



Sorting Foods

Grade Level K-1



Connection to The Big Race, Pickles and SkipPy the Super Roo Film:

Students are helping Rex make healthier food choices for his next race!

Student Learning Objectives:

The students will be able to distinguish healthy food from unhealthy food (food that has excessive added sugar).

Approximate Time to Complete:

20-25 minutes

Materials:

- * Double Bubble Thinking Map (see below)
- * Chart Paper
- * Variety of plastic play foods (healthy and unhealthy). If these materials are not available to you, please use the pictures of food provided below, cut in advance.
- * Sticky Notes
- * 2 Hoola Hoops

Content Areas Addressed:

- **Science**
- **Literacy (Reading, Writing and Communicating)**

Applicable Colorado State Standards:

Kindergarten Standards:

Reading, Writing and Communicating Standard 1: Communication relies on effective verbal and nonverbal skills.

Reading, Writing and Communicating Standard 4: Identify purpose, information and question an issue.

Science Standard 1: Objects can be sorted by physical properties, which can be observed and measured.

1st Grade Standards:

Reading, Writing and Communicating Standard 1: Verbal and nonverbal language is used to express and receive information.

Reading, Writing and Communicating Standard 4: Purpose, information, and questions about an issue are essential steps in early research.

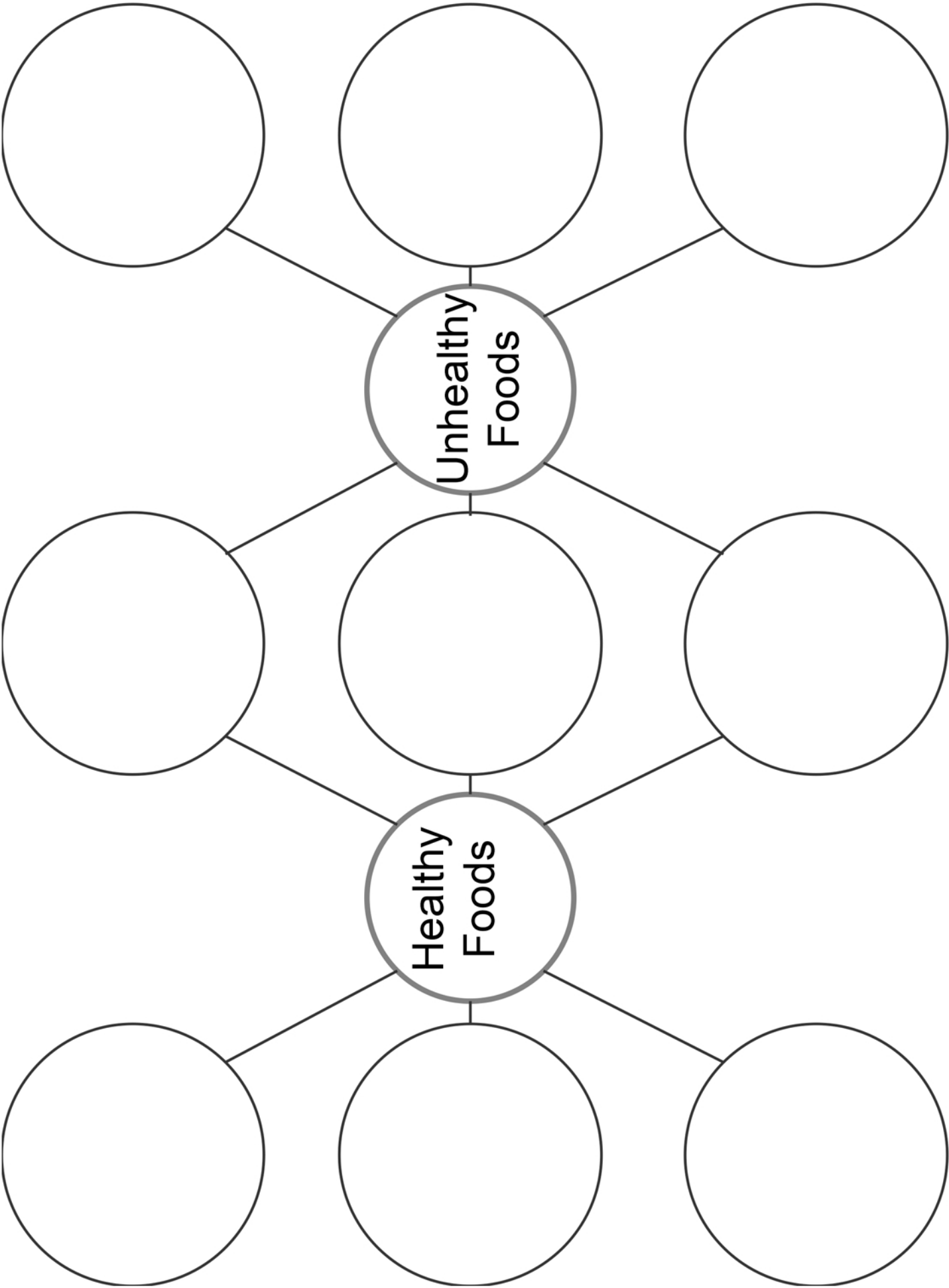
Science Standard 3: Earth's materials can be compared and classified based on their properties.

Procedure:

1. Have students sit in a circle in a large group area of the classroom.
2. Explain to the students that they are going to be helping Rex get ready for his next race. He needs help picking healthy foods so that he can sustain his energy and finish the race strong!
3. Make a Double Bubble Thinking Map OR a Venn Diagram on chart paper comparing and contrasting healthy and unhealthy food.
4. Have the students turn and talk to a partner about their knowledge of healthy food.
5. Record the responses from the students on the thinking map.
6. Have students turn and talk to a partner about the unhealthy foods they know of.
7. Record the responses from students on the Double Bubble Thinking Map.
8. Place hula hoops on the floor and label each one with a sticky note. One will be 'Healthy,' the other will be 'Unhealthy.' (If you do not have hula hoops, you can simply use masking tape to make two circles on the floor.)
9. Pick up 4 pieces of play food (or 4 pictures of food) and have the students help you figure out where to put them.
10. If students are catching on quickly, give each student a few pieces of play food (or a few pictures of food), and have students turn and talk to a partner about where they would place their foods, either in the 'Healthy Hoop' or the 'Unhealthy Hoop'.
11. If students need support/scaffolding, do a few more examples as a whole group, then pass out the play food or food pictures.
12. Call each student one at a time, to come put their food in the hoops.
13. Ask the students if any of the foods need to be switched to a different hoop. Make sure to have the students explain their reasoning for moving food to the other hoop.
14. As a large group, make a list of foods that would be helpful for Rex! Write down all of the foods in the 'Healthy' hoop. Tell the students you will mail the list to Rex so he knows what to eat before his next race!

Optional Next Steps & Resources:

Take a picture of the final hoola hoops and print a copy for each student to keep in his/her desk/cubby as a reference.





Pancakes



Pop Tarts



Banana



Bell Peppers



Marshmallows



Cinnamon Toast Crunch



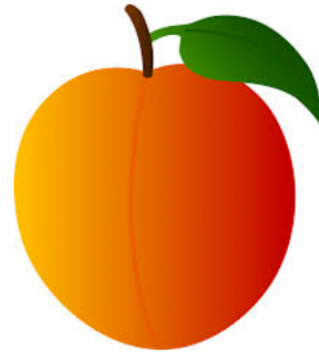
Broccoli



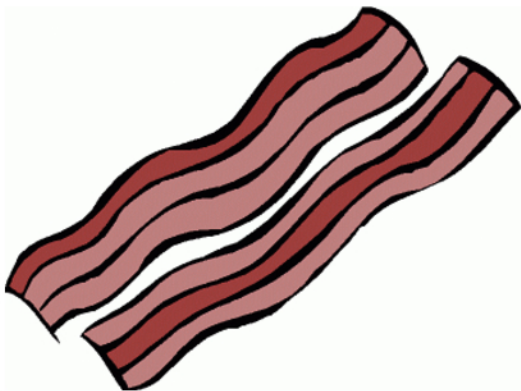
Candy Cane



Clementine



Peach



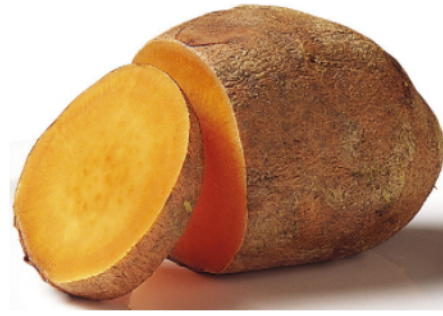
Bacon



Egg



Tofu



Sweet Potato



Mixed Nuts



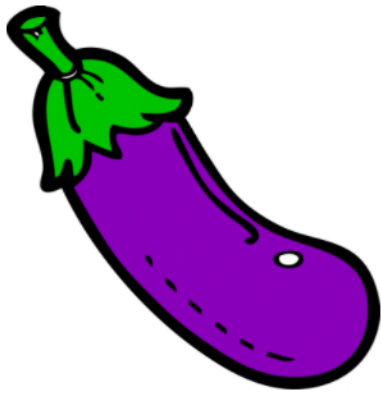
Peas



Ice Cream Sundae



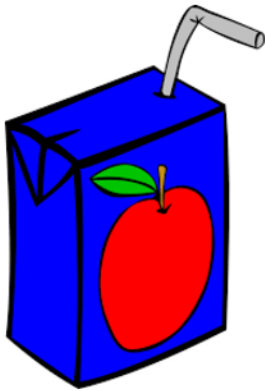
Cookie



Eggplant



Lemonade



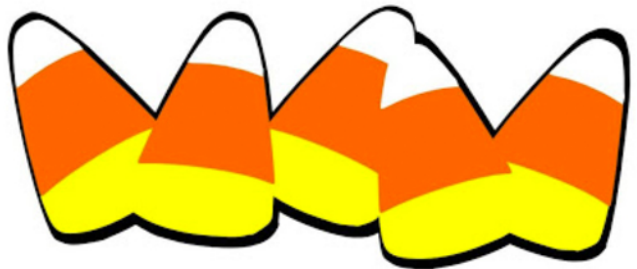
Apple Juice



Water



Lollipop



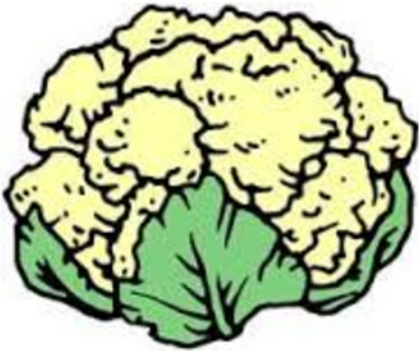
Candy Corn



Potato Chips



Green Beans



Cauliflower



Chocolate Milk



Soda



French Fries



Yogurt



Berries



Watermelon



Salad



Tomatoes



Ice Cream



Cinnamon Roll



Kiwi



Onion Rings



Carrots



Apple



Donut