

ACTIVITY: DAILY FOOD GROUP CHECKLIST



Materials :

- Daily Food Group Checklist activity sheet
- 1 pen

Instructions:

Children Objectives:

- Identify different food groups.
- Understand the importance of eating a variety of foods.
- Eat a variety of nutritious food.

Child development and early learning objectives:

- Independence in tasks during activities.
- Engage in conversation with adults.

1. Ask your child to remember at the end of each meal what foods you ate.
2. Ask your child questions such as:
 - Did we eat vegetables or fruits?
 - Did we drink milk or alternative?
 - Did we eat meats?
 - Did we eat grains?
3. Help him/her to name some of the food and ask him/her to mark with an "X" in the food group that correspond that food.
4. Talk about the food groups with your child and mention why is important to eat from all of them. Ask him/her which foods he/she liked the most.

Adapted from Living Life and Learning,
www.livinglifeandlearning.com

