What’s in the Basket? Quick Activity

Ask children to bring in, cut out, or draw pictures of different kinds of foods. Put the pictures in a picnic basket or large brown paper bag.

Review the five food groups with children. Write the names of the food groups in a row across the chalkboard.

Ask volunteers to reach into the basket and choose a picture. Have each volunteer name the picture and tell which food group that food belongs in. Then ask the volunteer to place the picture on the chalkboard ledge under the appropriate food-group name. Continue until all the pictures have been sorted. You may wish to have children write the names of different foods on strips of paper instead of using pictures. Children can also count the number of pictures under each food-group name and make a graph showing the number for each group.