What’s For Breakfast, Lunch and Dinner? Lesson Idea

Objective

- Understand that eating a variety of foods keeps us healthy.

Materials

- Drawing paper

Explore

1. Have children draw pictures of their favorite foods, or find and paste pictures of the foods on sheets of paper. Help them print their names under the pictures. Then have children show their pictures and tell what foods they have drawn and when they eat it. Arrange the completed pictures on a bulletin board titled “Breakfast, Lunch and Dinner Favorites.” Review the menus with children and talk about why they are eating certain foods for breakfast, lunch and dinner.

2. Encourage them to discuss details of their pictures. Point out all of the foods in the pictures that people might eat for healthful meals.

3. Give each child a paper plate. Ask children to recall the foods they ate yesterday at breakfast, lunch or dinner and draw pictures of one meal on the plate. Ask volunteers to show their plates and name the foods they ate.