V Is for Vitamins Quick Activity

Discuss with students the importance of eating a variety of foods and of making wise choices about the foods they eat. Ask students what is meant by variety. As words such as fruits, vegetables, fish, lean meat, cereals, breads and pasta are mentioned, write them on the chalkboard.

Invite students to create a food word ladder. Have them choose one word from the chalkboard list and write the word vertically down the side of a sheet of line paper, one letter on a line. Challenge students to write the names of foods, words, or phrases related to healthful eating that begin with each letter. Have students share their food word ladders with the class.