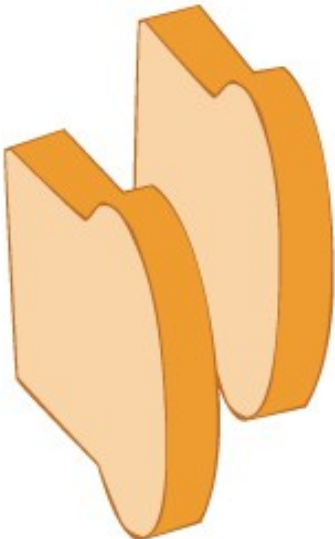
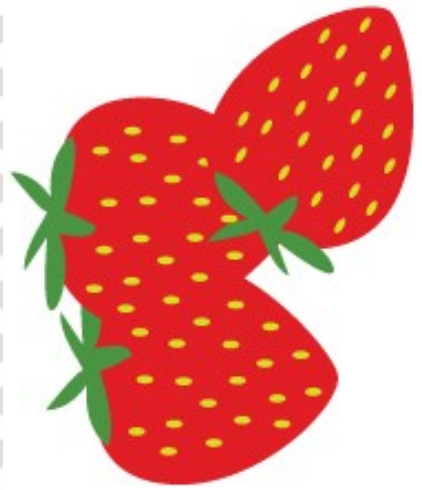
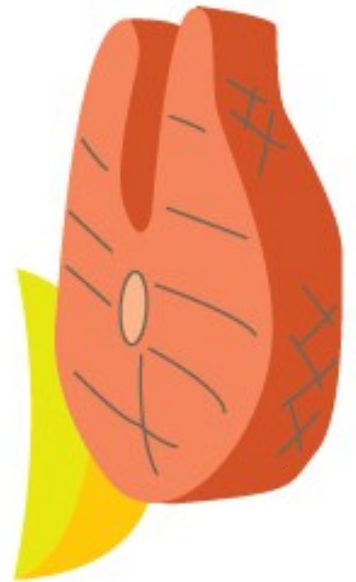


“Mr. White Gets Healthy” Story Props





“Mr. White Gets Healthy” Story Props

Directions for Preparation & Use

Preparation:

- Print story pieces. Prepare as follows:
- Mount the sheets to sturdy paper or posterboard. Cut out following dotted lines.
- Locate a large paper plate.

How to Use:

- As you share the story, put the corresponding foods on the plate where indicated.

Story Text

There once was a man people called Mr. White
He lived with his dog in a town name Bellelight.

The poor little man was so tired and thin.
His muscles were weak and skin hung on his chin.

He went to his doctor, the smart Dr. Jones.
She checked him all out from his head to his toes.

She asked lots of questions about what he ate
And poor Mr. White showed her on a big plate.

He put on some candy that looked super sweet.
Then cookies and doughnut that surely were treats.
(Put cookies/doughnuts and candy on the paper plate)

“Is this what you eat?” asked the doctor out loud.
And poor Mr. White shook his head up and down.

“Ah ha,” said the doctor, just looking in awe.
“These foods are not healthy...not healthy at all.”

She put an assortment of foods on the plate
And told him that these foods would help him feel great.
(Remove the sweets and put the orange slices, strawberries, milk, brown rice, chicken, carrots and cheese on the plate)

Oranges and strawberries, milk and brown rice
Chicken and carrots and cheese that looked nice.

“Wow!” thought Mr. White, “These sure look good!
But how do I know which to eat like I should?”

The doctor thought just for a minute or two
And then she was sure she knew just what to do.

She put all the veggies together and then,
She did the same thing for the fruits and the grains.
(Separate out the veggies, fruits and grains into groups)

She then put the dairy foods all in a row
And found all the proteins and grouped them just so.
(Separate out the dairy and proteins into groups)

“To be sure you’re healthy, here’s just what you do:
Make sure that your plate is a balance of foods.

“Pick out a whole grain, a veggie and fruit
Then add a dairy and protein for you.”
(Put a whole grain, veggie, fruit, dairy and protein on the paper plate)

That looked pretty easy to poor Mr. White.
“Would you mind terribly if I gave it a try?”

So poor Mr. White put some foods on the plate.
What foods did he pick that would help him feel great?
(Have children pick foods to put on the plate – one from each group)

Dr. Jones took a peek at the foods on the plate
And shouted excitedly, “Wow! Those look great!

If you exercise daily and eat healthy foods,
In just a few weeks you’ll be healthy, not blue.”

So poor Mr. White made a choice in his mind
To eat healthy foods and always exercise!

Story Extension Ideas

Use these extension ideas in addition to the activities included in the Teaching Guide to explore the story with the children.

Sort It!

Once children are familiar with the food groups, have them sort the story pieces into groups.

Healthy Plates

Have the children use the story pieces and paper plates to create healthy meals. How many different healthy meals can they create using the pieces?

Which Healthy Food is Missing?

Have children choose three healthy foods from the story pieces. Put these foods on the table in front of the children. Have the children close their eyes as you remove one of the healthy foods. When children open their eyes, have them name the healthy food that is missing as well as the food group to which it belongs. Increase, or decrease, the number of healthy foods used to play the game to make it easier or more challenging for children.