

Date

Subtheme

Start Time: Choose a start time.

End Time: Choose an end time.

Curriculum Area:

Choose a curriculum area.

Choose a curriculum area.

Materials:

- Lunchbox surprise book
- MyPlate
- Artificial food
- Lunchbox

Objective(s):

Students will engage in dramatic play by packing a mock lunch.

Students will demonstrate good eating habits by matching food to a MyPlate.

Introduction:

- Teacher will hold up the story Lunchbox Surprise and ask students to look at/point to the story.
- Teacher will review MyPlate and what makes up a healthy meal.
- Teacher will review the core vocabulary put, in, open, close.

Body:

- Have students follow visual instructions to pack lunchboxes with toy foods.
 - Protein
 - Grain
 - Dairy
 - Veggie
 - Fruit
- Once students have packed the lunch box, pull out the myplate.
- Have student open the lunch box and pull out items one at a time and model for them where to put them on the myplate (banana w/ fruit).
- After they have matched the food to the area on my plate, teacher and student can pretend to eat the food.
 - **Numeracy extension - Number the lunchboxes with the number of foods you want to go in each one. Put food in one at time and count them as the student puts them in.**

Closing:

- Teacher can ask student "Did you like the food or not like the food?"
- Great job packing your own lunch!

Accommodations:

Assistive technology

Visuals

Manipulatives

Multiple Intelligences:

Linguistic

Bodily Kinesthetic

Logical-Mathematical

Visual-Spatial

Musical

Interpersonal

Intrapersonal

Naturalist

Common Core Standards (<http://www.corestandards.org/read-the-standards/>) :

Link lesson appropriately to grade level standards. Click on the link above to view the standards

LCCE Competencies ([Link to LCCE Competencies](#)):

Link lesson appropriately to LCCE competencies. Click on the link above to view competencies.