Breakfast, lunch, and dinner with Gregory

Grade Level: preschool and kindergarten

1 http://www.eduref.org/cgi-bin/printlessons.cgi/Virtual/Lessons/Health/Nutrition/NUT0017.html
### Objectives
The following activity, children will be able to:
- Log onto Blellow & watch a video.
- Answer questions on Blellow.
- Create a nutritious breakfast, lunch & dinner and feed Gregory the goat.

### Materials
- Gregory, The Terrible Eater (video)
- Food guide pyramid
- Internet

### Procedures
(Before you begin)

Create a Gregory goat - Using an image of a goat’s head, enlarge it if needed.

This lesson will span over three days:

1. Watch the video “Gregory the Terrible Eater.”
   Gregory eats foods like you and I. How can we make sure his meals are healthy?

2. Using the food guide pyramid, review with children the number of servings that are allowed from each group for one day.

3. The children will be divided into five groups, each group will be assigned a different food group from the pyramid.

4. Each group will locate foods from the Internet, appropriate from their food group.

5. Children will answer questions within the Blellow website such as: Is that a good choice for breakfast? Is it an OK choice for everyday? Make certain that children have allowed for drinks with their meal.

6. Children will drag & drop servings used from their food group. The children will locate foods for lunch on the second day and dinner on the third.

7. Children will take turns feeding Gregory. Children will say the food and where it belongs on the food pyramid as they feed the goat.

8. Children can change the food items within the pyramid and create new meals for Gregory.

Assessment: Have students work in groups and create new meals using all of the food groups.

### Evaluation
Homework: Build your own food guide pyramid
- Children should be able to place food in the correct category.