

Lesson Plan: Scout's Feast with Friends

Grade Level: Kindergarten–1st Grade

Duration: 45–60 minutes

Theme: Healthy Foods Around the World

Aligned to early literacy, science, health, and social-emotional learning standards.

Learning Objectives

Students will:

- Listen to and discuss a story read aloud.
 - Identify a variety of healthy foods.
 - Describe one benefit of healthy foods for the body.
 - Practice trying new ideas and respecting differences.
 - Sort foods by color and food type.
 - Participate in speaking, listening, and movement activities.
-

Materials

- Copy of the book
 - Chart paper or whiteboard
 - Food picture cards (eggplant, almonds, carrots, cauliflower, blueberries, strawberries, corn, potatoes, black beans, oats, kiwi, spinach, grapes)
 - Crayons/markers
 - Construction paper
 - "My Favorite Healthy Food" worksheet
 - Optional: Real fruits and vegetables for observation
-

Before Reading (10 Minutes)

Activate Prior Knowledge

Ask students:

- What is a picnic?
- What foods do you like to eat?
- Have you ever tried a new food?

- How did it make you feel?

Prediction Activity

Show the cover.

Ask:

- What do you think Scout will eat at the picnic?
- Do you think she will like every food?

Record predictions on chart paper.

During Reading (15–20 Minutes)

Pause periodically to ask questions.

Pg. 4–5

Question:

Why does Dad tell Scout to try new foods?

Teaching Point:

Sometimes we discover new favorites when we try something new.

Eggplant

Ask:

- Has anyone eaten eggplant?
 - What color is it?
-

Almonds

Ask:

- Were you surprised almonds are seeds?
-

Cauliflower

Ask:

- What does cauliflower remind Scout of?
-

Blueberries

Ask:

- Why are blueberries good for us?
-

Black Beans

Ask:

- What helps our muscles grow strong?
-

Grapes

Ask:

- Why does Scout like grapes?
-

After Reading Discussion (10 Minutes)

Create a chart:

Food	Color	Helps Our Body
Eggplant	Purple	Helps digestion
Carrots	Orange	Strong bones
Blueberries	Blue	Helps brain
Black Beans	Black	Builds muscles
Grapes	Green/Purple	Keeps us hydrated

Discuss:

- Which food would you like to try?
- Which food was new to you?
- Why is it important to eat different foods?

SEL Connection

Talk about being brave enough to try something new.

Prompt:

"Scout tried foods she had never eaten before. What is something new you have tried?"

Activity 1: Rainbow Food Sort (10 Minutes)

Give students food cards.

Create color groups around the room:

- Purple
- Orange
- White
- Blue
- Red
- Yellow
- Green

Students place foods into the correct color group.

Discuss:

"Why is it good to eat many different colors of foods?"

Key Idea: Different colored foods help our bodies in different ways.

Activity 2: My Favorite Healthy Food (10–15 Minutes)

Students draw their favorite healthy food.

Sentence frames:

Kindergarten

- "My favorite food is _____."

1st Grade

- "My favorite healthy food is _____ because _____."

Students share with a partner or the class.

Extension Activities

Science Connection

Observe real fruits and vegetables.

Students use their senses:

- What color is it?
 - How does it feel?
 - Does it smell sweet, sour, or earthy?
-

Math Connection

Create a class graph:

Which picnic food would you try?

Students vote by placing a sticker or tally mark.

Discuss:

- Which food got the most votes?
 - Which got the fewest?
-

Writing Connection

Create a class book titled:

"Foods We Would Bring to Scout's Picnic"

Each student contributes one page:

"I would bring _____ because _____."

Assessment

Observe whether students can:

- Name healthy foods from the story
 - Identify at least one food benefit
 - Participate in discussions
 - Sort foods by color
 - Complete the drawing/writing activity
-

Closing (5 Minutes)

Review:

- What did Scout learn at the picnic?
- Why should we try new foods?
- What healthy food would you like to eat this week?