

Eating Between The Lines



EBTL Culmination & Celebration

Activity: Food Olympics

Teacher Information

- At the end of the Eating Between the Lines unit, hold a celebration that encompasses all the new ideas and knowledge gained during this unit. Invite the kindergarten parents and other members of the community to the kindergarten to see all of the work that the children have completed on their road to healthy eating. Showcase class books, children's work, and pictures.
- Invite parents to send in some healthy snacks, and encourage them to ask their child for ideas on some of the healthy foods they could send.
- Organize the celebration in the form of a "Food Olympics" where stations/centres are set up in the room for children and parents and special guests to play.



Procedure

Choose some of the activities previously done by the children during the unit. Some examples include: Mystery Bag, Food Group Twister, Nutrition Cube, Fruit and Vegetable Stamping, Measuring Fruits and Vegetables, Make a Fruit Salad, Counting Game, Follow a Recipe, Flannel Board Breakfast, Good Breakfast Food BINGO, and of course the reading centre with all of the books used and made by the children. Select the centres that the children really enjoyed and would like to share with someone special.

Some new stations could include:

Bowling for the Rainbow - Use a set of children's bowling pins (or make your own from empty Pringle cans). Put a different food from the four food groups on each pin. Then roll the bowling ball (tennis ball works too) to see if you can get a complete healthy meal (with food from all four food groups) in a single roll.

Sink or Float - Have a large tub on the floor and fill it about ½ way with water. Place a 1 Litre milk carton (cut in half) in the tub as the boat. Have a variety of food items (eg: apple, orange, potato, etc.) available for the children to place in the boat. Ask the children to predict whether they think each food will sink the boat or stay a float. Then try it out!

Healthy Fishing - Make fish out of construction paper (or foam) and attach a paper clip to the end. On each fish, print the name of a food from one of the four food groups, and on a few fish, print some "not-so-healthy" foods (like: chips, chocolate bars, candy, etc.). Use a stick or dowel with a string and magnet attached to it as the fishing pole. Place the fish in a "fish tank" (large dish, or box) and go fishing. If you catch a "not-so-healthy" fish, put it back and it's the next player's turn. Fish until you catch a food from all of the four food groups.

Teacher Tips

At the end of the Food Olympics, each child could be presented with a "gold" medal (gold/yellow paper cut into a circle, hole punched at the top, with a ribbon) to wrap up the celebration.