

Grades K-2

Learning About Different Types of Foods

Spin and Draw Game

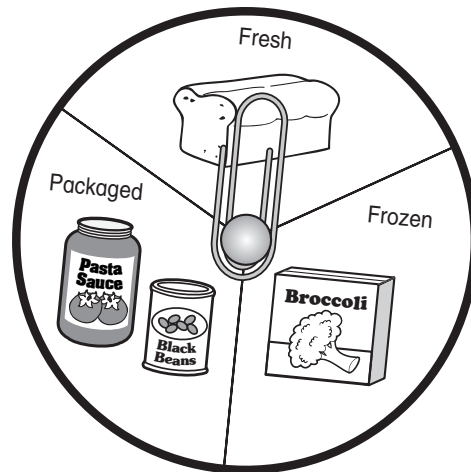
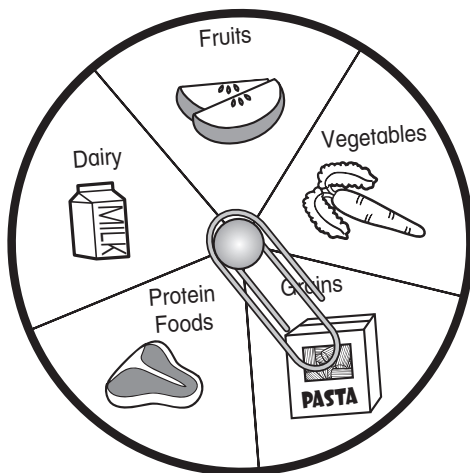
Recognizing different ways foods are sold

For this small-group game, give each group a copy of the two spinner patterns (scroll down), two paper clips, two brads, and scrap paper. To make a spinner, have students attach a paper clip by pushing a brad through the center of the spinner. Make sure students understand what fresh, packaged, and frozen foods are. (You may be surprised at how many students think frozen chicken nuggets are a fresh food!) For more information visit www.alliancetofeedthefuture.org/farmltoforkresources.aspx.

To begin the game, direct one student in each group to spin each spinner. Then have each child in the group draw or write the name of a food item that corresponds with the spin. For example, if the spinners show *protein foods* and *frozen*, a student may write or draw on her scrap paper "frozen chicken patty." Have students spin and list foods several more times. Then have group members share their responses. Students will quickly realize that modern food production provides us access to a wide variety of foods to choose from every day!

Fun Fact:

Each American eats about 250 eggs per year. In fact, you may be eating an egg and not even know it! Eggs are used as ingredients in making other foods, such as cake and pasta. Eggs provide you with protein and the vitamins you need to give you energy.



ALLIANCE TO
FEED THE FUTURE



Lending support to rural America

Spinner Patterns

