

## Lesson Plan #3 - Family Lit

### Title: Which Food Doesn't Belong

**Objectives:** In this lesson, parents and children will:

1. practice visual discrimination
2. increase critical thinking skills
3. learn or review food groups
4. discuss good nutrition for the family
5. spend positive time together working on a common activity

**Session Time:** 30 minutes

#### **Materials:**

- 30 index cards
- Glue
- Scissors
- Pictures of labeled food (included with this lesson)

#### **Procedure:**

Create food cards by using 3" X 5" cards and gluing a picture and name of a food on each card. Place four food card pictures on the table. Tell the child that three of the cards are from a particular food group, but the other one does not belong to that group. Ask the child which food is in the wrong group. Why is it in the wrong group? In which group does it belong? (This is similar to the activity "Which one is not like the other" done on *Sesame Street*.)

Some examples for card sets:

- grapes, apples, milk, bananas
- cheese, yogurt, rice, ice cream
- ham, fish, peas, turkey
- carrots, broccoli, cheese, potatoes
- bread, pasta noodles, celery, tortilla
- brownie, potato chips, pineapple, soda
- baked chili beans, tomatoes, peanut butter, eggs
- yogurt, frosted cupcakes, pudding, cheese
- peas, hamburger patty, lettuce, cucumber
- jelly, sugar, milk, candy
- ready-to-eat cereal, butter, spaghetti noodles, toast

**Note:** This lesson plan is included in the family education kit, *Lifestyles of the Fit and Healthy*, available through the **Southern Illinois Professional Development Center**.