

Curriculum topics:

- Counting
- One-to-one Correspondence
- Healthy living
- Nutrition

Subjects:

**Mathematics,
Life Science**

Grade range:

Pre-K – 1

Who we are:

Resource Area for Teaching (RAFT) helps educators transform the learning experience through affordable “hands-on” activities that engage students and inspire the joy and discovery of learning.

For more ideas and to see RAFT Locations

www.raft.net/visit-raft-locations

In collaboration with:

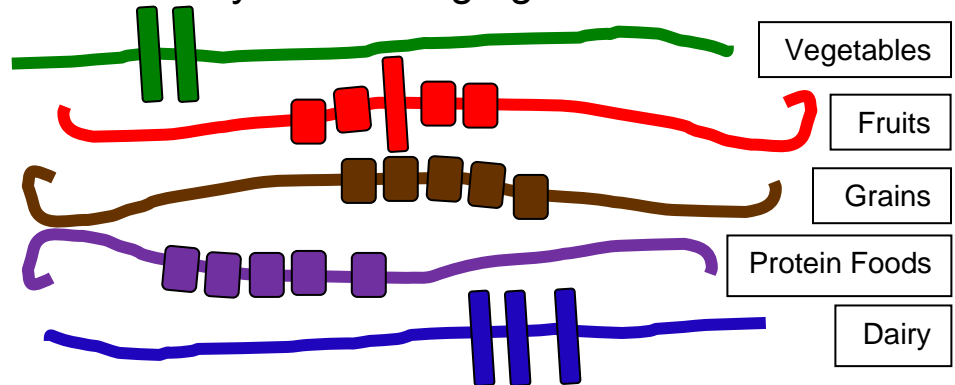


**JUNIOR LEAGUE
OF SAN JOSE**

Women building better communities®

Nutrition Band

Make sure you're eating right.



Practicing good nutrition habits can help to make kids better learners of all subjects. Sometimes kids forget which foods are good for them. This nutrition band is fun way to remember how much of each nutritional food group they should eat through the day.

Materials required

Per student

- Chenille stems, 1 each of orange, green, red, dark blue, and purple.
Optional: use colored strings.
- Ring beads, 2 green, 1 red, and 3 blue
- Pony Beads, 4 red, 5 brown, and 5 purple.
- Nutrition chart, page 2

Preparation before the activity

1 For safety: Tape or bend the ends of the chenille stems so that the wire ends are covered.

2 Discuss the following questions with the students:

How much fruit should we eat daily?

Is ice cream a good choice for dairy? Why or Why not?

How many vegetables should we eat daily?

3 Write or post the nutrition chart on the board. Review nutrition chart with students.

Curriculum Standards:

Gross Motor & Fine Motor Skills
(Early Education: Desired Results Dev. Profile(DRDP-R 2010), Physical Development, 38 & 40)

Healthy lifestyle
(Early Education: Desired Results Dev. Profile(DRDP-R 2010), Health, 42)

Number sense, Classification, & Measurement
(Early Education: Desired Results Dev. Profile(DRDP-R 2010), Math Development, 32, 34, & 35)

Connect counting to cardinality
(Common Core Math Standards: Counting and Cardinality, Grade K, 4)

Count objects in categories
(Common Core Math Standards: Measurement and Data, Grade K, 3)

Organisms & survival
(Next Generation Science Standards: Grade K, Life Science 1-1)

To do and notice 1 students

- 1 Each student selects their five colored chenille stems.
- 2 Looking at the nutrition chart, students count out the beads that match the chenille stems. (Optional: Teachers can count out the beads ahead of time.)
- 3 String the beads on to the chenille stem of matching color.
- 4 Twist all of the stems (with beads) together. Place around wrist and twist the ends together to make a band.
- 5 Teacher asks students: "Tell me about your band."

The content behind the activity

When hearing about nutrition some people may think of what they're **not doing** instead of what they **are doing** to have a good nutritional life style. Focusing on the positive steps can reinforce success. Understanding the food groups and amounts at an early age provides a foundation for a healthy life style.

Having a healthy life not only helps with longevity -it can help with learning. Research tells us that children who are hungry or poorly nourished are not ready to learn. When students are fed with the suggested amount of each food groups they are less likely to think about food and will be able to better concentrate on the learning at hand.

Nutrition Chart

Suggested food group servings per day for students 8 years and younger on a 1600 calories diet. (Quantities can vary with height and weight.)

	1 Ring bead = 1 cup		1 pony bead = 1 ounce	
Vegetables (green)	Fruits (red)	Grains (brown)	Protein Food (purple)	Dairy (blue)
2 cups	1 cup, 4 ounces	5 ounces	5 ounces	3 cups
2 green ring beads	1 red ring bead & 4 red pony beads	5 brown pony beads	5 purple pony beads	3 blue ring beads

Learn more

- Students look through magazines for healthy food and make a collage.
- Use another color bead & chenille stem to represent physical activity.

Related activities: See RAFT Idea Sheet:

Munchy Match - [http://www.raft.net/ideas/Munchy Match.pdf](http://www.raft.net/ideas/Munchy_Match.pdf)

Resources

Visit www.raft.net/raft-idea?isid=752 for "how-to" video demos & more ideas!
See these websites for more information on the following topics:

- **USDA Choose MyPlate** - <http://www.choosemyplate.gov/>

Acknowledgements:

A Make Build Play project, part of a collaboration between the Junior League of San Jose and RAFT.