



KINDERGARTED

LESSON: Stick to Stickers

SC STANDARD: Literacy Standards



It's your world.

STICK TO STICKERS

OBJECTIVES:

- Talk about GO foods and how they are mostly “Stick to Stickers” foods
- Explain the difference between foods in their natural form and foods that have been processed

LET'S GET STARTED:

- Review GO foods or introduce GO foods if you have not already been through that lesson
- Discuss different ways to package foods
- Explain canned foods versus the Stick to Stickers foods

STORY:

- Read story about Boss at the grocery store learning about the sticker to stickers method

WRAPPING UP:

- Remind students that GO foods are usually those foods that are in their natural form
- Review packaging and processed foods

LET'S GET STARTED!

- If you have already gone through the GO, SLOW, WHOA foods lesson, you will be one step ahead for this part of Stick to Stickers, and you can start off the lesson by asking if anyone remembers what GO foods are.
- If you have not discussed GO, SLOW, WHOA foods yet, begin this lesson by talking about GO foods and how a lot of them are foods that are still in their natural form and what that means.
- Once GO foods have been introduced, or reintroduced, start explaining the various ways of packaging foods, such as canning, as well as the stickers that come on produce.

DIALOGUE BOX

- GO foods are the healthiest foods that offer the most nutrients for your body and can be eaten all the time!
- Most GO foods are fruits and vegetables that are still in their natural form, meaning they have not been processed yet, and still look like they did when they were in nature!
- Foods that are still in their natural form are super healthy and have the most vitamins and minerals. When foods are processed, a lot of those healthy vitamins and minerals are removed, which is why they are not as healthy for you.
- One way you can tell that foods have been processed is by their packaging. When foods come in boxes or cans, they have probably been processed in a factory (for example, boxed crackers or canned vegetables).
- One way to avoid the processed foods and recognize natural foods is by sticking to stickers!
- Sticking to stickers is a way to find those healthy GO foods and know that they have not been processed in a factory.
- When you walk by the fruits and vegetables section of the grocery store, notice that most of those foods will have a small sticker on them. Use that sticker as your guide to choosing the healthiest foods!
- As an example, apples come with stickers on them, but applesauce in a plastic container does not come with a sticker. Which one do you think is the healthier option?
- If a food does not have a sticker on it, that's okay, but make sure it is among other foods that do have stickers, and looks like it would if it were still in nature!
- An example of this would be that corn does not have a sticker on it because of its husk, but it is displayed around many other fruits and vegetables that do have stickers, and it still looks like it would if it were growing on a farm!
- Sometimes the grocery stores trick you because they put unhealthy foods next to foods that have stickers on them. For example, there may be a lot of dried fruits, like raisins, around the stick to stickers foods, so you might think they are healthy. But remember to make sure it looks like it would if it were in nature! Do you find raisins or dried cranberries in nature? No, you do not!
- So, just remember those two rules: if there is not a sticker on certain foods, make sure they are around other foods that DO have stickers and also make sure they look like they would in nature!

STORY

- Read the story about Boss and his friends grocery shopping, and how Boss learns about the stick to stickers method of finding the healthiest fruits and vegetables in the store

WRAPPING UP

- Review the difference between foods in their natural forms versus those that have been processed
- Remind them about the Stick to Stickers rule, as well as the two main things to remember if a fruit or vegetable does not have a sticker

Sticking to Stickers at the Grocery Store

One of Boss favorite things to do before the week starts is going to the grocery store to get some of his favorite foods and snacks, or even find some new foods he's never had before! One Sunday afternoon, boss and his mom were planning on going to the grocery store when Boss asked, "Mom, is it okay if Will goes with us to the store?" His mom replied, "Yes Boss that would be fine!" After picking up Will, they got to the grocery store where they found a front parking spot! Boss could not believe it! They have never gotten the very first parking spot before! When they got inside, Boss mom went straight to the meat section while Boss and his friend headed over to the fruit and vegetable section. Boss asked Will, "How do you know what fruits and vegetables are good for you versus the ones that aren't?" and his friend replied, "What do you mean Boss?" Boss looked around at all the different foods and said, "Well, there are canned corn and then there is fresh corn. There is apple sauce and then there are plain apples. How do you know what is the healthiest option when it comes to foods like that?" His friend finally understood what he was asking and said, "Oh I see what you are asking now Boss. Well, fresh fruits and vegetables are much better for you then canned or packaged fruits and vegetables. So an apple and corn is better for you than apple sauce or canned corn." Boss said, "Is there an easier way to tell which ones are better for you?" Will replied saying, "Well you can use the stick to stickers method of you want! Sticking to stickers is a great way to find the healthier version of that fruit or vegetable! Look for the tiny round stickers that you can find on almost all fresh fruits and vegetables in the produce section, which is the section we are in right now! See, there is a sticker on the pears, the avocados, the apples, the bananas, and even the cucumbers! You will not find these stickers on the canned or packages fruits and vegetables, which tells you that they are not as healthy! So stick to stickers and always look in the produce section when looking for the healthiest, freshest fruits and vegetables!" Boss

never thought of the stick to stickers method, and told Will he was going to start using it more often when he and his mom went to the grocery store! Knowing how to use stick to stickers, boss picked out many fruits and vegetables for the week that did have stickers on them; such as, oranges, squash, eggplant, peppers, apples, and a couple of bananas! Boss said to Will as they walked out of the grocery store, "thank you so much for teaching me about sticking to stickers! I am going to use this every time I go to the grocery store from now on!"

