



THEMES FIRST! FOOD GROUP FRENZY

FOOD GROUP FRENZY



This Month's Theme Unit Is "Food Group Frenzy"

Nothing brings people together quite like food. Meals give families, friends, and communities the opportunity to bond over something we all have in common: eating! This month's theme unit—*Food Group Frenzy*—focuses on food, cooking, and mealtime. Students work independently and collaboratively to explore the five food groups: fruit, vegetables, protein, dairy, and grains.

The Food Group Frenzy unit gives students a chance to study the categorization of food with hands-on curriculum catered to their individual learning level. Group activities, independent work, art, science, and cooking lessons strengthen writing, math, and reading proficiency while reinforcing listening and social skills. Games, songs, life skills, and circle exercises guide students toward a greater understanding of healthy eating, meal planning, and table manners.

All lessons throughout the theme address a diverse range of student skill levels. As students work through the *Food Group Frenzy* unit, they make connections between food and health, gain confidence, and learn valuable life lessons.

Theme Unit Vocabulary:

Dairy: Milk, Yogurt, Cheese, Cottage Cheese, Ice Cream, Butter, Sour Cream / **Fruit:** Apple, Orange, Banana, Grapes, Cherries, Strawberries, Peach, Plum, Pineapple, Grapefruit, Lemon / **Vegetables:** Broccoli, Spinach, Lettuce, Corn, Green Beans, Carrots, Sweet Potato, Pumpkin, Peas, Kidney Beans, Zucchini, Onion, Celery, Cucumber / **Protein:** Hamburger, Chicken, Eggs, Fish, Bacon, Shrimp, Tuna, Peanuts, Almonds, Steak, Lamb, Lobster / **Grains:** Rice, Bread, Doughnuts, Wheat, Oatmeal, Cornbread, Tortillas, Noodles / **Mealtime:** Eat, Breakfast, Lunch, Dinner, Fork, Spoon, Knife, Plate, Napkin / **Colors:** White, Yellow, Red, Purple, Brown, Green / **Shapes:** Oval, Circle, Square, Triangle, Rectangle, Half Circle

What We Are Learning about Food Groups:

- Categorization
- Planning meals
- Life skills: table manners

- Food crafts
- Comparing and contrasting
- Science inquiry

- Cooking healthy snacks
- Sharing meals
- Collaborative games

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