

# The Shapes of Food

Food-related transitions occur throughout the day. Make these occurrences calm and meaningful with this fun activity.



Make the food-related transitions that occur throughout the day learning experiences by involving active movement. Offer children an active way to experience shapes, which is both an art and a math concept.

## Objective

Promote shape recognition and creativity by encouraging active movement during the many food-related transitions that occur throughout the day.

## Equipment

Item #25-049 **Deluxe Healthy Food Set**

## Directions

1. Show children various items from the food set. Discuss their shapes.
2. Now hold up one item from the food set. Ask the children to move to snack or lunch in that shape.
3. For the next food-related transition, hold up a different piece.

## Option

- Sit in a circle with the children. Explain that one child will go to the center and form the shape or action of a food, and the others will guess the food being enacted. Once they have guessed the food, all children take on the same shape or perform the same action. Continue with a different child moving into the center of the circle.

