



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

**Craft: You Are What You Eat**



**STORY CONNECTION: SLIDE 12 (Approx Time: 35-40 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:**

- Paper plates (1 per student(s); inexpensive white/non-coated plates will work best)
  - *Option: Paper to draw a circle for a plate on if paper plates are not available*
- Crayons, markers, colored pencils
- Scissors
- Optional: food magazines or grocery store advertisements

**Preparation needed:**

**Instructions:**

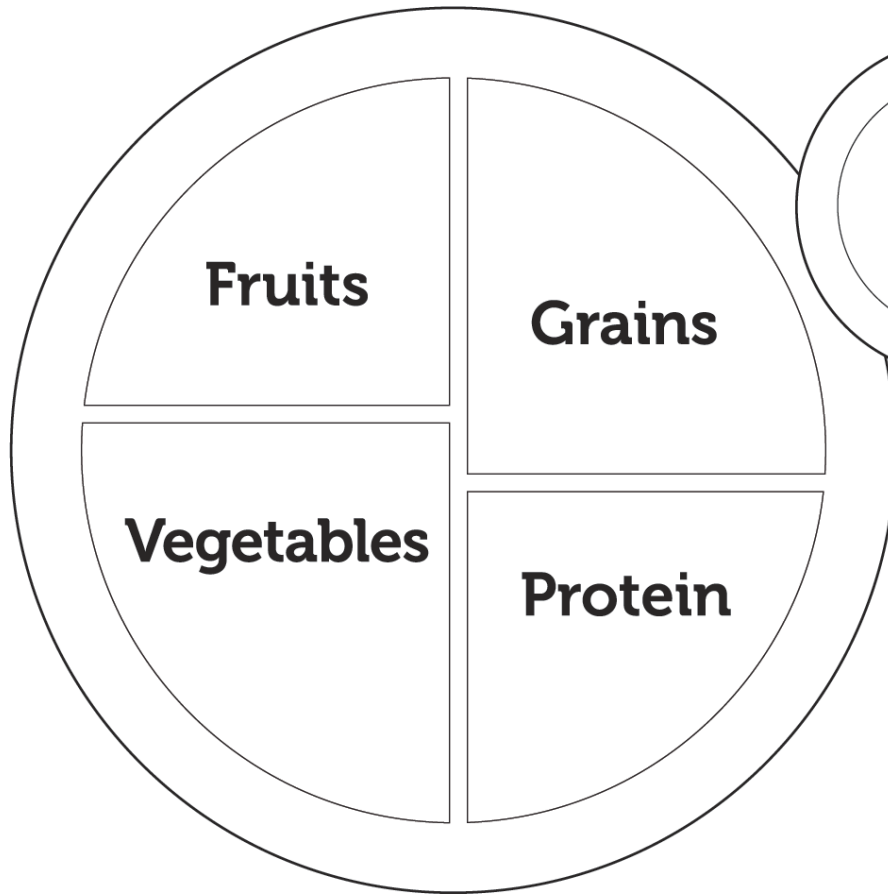
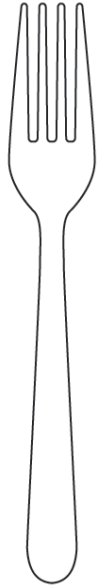
1. This activity is about discussing different foods that are available for us to eat. This activity gives student(s) some choice and will show how well they understand the concept of eating foods that provide our bodies with things other than just energy. This activity would also be good to be done in a center with some guidance but can also be completed as a whole group.
2. The objective of this activity is to see if the student(s) can identify foods that they like to eat, but also foods that will provide their bodies with other good things for them. You can follow the MyPlate.gov template and have the student(s) think about filling up their plate for the day with the recommended food groups. (Note- they do not have to have all food groups with each meal. Rather think of
3. Lead a discussion about the following types of foods:
  - a. Fruits
  - b. Vegetables
  - c. Grains – wheat, rice, oats, cornmeal, barley, brown rice, and quinoa
  - d. Proteins - meat, poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans (split peas, kidney beans, baked beans (navy beans), soybeans, chickpeas, lupin, and lentils)
  - e. Dairy – milk, cheese, yogurt

**Suggested Questions:**

- Can you name different fruits/vegetables/grains/proteins/dairy?
- Do you know the difference between a fruit and a vegetable?
- Where do dairy products (milk/cheese/yogurt) come from?

4. Remind student(s) that all these types of foods not only give us the energy we need, but they also provide other important things like vitamins, minerals, and other nutrients that the body will use to stay healthy. Our stomachs are small and cannot hold a ton of food, so we must make sure we are putting food into our bodies that will not only give us energy, but also help our bodies stay healthy in other ways too.
5. Tell the student(s) they are going to find foods that they like that fit into the categories above (fruits, vegetables, grains, proteins, and dairy), cut them out, and glue them on a plate.  
*\*\*NOTE: Student(s) may also draw pictures of food items if magazines and grocery store advertisements are not available.\*\**
6. Give each student a paper plate.
7. Give student(s) old magazines or grocery store advertisements to use to cut food pictures out of.
8. Give student(s) time to work and complete their plates.
9. Once finished, have the group come together with their plates. Have one student come to the front and share one of the foods they put on the plate. Invite other student(s) who chose the same food to come up and join the first person. Continue with other student(s) coming up to share and inviting student(s) who chose the same food to join.
10. Close the activity by reminding the student(s) that physical health is about eating food and this will help make our bodies and brains healthy.

<https://www.myplate.gov/life-stages/kids>



**MyPlate.gov**