



Food and Nutrition Kit

Item #10000

Get kids talking about the science of food, the five food groups, and the composition of a healthy meal. Practice healthy meal building skills with the Healthy Helpings Game. Learn how to garden with pretend flower pots, watering cans, a shovel, plants and vegetables. Then develop color recognition and sorting skills with bushels of produce, and learn the nutritional value of eating the rainbow. Interest Grade: PK - 3. Kits are sold in their entirety, components are not available for individual sale.

Kit Components:

- Large gusseted tote bag with zipper and two handles (21"W x 15"T x 10"D)
- Penworthy Prebound Book: Our Food (ISBN: 9781643109473)
- Healthy Helpings MyPlate Game. Be the first to fill your plate with a balanced meal!
 - 50 food cards with real-life photos and are self-checking (the back of the photo matches the food group it belongs in)
 - 4 placemats (each mat measures 9"L x 8.5"H)
 - 1 spinner
 - Activity guide
- New Sprouts Grow It! A garden full of imaginative play! Plant and grow flowers and veggies right before your eyes with gardening essentials.
 - 2 flowers
 - 2 veggies (carrot and radish)
 - 3 pots
 - 1 shovel
 - 1 watering can (measures 5 1/2"L x 4 1/2"H)
- Farmer's Market Color Sorting Set. Develop color recognition and sorting skills with bushels of realistic, relationally sized produce. Perfect for dramatic play and nutrition lessons too.
 - 25 foods
 - 5 baskets (measuring 4"H x 5.5"D)
 - 5 stickers for labeling - red, yellow, orange, green, and purple
 - Activity guide

