

# WHAT Did I EAT Today?

SCIENCE

**MATERIALS** food pyramid poster

- WHAT TO DO**
- Thanksgiving is celebrated the fourth Thursday of November.
  - 1. Talk about the food pyramid with the children, using the poster to illustrate.
  - 2. Ask them what their favorite Thanksgiving foods are. Discuss which food groups the Thanksgiving foods belong in (turkey=meat and poultry).
  - 3. Ask parents to write down the foods that their children eat for a full day. The children can illustrate the foods.
  - 4. Read and share the results with the children. Ask the children to tell which foods belong to which sections of the food pyramid.
  - 5. Write down the snacks or lunches that the children eat at school and put them in the correct groups.

**RELATED books** *A Turkey for Thanksgiving* by Eve Bunting  
*T'was the Night Before Thanksgiving* by Dave Pilkey

★ Barbara Saul, Eureka, CA

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# GIVING THANKS

SOCIAL DEVELOPMENT

**MATERIALS** photos of children's families  
 large basket  
 real or fake fruits, vegetables, and breads  
 paper  
 stapler  
 glue

- WHAT TO DO**
- Thanksgiving is celebrated on the fourth Thursday of November.
  - 1. Send a note home asking parents to send in family photos, or take pictures of family members in class during drop-off and pick-up times.
  - 2. At circle time, show the children the real or fake food. Discuss the qualities of each food.
  - 3. Let each child place a piece of food in the basket.
  - 4. Talk about what it means to be thankful. Focus the discussion on people that the children are thankful for and why, such as parents, siblings, relatives, friends, and so on.

5. Give each child a pre-made book (three pieces of paper stapled together). Have them glue their photos in their books and dictate why they are thankful for that particular person.
6. Send each child's book home and encourage a discussion at home about thankfulness.

### **MORE TO DO**

**Dramatic Play:** If you use pretend foods in the basket, place them in the dramatic play center to encourage Thanksgiving role-play. Discuss and model how to show and when to tell others "thank you."

**Snack:** If you use real food in the basket, let the children help wash and prepare the foods for a "thanksgiving meal" of vegetable soup and fruit salad.

★ *Barb Lindsey, Madison City, IA*

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