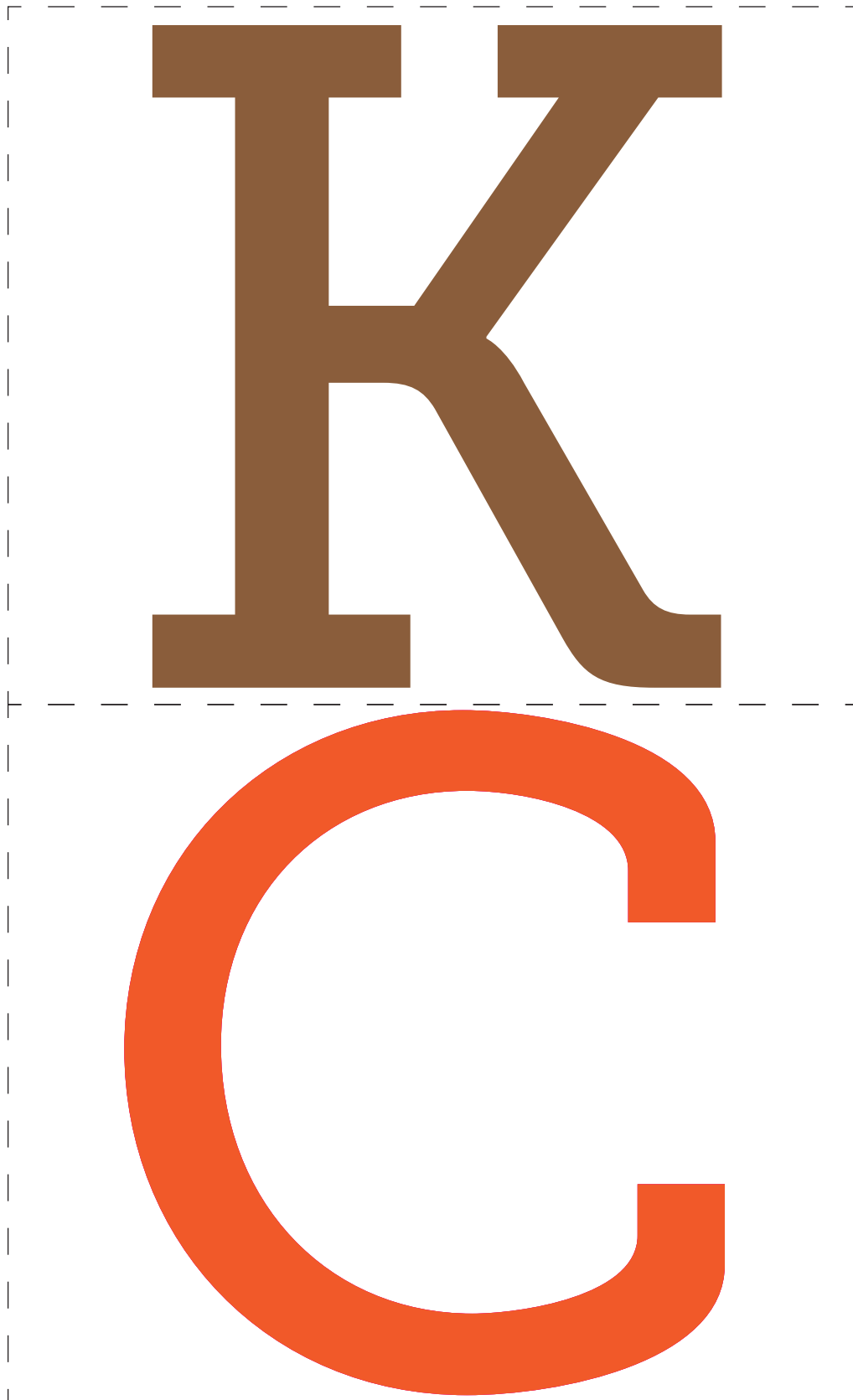
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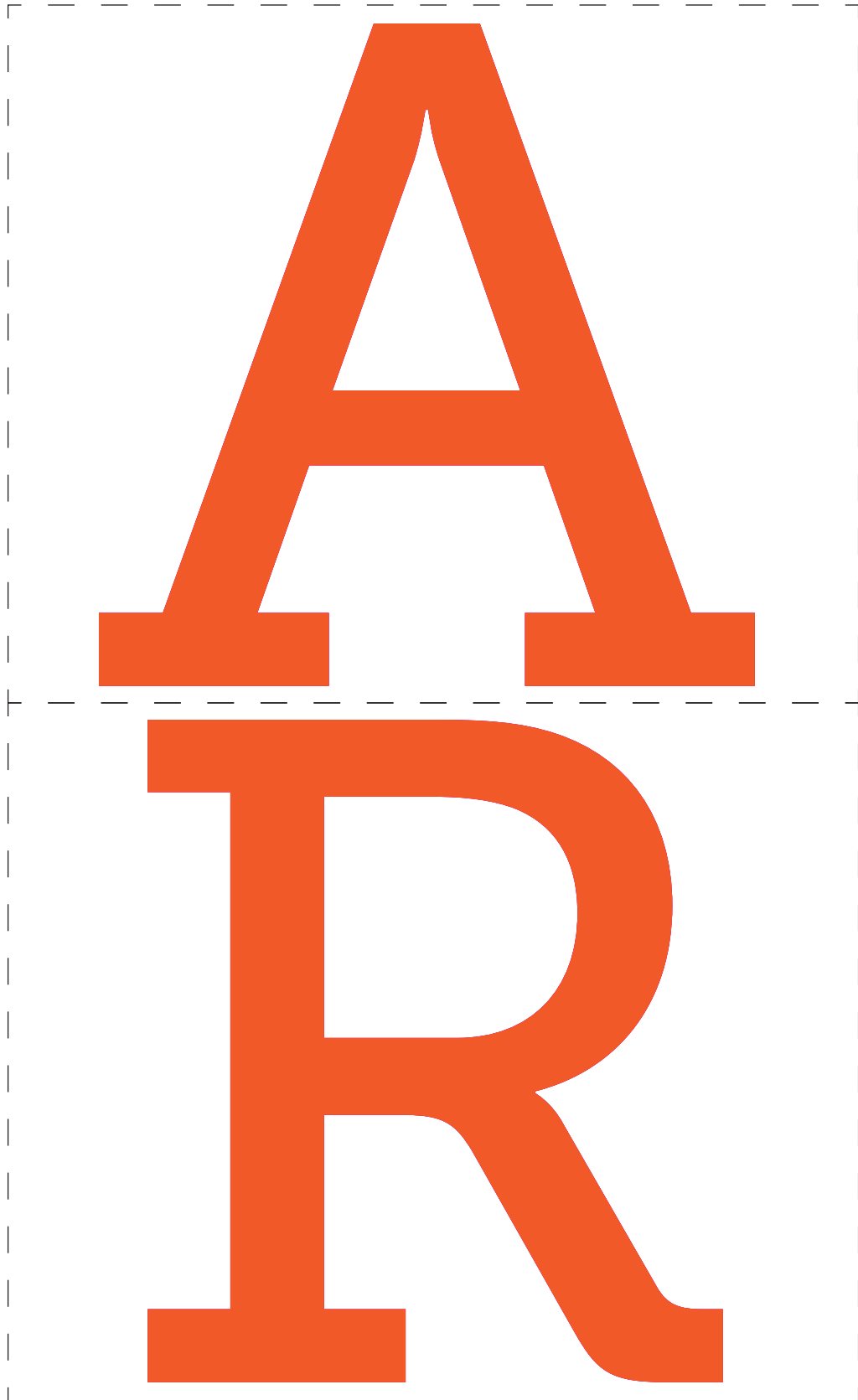
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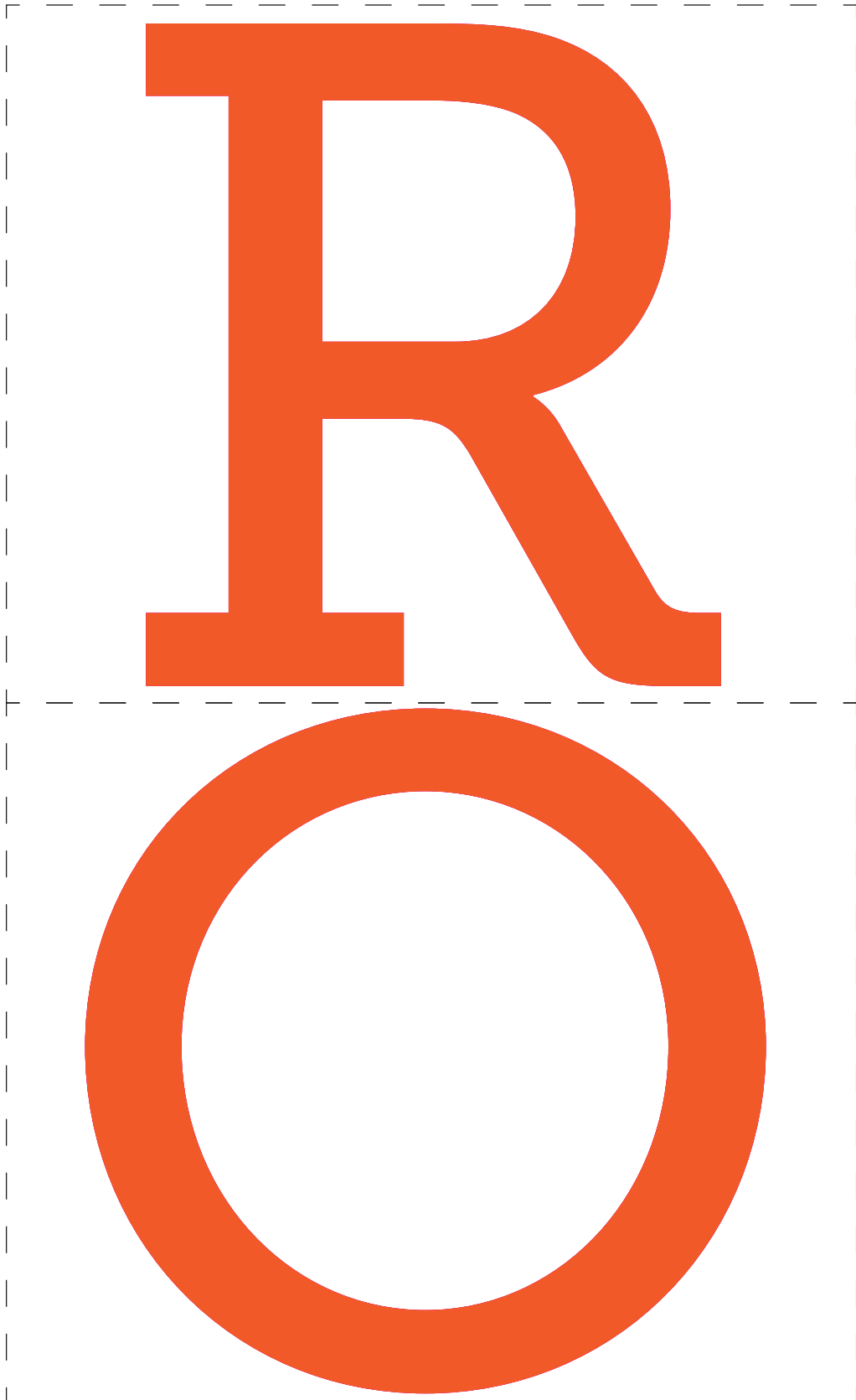
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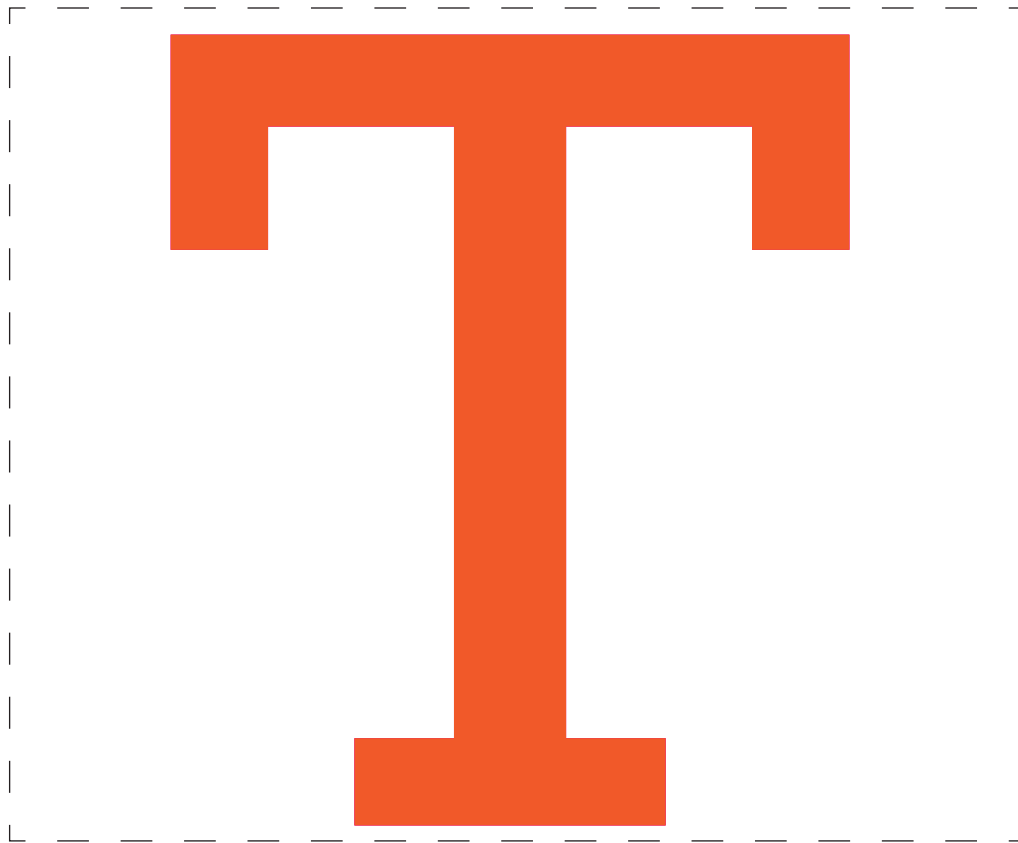
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