Activity

Food Group Sort

Grades: PreK–K, 1–2

Overview
Children learn about nutrition and food groups and sort a pile of food packages into the major categories.

Students will:
• Study healthy and unhealthy foods
• Learn the basic food groups
• Practice sorting
• Learn about the importance of health and nutrition

Materials
• Foods and/or empty packages from each food group
• Big, deep cloth, paper or plastic bags that will hold all of the food for the sort.
• Signage/Pictures for the food groups that will be placed on the floor for the sort.
Directions

- Review the food groups with the children by looking at the signage on the floor.
- Ask 2-5 children at a time to take two foods out of the bag. Sort them on the floor and return to their seats.
3. After all of the food has been sorted, Go to each food group and ask the children "Which food does not belong in this group?"
4. Discuss the foods, the groups and correct the sort, when necessary.

Subjects:

Cooking, Health and Safety, Food and Nutrition, Classification, Marketing and Labeling