

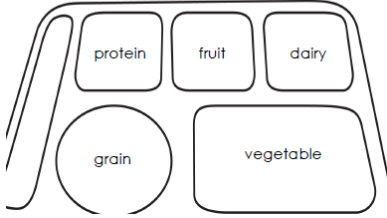
Christina School District Learning Choice Board

for Pre-Kindergarten Optional Week 6 5/11-5/15 Healthy Me

<p style="text-align: center;"><u>ELA</u></p> <p>Sort different foods or kitchen items by their beginning sounds. An example is attached.</p>	<p style="text-align: center;"><u>ELA</u></p> <p>Use the vocabulary words to write and draw pictures of which foods you would choose to "fill your plate." Take a picture and post it to your Dojo portfolio! (See Attachment Below)</p>	<p style="text-align: center;"><u>ELA</u></p> <p>Talk to your child about going to the grocery store. You may be ordering your groceries online but you can have your child practice writing the names of foods that they like or foods they would like to try. You can have them copy the names from packages or write the names for them. Have your child try to use inventive spelling and sound out the name of the food (See Attachment Below)</p>	<p style="text-align: center;"><u>ELA</u></p> <p>Make a list of fruits and vegetables. Help your child think of words that rhyme with the fruits and vegetables on your list.</p> <p style="text-align: center;">Example: Corn-Horn Pear-Care</p>
<p style="text-align: center;"><u>Math</u></p> <p>During snack time, give your child a few at a time (for example, give him 5 goldfish, give yourself 3). Have him/her count both quantities. Ask him/her: Who has more? Who has less? Write numbers 1-10 on a piece of paper and have them identify the number on the paper. If your child has mastered this concept, turn it into simple addition. For example: "Miss Michelle has 4 pretzels, and her brother 5, how many pretzels are there altogether?"</p>	<p style="text-align: center;"><u>Math</u></p> <p style="text-align: center;">Food Lego Mats (See Attachment Below)</p>	<p style="text-align: center;"><u>Math</u></p> <p>When you finish your crackers, water, etc. – use the empty containers as building materials If your child knows basic shapes, you can introduce more complex shapes and encourage your child to build a 3D sculpture Talk about what shapes they used and count how many of each shape (See Attachment below)</p>	<p style="text-align: center;"><u>Math</u></p> <p>Ask your family members what their favorite fruit or vegetable is. Make a graph to compare the results. You can call and ask extended family members theirs as well to have more to compare. (Example below)</p>

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<p style="text-align: center;"><u>Social-Emotional</u></p> <p>Ask your child how they feel about going back to school soon. Do they feel excited? Scared? Anxious? Try using different emotion rather than happy, sad, and angry; and explain what these emotions mean.</p>	<p style="text-align: center;"><u>Social-Emotional</u></p> <p>Ask your child which foods make them happy (their favorite) and why; which food makes them upset/sad (least favorite) and why.</p>	<p style="text-align: center;"><u>Social-Emotional</u></p> <p>Sometimes it is challenging to get your child to try new foods – preparing your child with a plan can help them</p> <p>Ask questions about what they don't like – is it the color, smell or texture? Introduce new foods by allowing your child to take 2 bites and then decide if they like the food</p> <p>Try not to turn it into a power struggle or battle and instead create a list of “new foods” that your child has tried and revisit those foods that were successful</p>	<p style="text-align: center;"><u>Social-Emotional</u></p> <p>Explain to your child that cleaning up after a meal is just as important as preparing the meal and eating it. Have your child help with cleaning up after breakfast, lunch, and dinner by throwing away their trash, putting dishes in the sink, wiping the table, and pushing in the chair.</p>
<p style="text-align: center;"><u>Science</u></p> <p>Let's go through our pantry and fridge! Describe the food categories fruits, vegetables, grains (such as bread, rice, cereal, and pasta), milk and cheese, and protein (meat, fish, poultry, beans, and nuts) and have children help you identify which category each food belongs to. Explain that these foods are nutritious and promote good health.</p>	<p style="text-align: center;"><u>Science</u></p> <p>Introduce the idea there are “everyday” foods (fruits, vegetables, and protein) and “sometimes” foods (sugary and fatty foods such as cake and ice cream). Everyday foods should be eaten every day because they are good for your body and help you stay healthy. Sometimes foods should only be eaten once in a while because they are not very nutritious. Go through pictures in a magazine or local</p>	<p style="text-align: center;"><u>Jobs</u></p> <p>Have your child prepare their lunch or dinner while trying to use all five food groups.</p> <p style="text-align: center;">Make Your Dinner!</p> <p style="text-align: center;">Make a healthy dinner using one food from each of the 5 food groups. Watch out for the unhealthy food!</p> 	<p style="text-align: center;"><u>Physical Activity</u></p> <p>“What's your name?” game. (See attachment below)</p>

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	<p>grocery ad. Have your child cut out pictures of different foods and separate "everyday foods" vs. "sometimes foods" Glue everyday foods on one paper plate, and sometimes foods on another plate.</p>		
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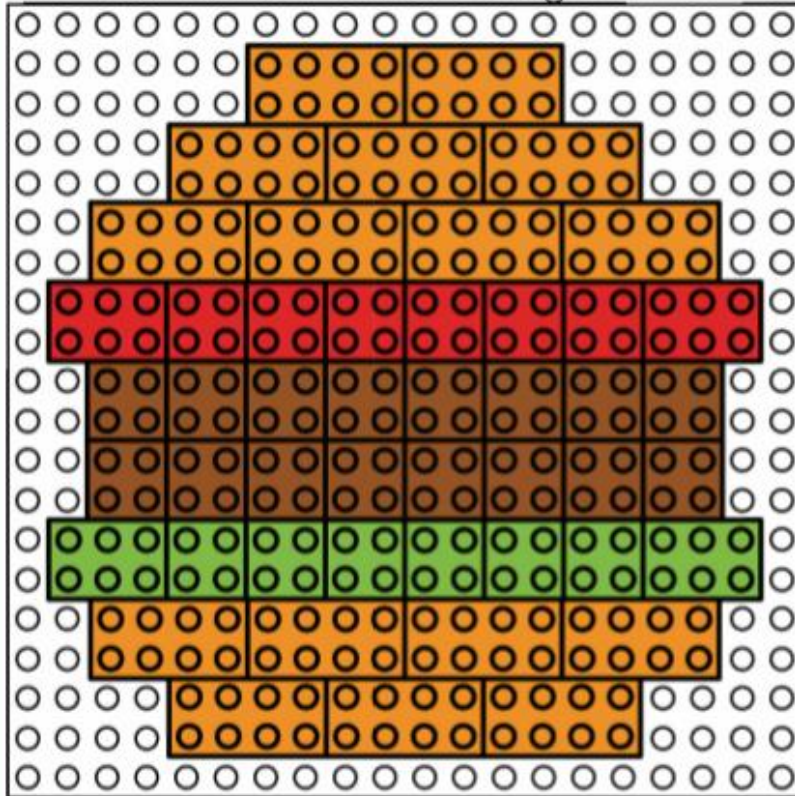
ELA Beginning Sounds Food Sort Example:



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Food Lego Mats

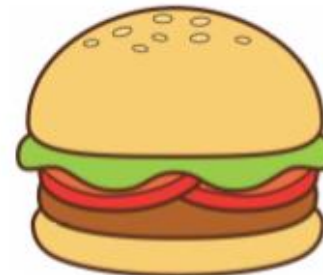
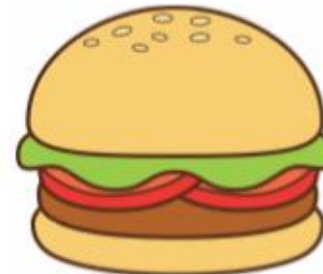
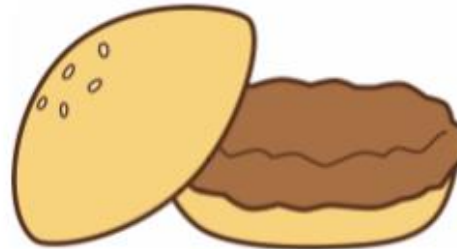
I can make a hamburger.



Mark each color that you used.

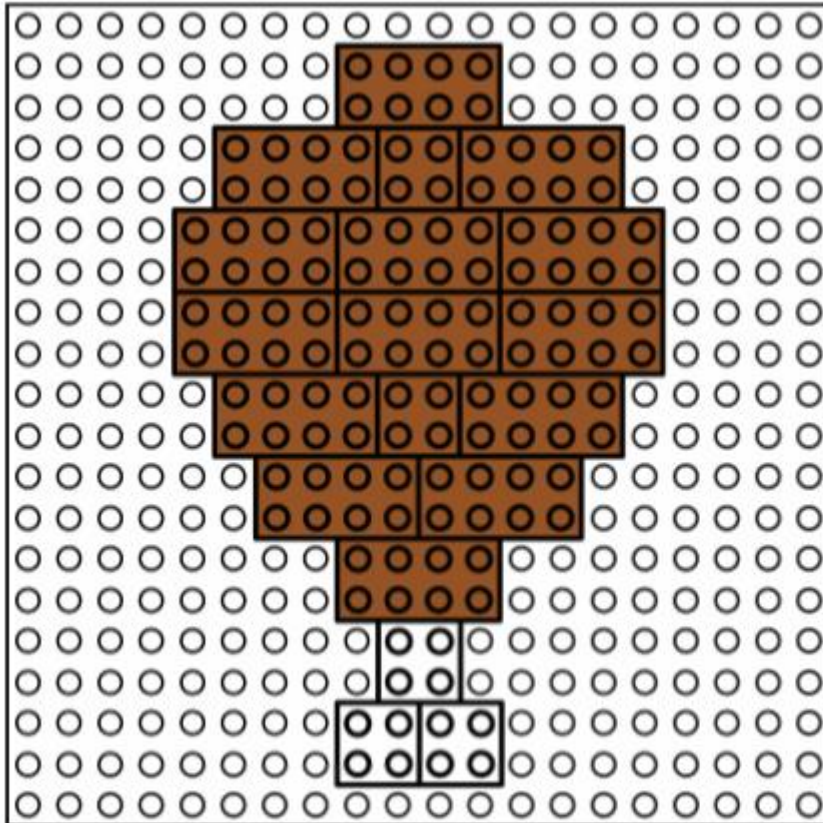


Which picture is different?



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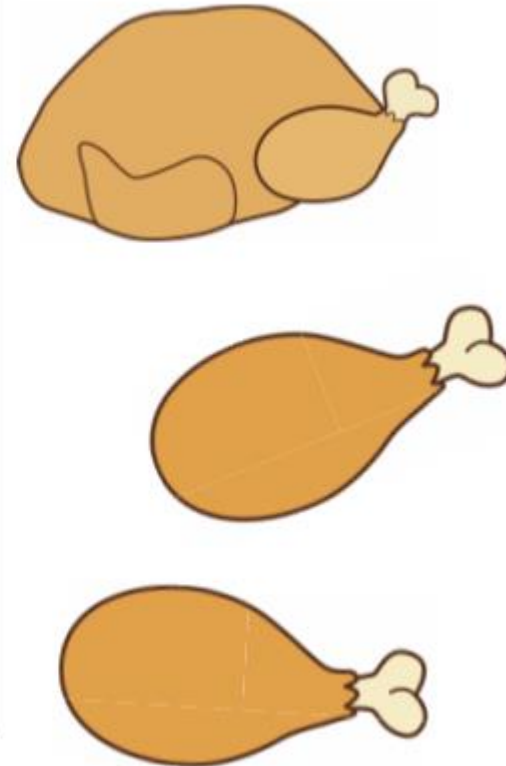
I can make chicken.



Mark each color that you used.

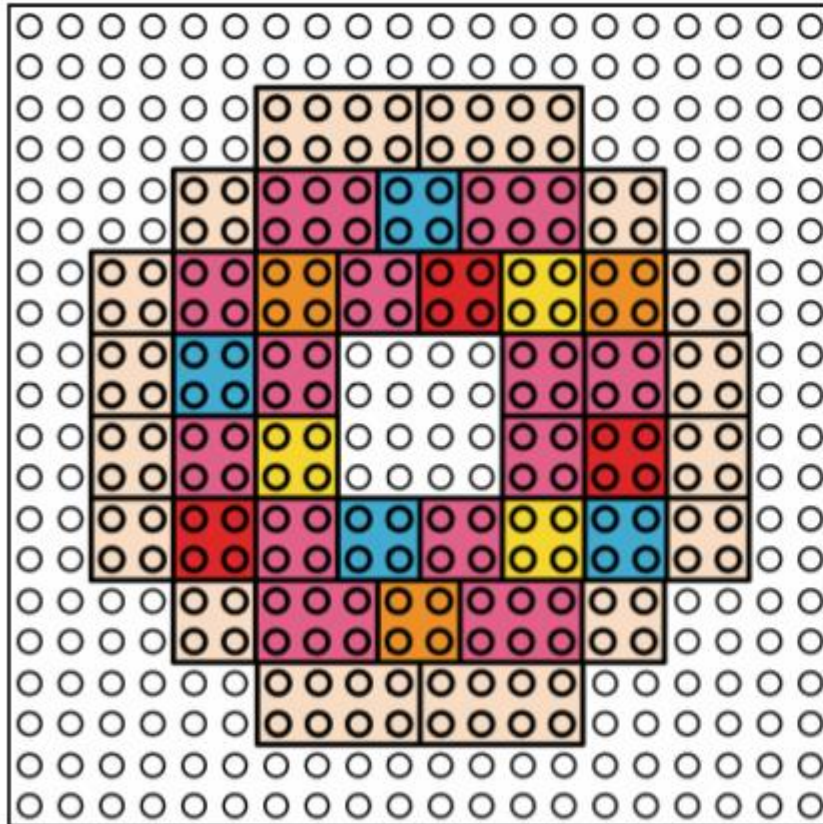


Which picture is different?



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I can make a donut.



Mark each color that you used.

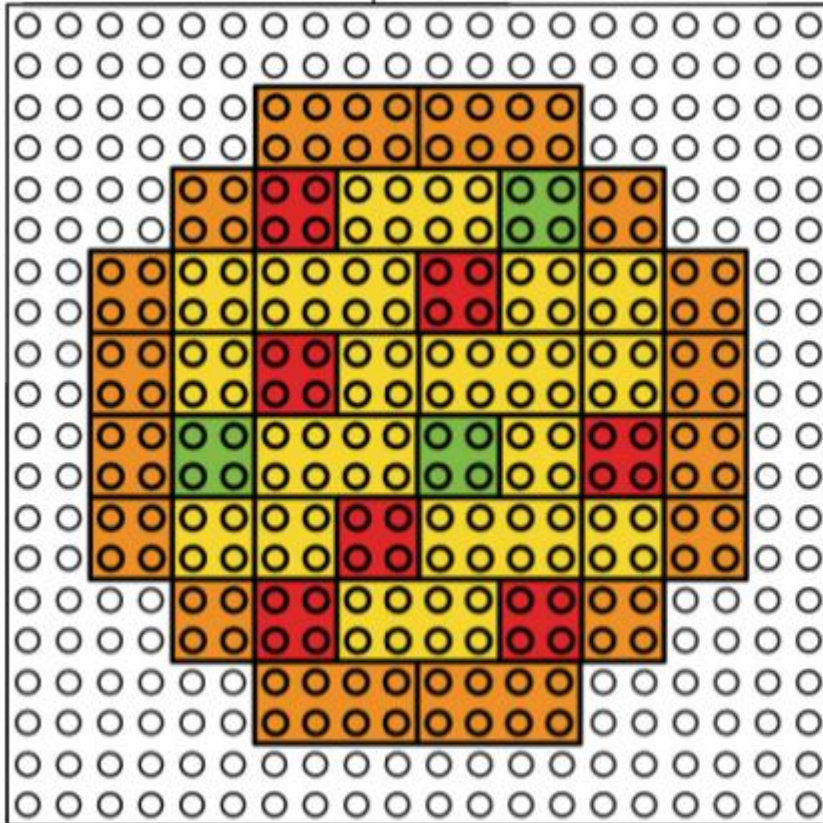


Which picture is different?

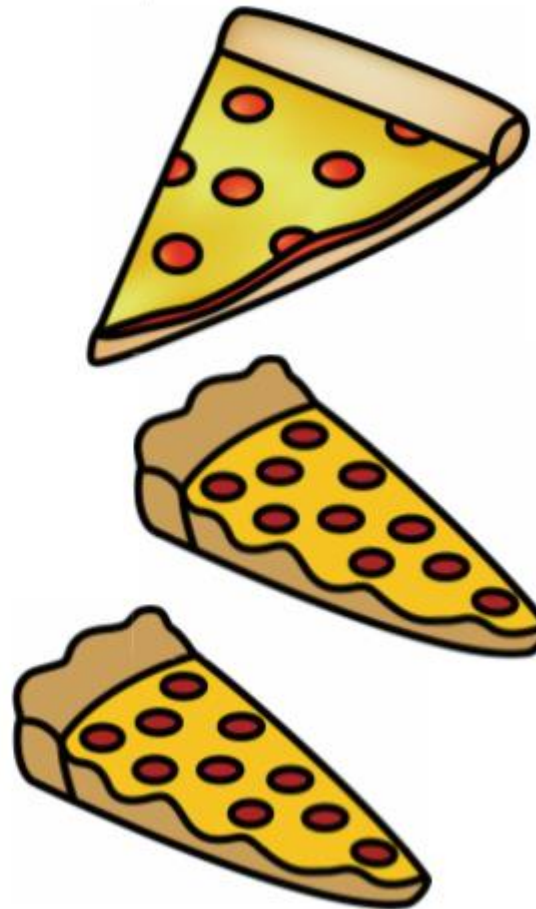


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I can make a pizza.



Which picture is different?

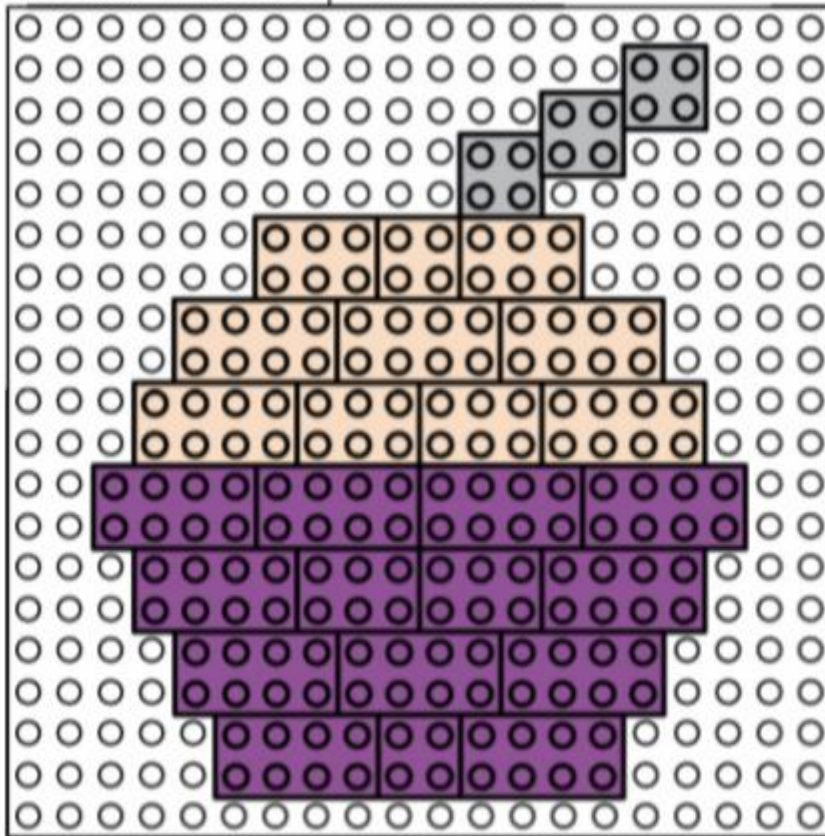


Mark each color that you used.



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I can make potatoes.



Mark each color that you used.




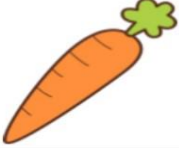








Which picture is different?



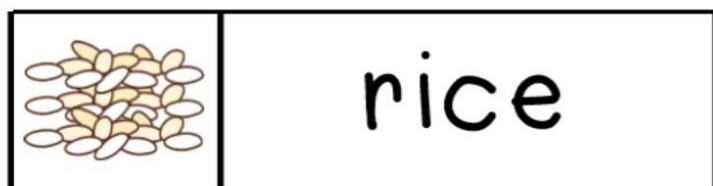
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Healthy Food Unit Words

	pumpkin
	potato
	broccoli
	carrot
	corn

	watermelon
	banana
	grapes
	apple
	blueberries

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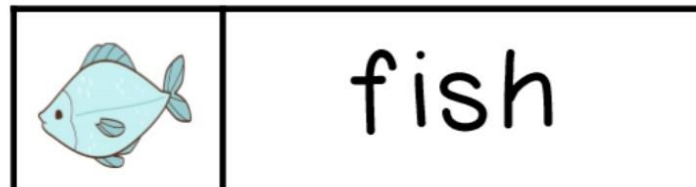
rice



bacon



macaroni



fish



crackers



burger



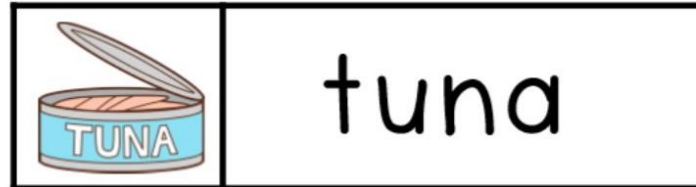
cereal



eggs



bread



tuna

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ELA shopping list

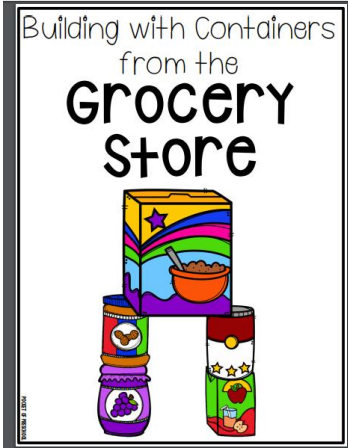
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Shopping List

A decorative shopping list template. It features a thick black border with a white scrollwork pattern. Inside, there is a table with 9 columns and 1 row. The first column contains the text "'s" above a horizontal line. Below the line, the words "Shopping List" are written vertically. The remaining 8 columns are empty.

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Math – Building 3D sculptures



POCKET OF PRESCHOOL

3D Shape Sculpture

Name: _____

I made a _____

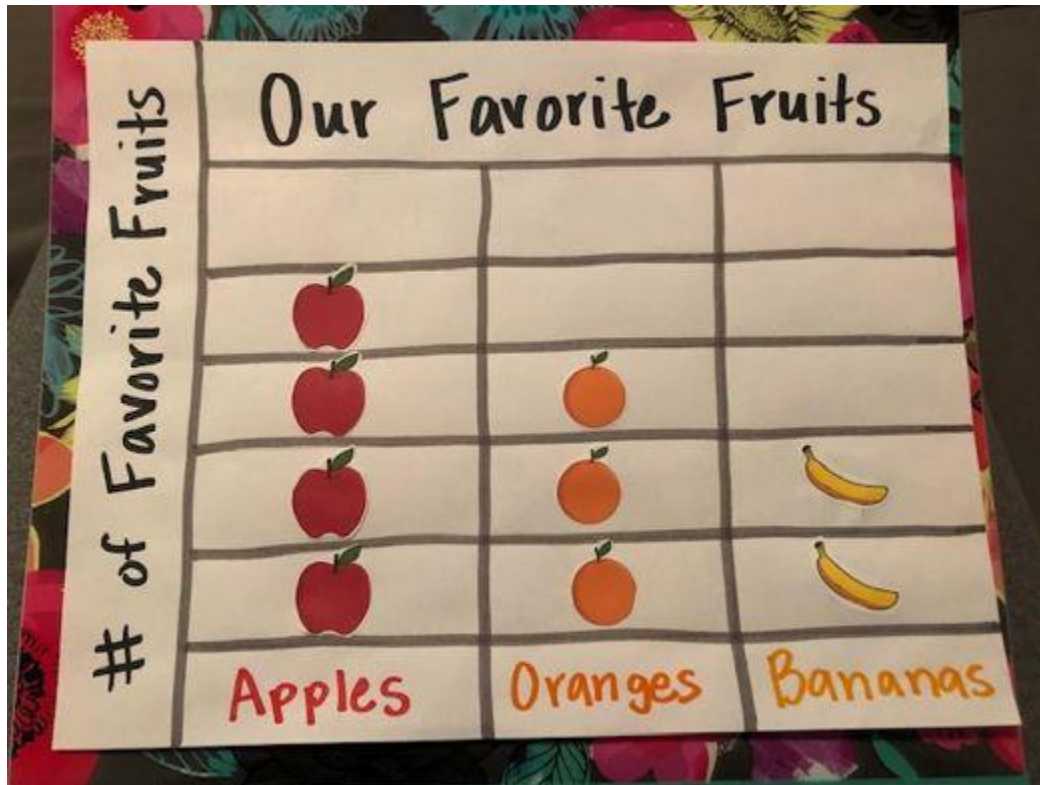
Draw a blueprint of your shape sculpture.

Count and write how many of each shape you used.

- Rectangle
- Cube
- Circle
- Cylinder
- Cone



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Fit activity for kids what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | | | |
|----------|--|----------|---|
| A | jump up & down 10 times | N | pick up a ball without using your hands |
| B | spin around in a circle 5 times | O | walk backwards 50 steps and skip back |
| C | hop on one foot 5 times | P | walk sideways 20 steps and hop back |
| D | run to the nearest door and run back | Q | crawl like a crab for a count of 10 |
| E | walk like a bear for a count of 5 | R | walk like a bear for a count of 5 |
| F | do 3 cartwheels | S | bend down and touch your toes 20 times |
| G | do 10 jumping jacks | T | pretend to pedal a bike with your hands for a count of 17 |
| H | hop like a frog 8 times | U | roll a ball using only your head |
| I | balance on your left foot for a count of 10 | V | flap your arms like a bird 25 times |
| J | balance on your right foot for a count of 10 | W | pretend to ride a horse for a count of 15 |
| K | march like a toy soldier for a count of 12 | X | try and touch the clouds for a count of 15 |
| L | pretend to jump rope for a count of 20 | Y | walk on your knees for a count of 10 |
| M | do 3 somersaults | Z | do 10 push-ups |

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