



Let's Read about Healthy Eating (Pre-K) and the Missouri Early Childhood Standards

Lesson and Summary	Content Area	The activities in this lesson support the following content components from the Missouri Pre-K Standards:
1-Germs, Germs, Germs <ul style="list-style-type: none"> Germs describe in rhyme how they attack the body to cause illness and how careful people make life difficult for germs. Activities teach children to wash their hands carefully. Children can make “butterflies” to practice washing hands and equipment. 	Literacy	<ul style="list-style-type: none"> Symbolic Development Spoken/Expressive Language Listening/Receptive Language
	Math	
	Physical Development, Health and Safety	<ul style="list-style-type: none"> Physical Development and Coordination Health
	Science	<ul style="list-style-type: none"> Life Science
	Social and Emotional	
2-Bread, Bread, Bread <ul style="list-style-type: none"> Baking bread, sharing bread, eating bread—one of humankind’s most basic concerns is explored through pictures. Activities encourage children to try different types of breads in sandwiches or form bread dough into different shapes. 	Literacy	<ul style="list-style-type: none"> Symbolic Development Spoken/Expressive Language Listening/Receptive Language Written Language Sounds of Language
	Math	<ul style="list-style-type: none"> Number and Operations
	Physical Development, Health and Safety	<ul style="list-style-type: none"> Physical Development and Coordination Health
	Science	<ul style="list-style-type: none"> Physical Science
	Social and Emotional	<ul style="list-style-type: none"> Knowledge of Self Approaches to Learning
3-Oliver’s Vegetables <ul style="list-style-type: none"> Oliver visits his grandparents and hopes to find the potatoes so he can have the only vegetable he likes, french fries. But first he must find the potatoes in the garden, and in the process he tries and likes all the vegetables! Children see and taste different vegetables from the story. 	Literacy	<ul style="list-style-type: none"> Symbolic Development Spoken/Expressive Language Listening/Receptive Language Written Language
	Math	
	Physical Development, Health and Safety	<ul style="list-style-type: none"> Physical Development and Coordination

		<ul style="list-style-type: none"> • Health
	Science	<ul style="list-style-type: none"> • Physical Science • Life Science
	Social and Emotional	<ul style="list-style-type: none"> • Knowledge of Self • Approaches to Learning
<p>4-Eating the Alphabet</p> <ul style="list-style-type: none"> • A colorful ABC book presents pictures of different fruits and vegetables with interesting facts about common and uncommon ones. Activities include tasting more fruits and vegetables and using them in drawings and print making. 	Literacy	<ul style="list-style-type: none"> • Symbolic Development • Spoken/Expressive Language • Listening/Receptive Language • Written Language • Sounds of Language
	Math	
	Physical Development, Health and Safety	<ul style="list-style-type: none"> • Physical Development and Coordination • Health
	Science	
	Social and Emotional	<ul style="list-style-type: none"> • Knowledge of Self • Approaches to Learning
<p>5-From Grass to Milk</p> <ul style="list-style-type: none"> • A look at cows and how they provide us with milk and milk products. Activities include seeing and tasting different milk foods or making ice cream in a plastic bag. 	Literacy	<ul style="list-style-type: none"> • Spoken/Expressive Language • Listening/Receptive Language • Sounds of Language
	Math	
	Physical Development, Health and Safety	<ul style="list-style-type: none"> • Physical Development and Coordination • Health
	Science	<ul style="list-style-type: none"> • Physical Science
	Social and Emotional	
<p>6-It's a Sandwich</p> <ul style="list-style-type: none"> • Children learn that a sandwich is bread with something inside. They also see how sandwiches can be made with many types of bread and fillings. A multicultural look at food from around the world. Activities include tasting sandwiches made with different fillings and breads or looking at different types of beans. 	Literacy	<ul style="list-style-type: none"> • Spoken/Expressive Language • Listening/Receptive Language • Written Language • Sounds of Language
	Math	
	Physical Development, Health and Safety	<ul style="list-style-type: none"> • Physical Development and Coordination • Health
	Science	
	Social and Emotional	<ul style="list-style-type: none"> • Knowledge of Self • Approaches to Learning
<p>7-Bread and Jam for Frances</p> <ul style="list-style-type: none"> • Frances' food jag is short-lived 	Literacy	<ul style="list-style-type: none"> • Symbolic Development • Spoken/Expressive

<p>once her parents begin serving her bread and jam for every meal and snack. In the end, she agrees with her friend Albert, who declares: “I think it’s nice that there are all different kinds of lunches and breakfasts and dinners and snacks. I think eating is nice.”</p>		<p>Language</p> <ul style="list-style-type: none"> • Listening/Receptive Language • Written Language • Sounds of Language
	Math	<ul style="list-style-type: none"> • Number and Operations
	Physical Development, Health and Safety	<ul style="list-style-type: none"> • Physical Development and Coordination • Health
	Science	
	Social and Emotional	<ul style="list-style-type: none"> • Knowledge of Self • Approaches to Learning
<p>8-From Wheat to Pasta</p> <ul style="list-style-type: none"> • Children learn how wheat is harvested and made into pasta through the use of photographs. 	Literacy	<ul style="list-style-type: none"> • Symbolic Development • Spoken/Expressive Language • Listening/Receptive Language
	Math	
	Physical Development, Health and Safety	<ul style="list-style-type: none"> • Physical Development and Coordination • Health
	Science	<ul style="list-style-type: none"> • Physical Science
	Social and Emotional	<ul style="list-style-type: none"> • Knowledge of Self • Approaches to Learning
<p>9-Jody’s Beans</p> <ul style="list-style-type: none"> • Jody’s grandpa gives her some runner bean seeds, which they plant and watch together. Jody cares for the beans and watches them grow. Then they are ready to pick and eat. 	Literacy	<ul style="list-style-type: none"> • Symbolic Development • Spoken/Expressive Language • Listening/Receptive Language • Sounds of Language
	Math	
	Physical Development, Health and Safety	<ul style="list-style-type: none"> • Physical Development and Coordination • Health
	Science	<ul style="list-style-type: none"> • Life Science
	Social and Emotional	
<p>10-Little Rabbit’s Loose Tooth</p> <ul style="list-style-type: none"> • Family dialogue surrounds the loss of a rabbit girl’s first tooth. Will the tooth fairy come? 	Literacy	<ul style="list-style-type: none"> • Spoken/Expressive Language • Listening/Receptive Language
	Math	
	Physical Development, Health and Safety	<ul style="list-style-type: none"> • Physical Development and Coordination • Health
	Science	

	Social and Emotional	
11-Handa's Surprise <ul style="list-style-type: none"> Handa starts out to visit her friend with a basket full of tropical fruit. She has a big surprise when she arrives, thanks to some mischievous animals. This book helps children learn to count. 	Literacy	<ul style="list-style-type: none"> Symbolic Development Spoken/Expressive Language Listening/Receptive Language Written Language
	Math	<ul style="list-style-type: none"> Number and Operations
	Physical Development, Health and Safety	<ul style="list-style-type: none"> Physical Development and Coordination Health
	Science	
	Social and Emotional	<ul style="list-style-type: none"> Knowledge of Self Approaches to Learning



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