

Lesson Plans - I Am Hungry

To be used with the album:

“Come and See My Rainbow - Kindergarten Music Volume 1” by Barb McIlquham

Before Teaching the Song:

1. On chart paper print the following headings: *Bag, Can, Garden*. Have the students list what foods can be found in these three categories.
2. Review counting up to ten.
3. Discuss nutritious food and its benefits.

After Teaching the Song:

1. Have the students keep a week long diary of what they eat at each meal. Each page can have the titles: *Breakfast, Lunch* and *Dinner*. Under each title the students can draw a picture and print the word of what they have eaten. At the end of the week the students can share and compare these booklets with classmates.
2. Paste a paper plate, plastic fork, knife and spoon to a large piece of construction paper to make a place setting. Have the students cut out pictures from magazines of healthy food to paste on the plates. Check to see that students are cutting out pictures from each food group. Decorate with crayons and markers and display in the classroom.