

Grades K-2: Lesson 1

Objectives

1. Define healthy eating and why it is important.
2. Prepare and taste nutritious foods.
3. Identify nutritious foods.

Materials needed

- Different types of nutritious foods, such as: wheat bread, crackers, pita bread, lettuce, spinach, cucumbers, celery, carrots, tomatoes, grapes, berries, apples, milk, yogurt, cheese, tuna, cold cut meats, grilled chicken, peanut butter, nuts, etc.
- Small plastic bowls, dishes and/or paper plates
- Paper towels
- Hand-washing soap
- Plastic utensils
- Measuring cups
- **My Food Diary** handout

Things to do before

1. Make copies of **My Food Diary** handout (1 per child).
2. Send a letter home to parents requesting each child to bring in at least one type of nutritious food from the list.
3. Cut all foods into bite-sized pieces. Place each different food item onto its own dish and put a measuring cup next to each dish.
4. **Note: Be aware of children with food allergies. Check with children's parents about the proper precautions to take in cases of food allergies. For more information on food allergies, go to: http://www.kidshealth.org/parent/nutrition_fit/nutrition/food_allergies.html**

Language Development

balanced diet: a diet that includes a variety of foods the body needs to stay healthy

diet: food and drink eaten by a person or animal

energy: the strength to do things

nutritious: providing nourishment

nutrients: things needed by people, animals, or plants for life and growth

Activity

1. Explain to the children that food provides us with the nutrients we need to do everyday things like talking, walking, and playing. Food helps keep our brains sharp so that we can think, learn, and remember things. Ask children, "What are some of your favorite activities?" Tell the children that food provides us with the energy to do things we love, such as swimming, biking, dancing, drawing, and playing sports.
2. Ask children, "What do you think healthy eating means?" Tell children that our bodies are super machines that are able to do all sorts of things by themselves and food is the energy source to fuel everything we do. Eating a variety of food provides us with the nutrients we need to grow strong and healthy. Eating a healthy, well balanced diet allows our bodies to do everything we like to do.
3. Take time to go around the classroom and ask children about their favorite foods to eat. Encourage children to name nutritious and healthy foods.
4. Distribute **My Food Diary** handout to each child. Explain to children that their job for this week is to keep track of what they eat. Tell them to draw pictures or write about what they eat for breakfast, lunch, snack(s), and dinner. Tell children to ask their family members, friends, and classmates to help them choose healthy things to eat. Explain that at the end of the week, they will share their food diaries with the class.
5. Tell the children that they will prepare and taste some nutritious foods. Ask children, "Do you know why it is important to wash your hands before you eat?" Explain that it is important to wash away the germs on their hands before handling food. Demonstrate proper hand washing. Wet hands with warm running water. Add soap and then rub hands together, making a soapy lather. Wash the front and back of hands, between fingers, and under nails. Rinse hands under warm running water. Dry hands with paper towels. Have children wash their hands thoroughly with soap and water.
6. Present the various plates of food to children. As you point to each plate, ask children to identify the food. Inform children that they are going to make something healthy to eat. Explain to children that they will take a scoop of whichever foods they like to eat, using the measuring cups provided. (Note: Be aware of children with food allergies.) Be sure to emphasize that children should not use their hands to pick up the fruit. Pass out small bowls and utensils to children. Encourage children to try all of the food provided. Ask each child to present his or her creation and tell the class which foods they chose and why. Eat and enjoy!