



**What Is Physical Health All About? (🌈 A Physical Health Story)
(PreK – 4-5 yrs.)**

Worksheet: Eaten or Not Eaten?



STORY CONNECTION-SLIDE 12 (Approx Time: 10-15 mins)

Physical Health is about eating. We eat to give our body the energy it needs to do the things you need to do. We get energy by eating food. Our brain helps our body get the food we need for energy when we are hungry. How do you know you are hungry? Your tummy might make a sound, like a grumble. Or it feels empty. Our body will tell our brain when we are hungry and then our brain will tell our muscles to move around to get the food that we need for energy. Food gives our body and our brain the energy to help us to move around and do all the things that we like (and must do). Food gives us the energy that we need to make our body (and our brain) healthy.

Materials needed:

- Worksheet sheet (1 per student; included below) or plain paper
- Crayons, markers, colored pencils, etc.
- Optional--Pictures of foods for student(s) to use as a reference

Preparation needed:

- Print worksheet, if using.
- Determine if student(s) will work individually or in groups/partners

Instructions:

1. In this story, student(s) learn that Physical Health is about eating, and that food gives a body the energy it needs to be healthy. In this activity, student(s) will sort foods into foods they have eaten and foods they have not yet eaten categories.
2. Lead a brief discussion about some of the student(s)' favorite foods. Ask questions to guide their responses. Suggestions below.
 - What is your favorite food?
 - What is your favorite fruit?
 - What is your favorite vegetable?
 - What is your favorite salty food to eat?
 - What is your favorite sweet food to eat?
 - If you could eat one thing every day, what would it be?
3. Student responses can be listed on the board or on a chart paper.
4. Ask student(s) to then think about foods that they have eaten and foods that they have not eaten but would like to try. They will draw the foods in the correct column on the worksheet.

****NOTE:** If this activity is too difficult for student(s), they can work in pairs.**

5. When all the student(s) have finished, go over what the student(s) drew on their papers. Ask student(s) to share some of their favorite foods or foods that they have tried and did not like. Make connections between student(s) in the group and similar foods.
6. Close by asking student(s) what some of the foods are that they have not tried yet that they are most excited about trying someday.

Name:

Y

Yes, I have eaten these foods.

N

No, I have not eaten these foods yet.