

HEALTHY FOODS

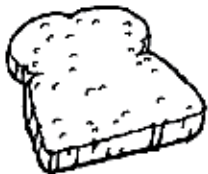
The Healthy Foods Stamp Set combines stamping fun with learning about food groups and making healthy food choices.

The 24 stamps include:

Grain group



bread



spaghetti



crackers



pretzels



Vegetable group



carrots



corn



broccoli



peas



Milk group



milk



cheese



yogurt



oils group



Fruit group



apple



bananas



grapes



Exercise



Meat and Beans group



steak



chicken



peanut butter



Tips for Stamp Use

For best image results, rock the stamps on the stamp pad for even ink coverage. Provide a softer surface to stamp on by setting down several layers of newspaper on the work surface. Newspaper will also protect the area from ink stains.

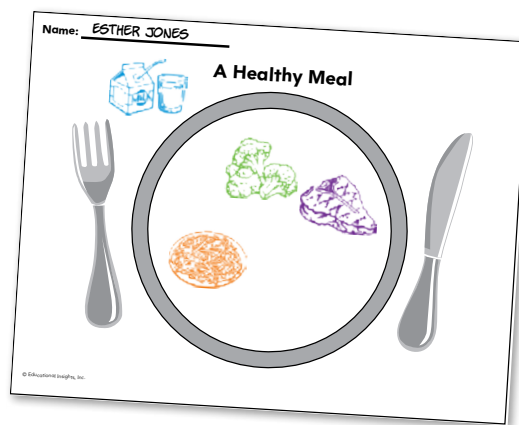
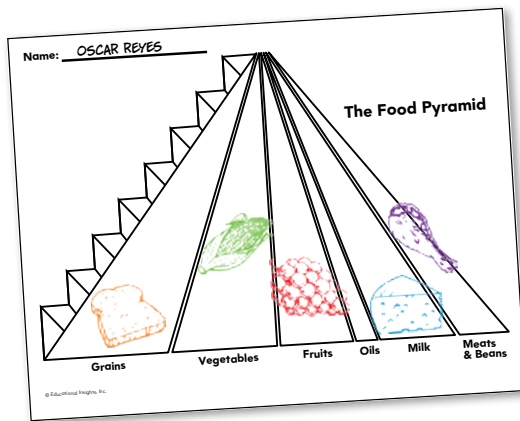
Using the Reproducible Worksheets

Food Pyramid

Provide Food Pyramid worksheets, stamps, and crayons or markers. Children stamp images in the correct section of the food pyramid and then color them. If you wish, have them add their own drawings to appropriate sections of the pyramid.

A Healthy Meal

Provide A Healthy Meal worksheets, stamps, and crayons or markers. Children use the stamps to create a healthy meal — breakfast, lunch, or dinner — adding their own images when they wish.



More Activities


While children will enjoy just stamping and coloring the pictures, here are some additional ways to use your stamps.


Food Group Books


Children can make books about the food groups, stamping, coloring, and labeling the images for each group. Encourage children to add their own drawings of additional foods to the page for that group. For example, they might add a pear to the fruit group or a bowl of rice to the grain group.

Rebus Stories


Children can use the stamps to write rebus sentences about food. For example, children could write about a particular food, such as an apple, describing its color, shape, taste, or other thoughts about apples.

The  is red.

The  is round like a ball.

The  is sweet and crunchy.

Apples are good for you.

I like to put peanut butter on my  .

Teacher-made Games

Use your stamps, index cards, and markers to make a variety of games.

Memory Match

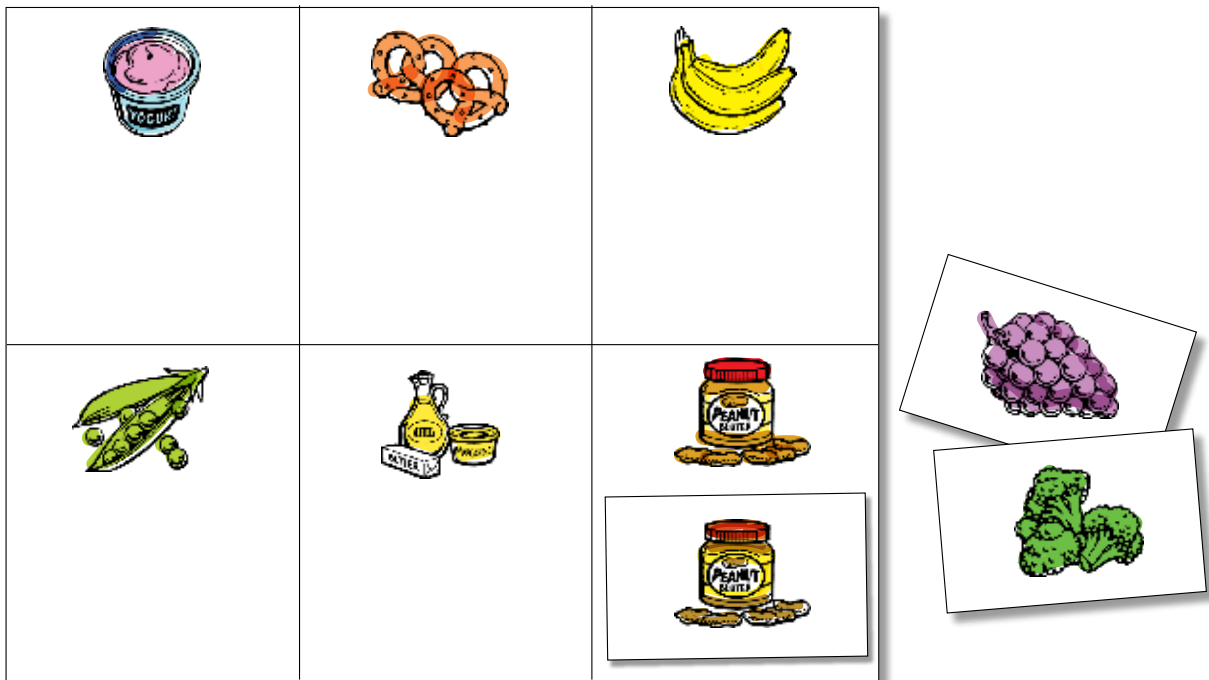
Make pairs of cards for each image: two apples, two glasses of milk, two slices of bread, etc. Color the images, or have children color them for you. Turn the cards face down. Player 1 turns over two cards. If they match, he keeps them and takes another turn. If they do not match, Player 1 turns the cards over, and it is the next player's turn. Play continues until all the cards have been matched. The player with the most pairs wins.

Go Fish

Make pairs of cards for each image: two pea pods, two containers of yogurt, two chicken legs, etc. Color the images, or have children color them for you. Shuffle the cards and deal them out evenly to players. Players take turns asking one another if they have a specific card in their hand. If they do, then the "asker" gets the matching card to make a pair and goes again. If the player asked does not have the requested card, then it is the next player's turn. The first player to get rid of all of his or her cards is the winner.

Lotto

Make four simple game boards by dividing 8.5" x 11" sheets of paper into six sections, as shown. Stamp a different image into each section. Make 24 game cards by stamping one image on each of 24 cards. Color the boards and cards, or have children color them for you. Turn the deck of cards face down. Children take turns drawing a card. If the card matches a picture on their game board, they place it on the corresponding space. If not, the player whose board it matches can claim it. Play continues until one player has filled her board.

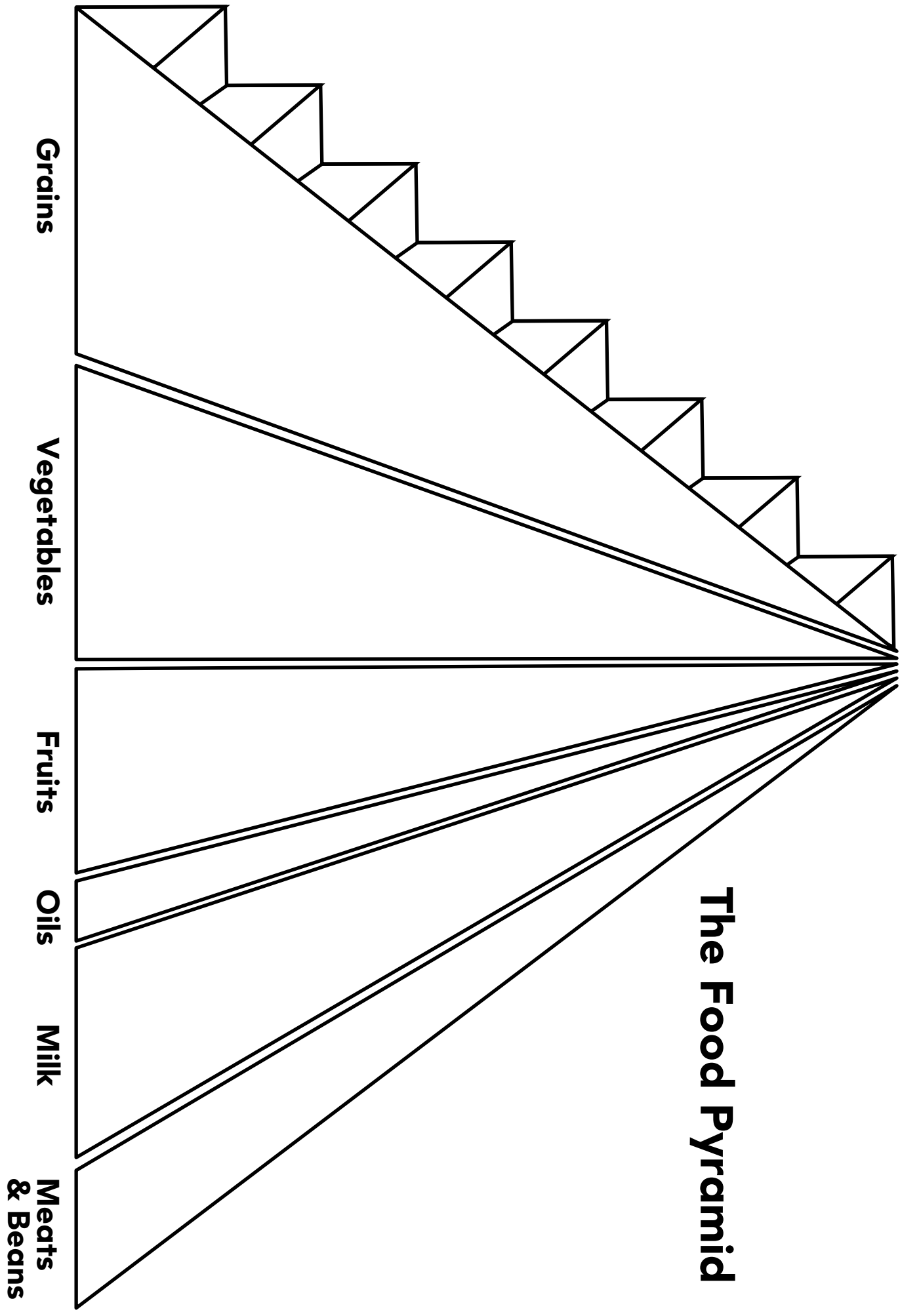


Bingo

Make simple 9-square bingo boards. Stamp a different arrangement of images on each board so that no two are alike. Make 24 game cards by stamping one image on each of 24 cards. Color the boards and cards, or have children color them for you. Place the cards in a bag. Appoint a "caller," or call out the cards yourself. Children cover the appropriate food images with markers, such as paper clips. The first child to fill a row vertically, horizontally, or diagonally is the winner.

Name: _____

The Food Pyramid



Name: _____

A Healthy Meal

