

**MAGNETIC**

# Healthy Foods

The *Magnetic Healthy Foods Set* has been designed as a hands-on way to help children learn about healthy food and good nutrition. The detailed photos represent healthy foods that conform to the Food Pyramid Nutritional Guidelines. These suggested activities will reinforce children's learning about this important subject, setting them on the road to a lifetime of healthy food choices.

### This Set Includes:

1 write-on/wipe-off magnetic placemat

1 order pad

**33 magnetic pieces:**

3 utensils • 1 glass of water • 29 foods

### Menu Items by Food Group

#### Fruits

Strawberries

Grapes

Apple Slices

Orange Slices

Honeydew Melon Slices

#### Meat & Beans

Fish Filet

Grilled Chicken Breast

Steak

Egg

Baked Beans

Turkey Slices

#### Grains

Wheat Bread (2 slices)

Bagel Slice

Dinner Roll

Pretzels

Pasta

Crackers

Pancakes

#### Milk

Glass of Milk

Slice of Cheese

Yogurt Cup

#### Vegetables

Corn Cob

Red Pasta Sauce

Broccoli

Cucumber Slices

Baked Potato

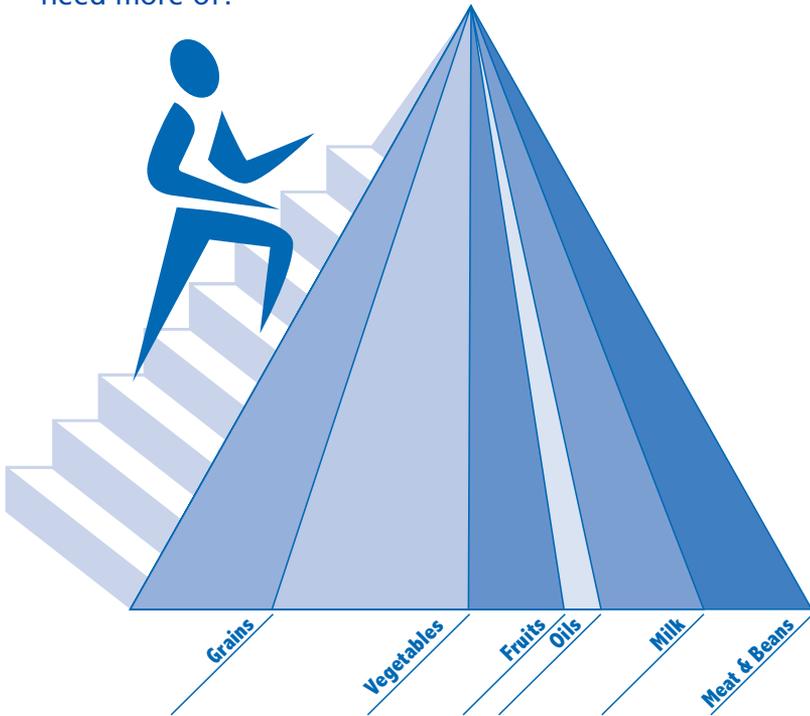
Slice of Lettuce

Tomato Slices

**⚠ WARNING:**  
**CHOKING HAZARD**—Small parts. Not for children under 3 years.  
**MAGNETS**—This product contains small magnets. Swallowed magnets can stick together across intestines causing serious infections and death. Seek immediate medical attention if magnets are swallowed or inhaled.

## Good For You Foods

Introduce children to the concept of food groups and the Food Pyramid. Use the picture of the Food Pyramid to discuss the different food groups and their relative nutritional value. Why does a body need food? What kinds of food keep a body healthy and strong? Which foods do we need more of?



## Let's Build a Pyramid

Help children sort the foods in the set into the food groups. Which food group has the most foods? Which has the fewest? Can you build a food pyramid from the foods in the set?

## Healthy Harvest

Where do foods come from; a tree, an animal, under the ground, above the ground? Select a food from the set and talk about where it comes from. Compare processed foods, such as bread and pasta, with foods such as apples and carrots.



## Plan a Menu

Using the food in the set, plan meals for one day. Take care to plan healthy, well-balanced meals.

## Putting It All Together



“Compound” foods are made up of ingredients from more than one food group. Talk about the food groups found in some compound foods kids love; for example, pizza has grain (in the crust), vegetable (in tomato sauce) and dairy (in the cheese). What about a peanut butter and jelly sandwich? How about a hamburger? A slice of apple pie?

## What’s Missing?

Here’s a fun game to test your memory! Place 5 or 6 foods in a line. One player turns away from the line while another removes one of the foods. When the player turns back to the line, they try to say which food is missing!

## Here’s To Your Health

Have children think of some foods they like and discuss whether they are healthy or unhealthy. Make word cards with food names and sort them into healthy and unhealthy piles.



## May I Take Your Order, Please?

Play restaurant with the food set using the order pad included! One person can plan the menu, describe the day’s specials and take the order and the other person can select a meal. Add fun with prices and play money!

## Can You Remember?

Here is a fun game to test your memory! One person starts: “My uncle has a grocery store and in it he sells...” Keep adding on foods until one player can’t remember the list!



## Food Flashcards

Make word cards to correspond with the foods in the set. Have the children match the pictures with the word cards!

## Make a Match

Choose 12 distinctively shaped foods and their corresponding word flashcards (from the activity above). Turn the word cards and the foods upside down on a table or the floor. Take turns finding matching pairs. The person with the most pairs after all of the cards are collected is the winner!

## Holiday Favorites

Food plays an important part in family celebrations. Talk about what foods different people associate with holidays and other celebrations. Are they different from each other? Have fun planning a Birthday menu with all of your favorite foods!



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