

Kindergarten Chants

Calvary Classical School

Hampton, VA

Food Groups

Bread, bread, sure is great! It gives us carbohydrates.

Fruits and vegetables, eat your fill, for vitamins and minerals.

Meat, meat, eat it lean. It gives our bodies protein.

Dairy products, we need some, to give our bodies calcium.

Fats, oils, sweets, these are just treats.

These five food groups we do need, to keep our bodies up to speed.

Comments from **Calvary Classical School**: We learn about the five food groups and what each type of food gives to our bodies. For review, we use the new food groups model at www.choosemyplate.gov. We color a paper plate to match the colors on the model. We staple a blue paper circle to the side of the plate to simulate a cup for dairy. Students glue appropriate pictures of foods into each section of the plate (grocery store flyers or Google images are great for food pictures). Many applications and integrations can be made with stories and Bible lessons, but, most of all, we are reminded of the food and drink that Jesus offers to us (Deut. 8:3, Matt. 4:4, John 4:10).