



## Nutrition

Read: The Food Pyramid by Loreen Leedy

After reading this story to the students go to the garden to see the Food Pyramid Garden and identify the plants growing in the different sections. Talk to the kids about their favorite healthy foods in each category. Check with Farm staff for opportunities to sample fruits or vegetables in the garden.

Then lead a discussion on the importance of being physically active. Ask the students what they like to do to have fun moving around. Lead the students in a physical activity such as bunny hops or horse gallops around the garden. Another fun physical activity for the students is to take them for a walk around the Farm and stop at each animal area to talk about how animals need a healthy diet just like people do.