

# Grades K-2

## Learning About Different Types of Foods

### Food Around the Room

*Identifying foods in different food groups*

This class game gets students moving! In advance, place the food group labels (scroll down) around the classroom. Be sure they are arranged so students can easily rotate from one area to the next. To begin, lead students in singing the song shown below as they walk, in the same direction, from food group to food group. When the song ends, each child stops at the nearest food group. Then the students at each food group work together to determine a food item that corresponds with their food group. Encourage students to think broadly about fresh foods and packaged or convenience foods—such as frozen vegetables, rice mixes, and canned fruits and soups—that fit the categories. After each group announces the food, play another round.

Extend the learning: Each time you sing the song, select a category of foods to highlight, such as fresh foods, packaged and canned foods, and frozen foods.

*(sung to the tune of  
"Twinkle, Twinkle Little Star")*

There are lots of foods to eat.  
Proteins are beans, eggs, nuts, or meat.  
Grains can be some bread or rice.  
Fruits and veggies are always nice.  
Dairy foods are milk and cheese  
And even ice cream, if you please.

### Which is better for you?

Is brown rice or white rice better? They're both good for you! Eating whole grains (brown rice) is great, but enriched grains (white rice) contain plenty of nutrients too.

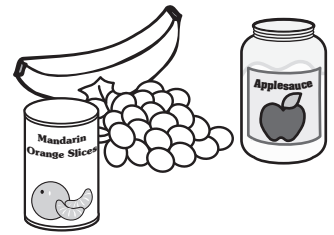


ALLIANCE TO  
FEED THE FUTURE

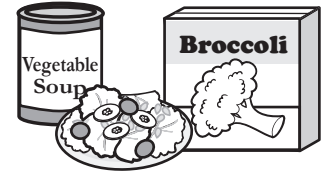


FARM CREDIT  
*Lending support to rural America*

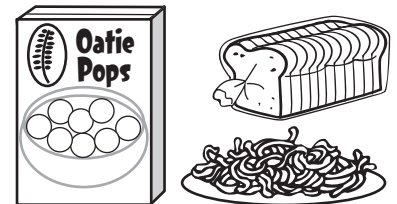
# Fruits



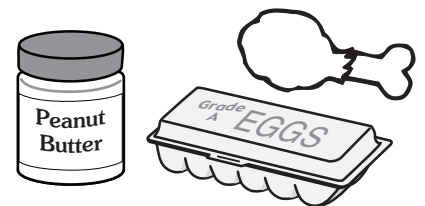
# Vegetables



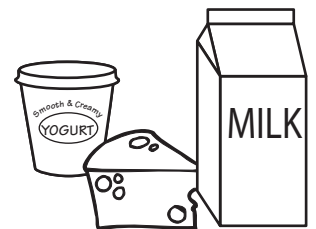
# Grains



# Proteins



# Dairy



# Sometimes foods

