

Sharing Your Favorite Healthy Foods

Subject: Social Health for Preschoolers

Ages: 2–5

Objective: To teach children social skills through sharing and to create healthy habits.

Materials: Variety of Healthy Foods (Easiest to use raw foods like fruit and veggies that are pre-sliced.) small plates, and forks or spoons and napkins. Wash basin and soap for hand washing.

Procedures:

Have the children wash their hands properly with soap to practice healthy habits before eating.

Form a circle on the floor. Review concepts of social health taught in the previous two activities.

Discuss why people share, how it makes them feel, how it makes others feel, and why it is important for a happy and healthy life.

Hand out a small plate of one helping of one type of sliced fruits or veggies to each child.

Tell them they are going to practice their sharing skills by choosing one other person to share their half of their plate with. That person they choose will then share half of their plate with the other.

Once they choose a partner, they will sit in the middle of the circle to share their portions with each other. They will then move out of the circle to sit together and enjoying eating their healthy snack.

Each pair will do this until the circle is empty.

When they finish, they will throw out/recycle their trash and return to the circle.

The children will discuss how sharing made them feel. They will discuss ways they could share with others in the future. They will discuss various people they may want to share with, friend, family, teachers etc...

Follow-up:

Choose a family member to share with at home. Encourage children with siblings to share toys or snacks together.

DISCLAIMER: The lesson plans and information therein are for general information only. For guidance on individual health issues and diagnosis and treatment of specific conditions, consult a physician or other health-care professional.

