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Healthy Food







This time the children learned about Healthy Food. Even though they are still small, they need to be introduced to healthy foods that can help their growth.



The aim of this lesson is to introduce healthy food to children, as well as to stimulate their desire for healthy food so they get used to living a healthy life.



Apart from that, this activity can increase interaction and communication between friends, while telling each other about their favorite foods.





Children learned in a small group. They were shown a diagram of a Guide to Healthy Foods and Unhealthy Foods. They were very surprised to see that the pictures turned out to be pictures of their favorite foods and foods that were familiar to them.





Children were given task to recognize and categorize food based on the Healthy Food Guide. Everyone have their turn to collect the food and put them into each category.



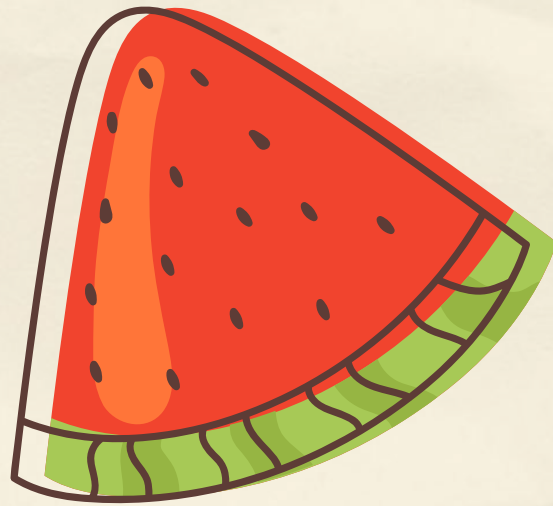
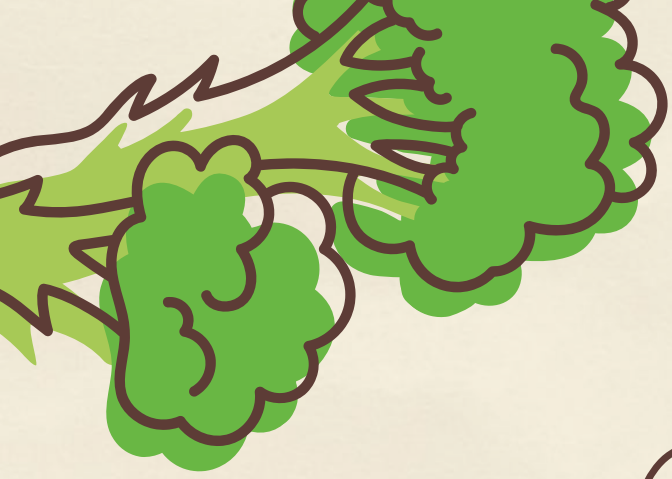


Before categorizing the food to the healthy or unhealthy food, children need to cut the photo or picture of the food they found from a magazine





Another goal of this activity is as a scaffolding for children to practice their fine motor skills by cutting pictures from magazine and stick them with the glue. This will promote eye-hand coordination skills.



Where we

can plant

the food



We continued exploring healthy eating. Today, in our group-time, we discussed where different types of foods grow. Children will explore whether the food grow in the dirt or on trees and shrubs?





Children think critically about where the food comes from. Children learn that many different food come from nature.





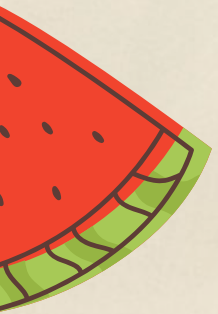
Children found out that grains and vegetables grow in the soil. Grains contribute to produce carbohydrates, to give energy to our body.



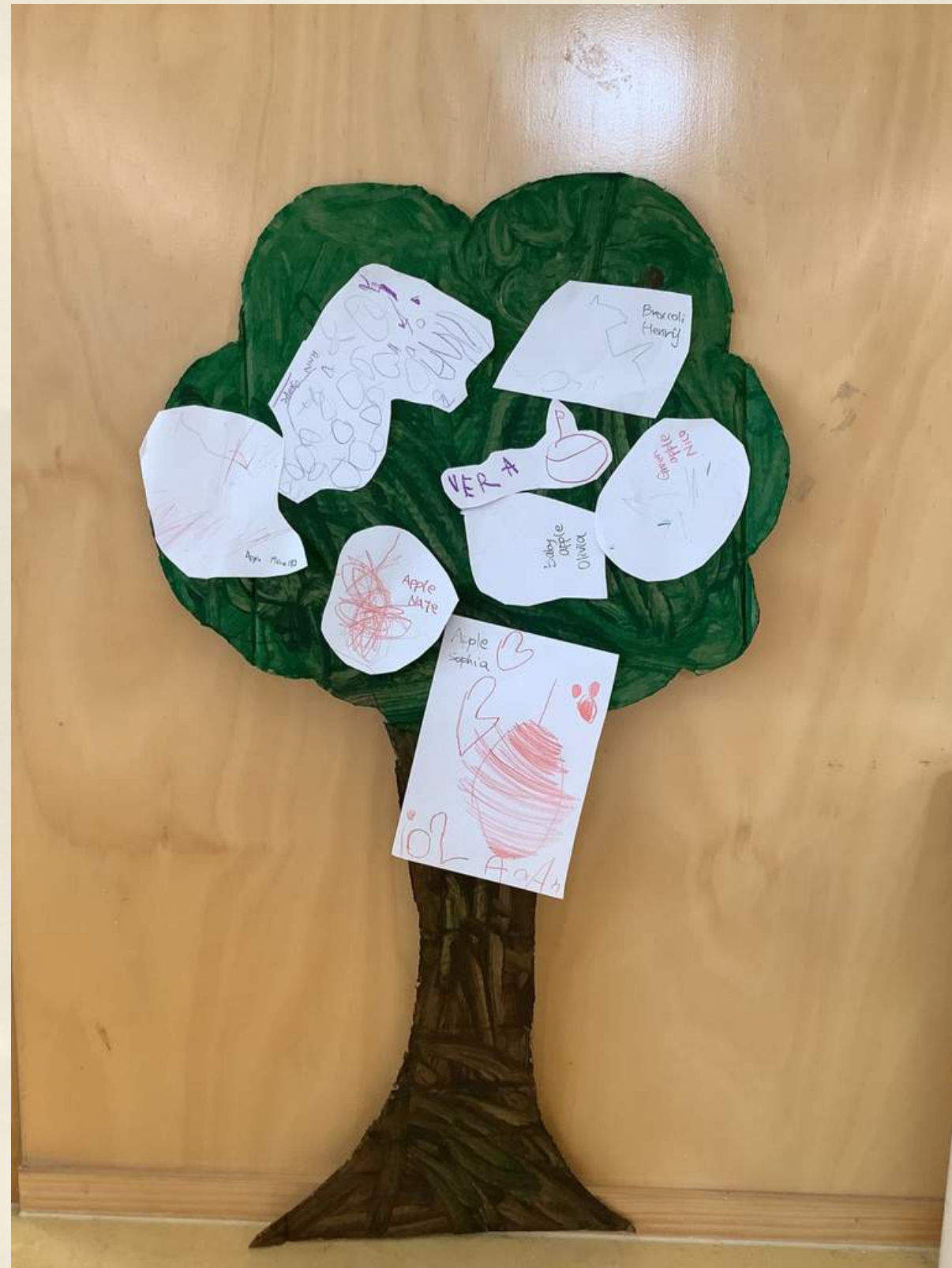
Trees also produce fruits like manggoes, apples, bananas, and oranges. They rich in minerals, vitamins and fiber that help our body to recover sooner from illness.



They also found out that berries grows shrubs. Such as blueberries, raspberries, and blackberries.

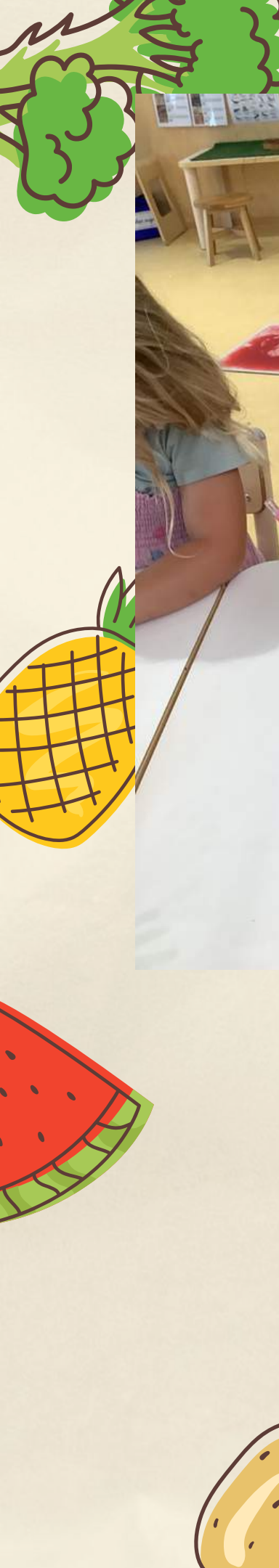


What Grow on Trees & What in/on the Ground?
Continuing from last Friday, today the preschoolers drew their own fruit or vegetables and stick it on the tree or on the ground.





Children make their favorite fruits and vegetables according to their imagination, when finished they cut out and begin to categorize whether the fruit or vegetables grow on trees or vines



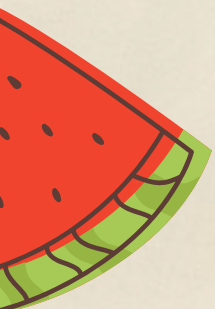


Children continue to categories healthy food and junk food.

Harvesting Our Herbs 😊



Children were checking whether those herbs can be harvested in our garden.





Harvesting Our Herbs! 😊
Children experienced in harvesting herb, so they get more familiar with herbs.



Thank you!

Do You Have Any Question?