**Health & Wellness – Healthy Eating – Sample Story Time Outline**

Book 1: Nonfiction or other themed book

Rhyme: One Potato, Two Potato - fingerplay

One potato, two potato, three potato, four
Five potato, six potato, seven potato, more .
(Hold up one finger at a time as you count. Clap on more.) You could also use the name of other fruits and vegies as you do this fingerplay.

Book 2: Story in rhyme

Song: Snack Song - sung to "Down By The Station"

Around our snack table
Early in the morning,
We get lots of good things for our day.
Food we need to help us grow and play
Chew, chew, crunch, crunch,
Down it goes!

~Sister Linda Kaman R.S.M.

Book 3: Interactive story

Science Center: Healthy vs. Unhealthy Food Sort

* Pictures of unhealthy and healthy foods
* Chart labeled Healthy and unhealthy

Math Center: Sorting and Counting Fruits and Vegetables

# Farmer's Market Color Sorting Set- <https://www.kaplanco.com/product/30281/farmers-market-color-sorting-set?c=2%7CDP1003>

Literacy Center: Foods That Are Good for Me Book

* Blank pages stapled together to make a book
* Pictures of healthy foods from magazine or newspaper
* Crayons or pencils

Game: Great Plate® Game <https://www.kaplanco.com/store/trans/search.asp?tbSearch=Great+Plate%C2%AE+Game&submitSearch>