

Color Coding the Food Groups

Subject: Mental Health for Preschoolers

Ages: 2–5

Objective: Students will learn to categorize using color association. In this lesson association is made using colors and food groups

Materials: Classroom of students, “Crack the Code” Template, markers, crayons or paint in 6 different colors, scissors, tape or glue sticks.

Procedures:

1. In an effort to help children categorize items based on similarities, the teacher will guide students through the process using the “Crack the Code” Templates 1, 2, & 3.
2. Arrange the students in small groups at tables.
3. Pass out the “Crack the Code” Templates and 6 different colors.
4. Have the students cut out the food groups categories on Template 2 “Food Groups” and paste them onto a colored circle on Template 1 “Colors” of their choice.
5. Have the students cut out the food pictures on Template 3 “Pictures” and glue them to the proper food group on Template 1 “Colors”
6. The students should have created their own Food Charts. Circulate and assist if necessary.
7. Collect the final projects and put up on the Health bulletin or store in their portfolios.

