

# CLASSROOM NEWS!

St. Viator

Pre-K 4/Room 104.

December 1, 2017

## Ms. Natalie's Newsletter

### Themes

This week, we worked with the "Nutrition" theme. Students learned about the different food groups and how to eat healthy. We discussed how some foods we should eat more of than others because they are better for us. Using the "My Plate" diagram as a guide, we are able to see how much of each food group we should eat daily. This guide is the updated version of the Food Pyramid, which we also looked at. Students were able to begin making their own "My Plate" by cutting out the food group pieces, tracing the food group names, and finding and pasting pictures of foods that go in each group from store ads. While listening to the books about the different food groups, students learned about how the foods help our bodies so we can be strong and healthy. In the science center, students are able to sort the plastic foods into the different food groups. As we continue to work with this theme, I ask that you send in a bag with one of each of your child's favorite vegetable, fruit, grain, dairy product, and protein to share with the class. If you can't send in the actual item (steak, chicken, e.g.), you can send a picture or packaging from that item.



### Stories

*Eating the Alphabet* by Lois Elhert

*Growing Vegetable Soup* by Lois Elhert

*The Edible Pyramid* by Loreen Leedy

*Green Beans, Potatoes, and Even Tomatoes*  
by Brian P. Cleary

*LMNO Peas* by Keith Baker

### Activities

**Language Arts:** Along with studying the letter K, we finished the unit in Happily Ever After centered on the story *The Elves and the Shoemaker*. Students made booklets to help discuss the different colors and position words top, middle, and bottom. We did a lesson working with parts of whole and students circled the parts that matched with the whole picture. Lastly, groups of students played a memory game where they matched part and whole pictures.

**Math:** With the theme of the week, students were sorting and grouping foods into their groups. They also did an I Spy worksheet where they circled and counted different types of fruits and vegetables and wrote or traced the number next to each one.

**Religion:** We studied Chapter 25: "We Prepare for Christmas". Students listened to the story about the angel Gabriel telling Mary that she will be having a baby to be named Jesus. We discussed the meaning of Advent and students brought home Advent calendars to be filled out daily. They also made paper Advent wreaths that we will be "lighting" candles on.