



YUMMY! GOOD FOOD MAKES ME STRONG!



by Shelley Rotner and Sheila M. Kelly

photographs by Shelley Rotner

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GRADES PREK–1

About the Book

Getting young children involved in making healthy choices sets them on the right track for life. This book helps inspire kids and families to have fun growing, preparing, and eating fresh and wholesome meals and snacks.

SUGGESTED CLASSROOM ACTIVITIES

Literature/Language Arts

Vocabulary—Have students create class lists of the various food groups shown in the book: fruits, vegetables, meats, dairy, grains/grain products. Ask students to add other foods to the lists as they think of them.

CCSS K-1.L.5a Language Standards/Vocabulary Acquisition and Use—With guidance and support from adults, explore/demonstrate word relationships and nuances in word meanings, sort common objects/words into categories to gain a sense of the concepts the categories represent.

Science/Nutrition/Art

Balanced Meals—Have students create a Food Diary using the plate diagram shown on the last page of the book. (Also see Online Resources below for a diagram template. They can draw what they ate for dinner each day for a week, placing the foods in the appropriate category. They can also cut out pictures of foods from magazines and paste them onto the proper section of the plate. *CCSS K-1.RI.7 Reading Standards for*

Informational Text/Integration of Knowledge and Ideas—With prompting and support, describe the relationship between illustrations and the text in which they appear. K-1.L.5a Language Standards/Vocabulary Acquisition and Use—See above.

Healthy vs. Unhealthy Foods—Divide a large sheet of tag board or construction paper into two columns, labeling them Healthy and Unhealthy. Have students list or draw specific foods that fit into each section. *CCSS K-1.L.5a Language Standards/Vocabulary Acquisition and Use—See above.*

Food Labels—Provide an assortment of food packages: cereals, soups, pastas, canned vegetables or fruits, etc., or have students bring empty packages from home. Point out the actual food ingredients named on the labels as opposed to those that appear to be chemicals or other additives.

CCSS K-1.W.8 Writing Standards/Research to Build and Present Knowledge—With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

Grow Your Own Vegetables—Students can grow a mini-garden in the classroom or at home, and they can track the progress of the plants as they develop into healthy, edible vegetables. See Online Resources below for a link to directions.

Physical Education

Exercise—Ask students what kinds of activities they already perform daily in order to exercise their bodies. Have them create an exercise chart with a friend showing their physical activities for a week. These could include running, jumping rope, swimming, walking, playing sports, hopscotch, dancing, or other activities.

CCSS K-1.W.5 Writing Standards/Production and Distribution of Writing—*With guidance and support from adults, respond to questions and suggestions from peers and add details to strengthen writing as needed. (For grade 1, students should first focus on a topic.)*

Online Resources

USDA Choose MyPlate—www.choosemyplate.gov/ presents the plate diagram created by the U.S. Department of Agriculture showing correct proportions for each food type plus nutrition tips and much more.

The Fit MOVE Handbook— <http://fit.webmd.com/kids/move/article/exercise-types> presents information on four different types of exercise kids can do—aerobics, muscle strengthening, bone strengthening, and stretches— and provides several examples of each type.

How to Grow a Mini Farm—www.hgtv.com/gardening/how-to-grow-a-mini-farm-in-a-window-box/index.html presents simple directions for growing lettuce, carrots, and radishes in a window box or garden trough.

Classroom activities prepared by Sandy Schuckett, school library consultant.

About the Author s/Photographer

Shelley Rotner is the award-winning author and photo-illustrator of more than thirty books. Her photographs have been published in *National Geographic*, *Condé Nast Traveler*, *Time*, and other magazines. She lives in Northampton, Massachusetts.

Sheila M. Kelly is a clinical psychologist who practiced for thirty years in western Massachusetts, where she specialized in working with young children, their parents, and teachers. A native of Saskatchewan, Canada, she currently lives in Austin, Texas.

Shelly and Sheila’s previous books together include *I’m Adopted!* and *Shades of People*, named an ALA Notable Children’s Book.

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