

## LEARNING TARGETS

- ✓ I will control my body and move safely in my personal space.
- ✓ I will follow instructions and listen for start and stop signals.
- ✓ I will organize my foods in the appropriate meal category.

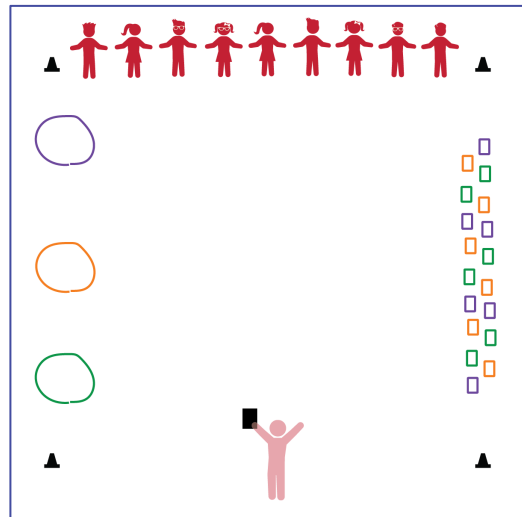
## ACTIVITY SET-UP & PROCEDURE

### Things You Need:

- ✓ 6 ropes
- ✓ Cut-out pictures of different foods used in breakfast, lunch, and dinner
- ✓ Cones to create boundaries

### Set-Up:

1. At one end of the activity area, use ropes to make 3 plates (2 ropes tied together per plate).
2. Ensure spacing between plates is safe.
3. Scatter pictures of foods at the other end of the activity area.



### Activity Procedures:

1. The objective of this activity is to help students understand the difference between breakfast, lunch, and dinner and to help them decide which foods belong in each meal.
2. We're going to play a game called *Breakfast, Lunch, and Dinner*. Before we start, look around and take note of your personal space.
3. Teachers, discuss the difference between breakfast, lunch, and dinner. Ask students to provide a few examples of foods that go into each category.
4. The three plates represent breakfast, lunch, and dinner. When I say, "GO," run safely to get a food and place it on the plate of the correct meal. Repeat until all the food is sorted.
5. Once the meal has been created, discuss appropriate choices.

### Universal Design Modifications:

- Tell the students to grab food for a specific meal.
- Tell the students which category of food to grab (e.g., fruit, bread, fish).

## DEVELOPMENTAL INDICATORS

- ✓ **Health, Safety and Nutrition:** Develops knowledge and skills that help promote nutritious food choices and eating habits.
- ✓ **Vocabulary:** Shows understanding of word categories and relationships among words.