**Munchkin Activity Poem**

Talk with children about how important it is to eat healthful foods. Show pictures of foods as you discuss some foods that people might eat for lunch. As you teach the following verse, point to yourself and tell what you ate for lunch. Then ask children to say the verse together and call on them, one at a time, to tell what each ate for lunch. If children have all eaten the same lunch, have them name a favorite lunch food instead.

Munch, munch, munch.

I just ate my lunch!

This is what I ate – (one child tells something he or she ate for lunch.)