

Leader's Guide

The Lunch Box Surprise by Grace Maccarone

Objectives: In addition to the overall objectives for Book in a Bag, children will learn about:

- eating a variety of foods
- the many different foods that fit in the Meat and Beans Group.

Lesson Outline:

1. Read the entire section on the Meat & Beans Group, and the book *The Lunch Box Surprise* prior to the lesson.
2. Develop lesson plan for day's activities.
3. Review supplies and equipment needed for activities. Make copies of recipes and Parent's Page as needed.
4. Prepare evaluation tool you will use with the children.
5. Arrive early – be sure to encourage handwashing before food preparation activity.
6. Read book with children. Ask questions to facilitate discussion.
7. Lead activity. Encourage all children to participate.
8. Assist children in completing evaluation tool.
9. Distribute pages for take-home, as appropriate.
10. Clean up.

Questions to Facilitate Discussion:

- In the book *The Lunch Box Surprise*, what time is it?
- Who thinks their lunch is best?
- What are some of the foods the children brought for lunch?
- What is in Sam's lunch box?
- What does Sam eat for lunch?
- Does Sam like the lunch he gets from his friends?

Here is a related website: The Food Guide Pyramid for Young Children – www.usda.gov/cnpp

Other related children's books:

Stone Soup by Ann McGovern
Cloudy with a Chance of Meatballs
by Judi Barrett
Scrambled Eggs Super! by Dr. Seuss
***It's a Sandwich!* by Roberta L. Duff
and Patricia C. McKissack.
This book is found in the Many Hands
Media curriculum *The Foods I Eat,*
The Foods You Eat.

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• **KANSAS ACADEMIC STANDARDS**

• **Health Promotion and Disease Prevention 1.1**

• **Kindergarten Reading:** 1. 2. 1, 2, 3,
1. 3. 2,
1. 4. 1, 2, 3, 4, 5, 6, 8, 10

• **Literature:** 2. 1. 1,

• **1st Grade Reading:** 1.1.▲5, ▲6, 7
1.2.1, 1, 2,

• **Literature:** 2.1.1
2.2.1

• **Writing Process Standards (Expository)**
1.2.12 and 1.2.14

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