

Healthy Eating

Objective: Teach children different types of food that their bodies need to be healthy and empower them to make these choices independently.

Date	Goal	Activity	Curriculum areas
Day 1	"My body needs healthy food"	<p>*Read the book <u>The Bernstein Bears and Too Much Junk Food</u></p> <p>*discuss the kind of food the bear family found to be healthy and what kinds were unhealthy</p> <p>*Divide children into pairs. Give each pair a grocery ad and markers. Instruct them to circle pictures of food that are healthy and put an "x" over foods that are unhealthy. Encourage them to make their own decisions and discuss ideas with their partners.</p>	<p>-language arts</p> <p>-social skills</p> <p>-writing</p>
Day 2	"I can choose healthy food for my body"	<p>*Discuss with the children the different kinds of healthy food they learned about previously. Together, decide on a healthy snack for your class. Make a list of what you need to buy at the store (could glue on cut-out pictures from grocery ads, draw pictures, or teacher write words as dictated)</p> <p>*visit a local grocery store. Most stores will provide a tour and show the children different areas of the store. After the tour, let the children collect and purchase items from your list. Cross them off the list as you find them.</p> <p>*When you return to school, the children will help prepare and serve their healthy snack.</p>	<p>-language arts</p> <p>-writing</p> <p>-cooking (math)</p>
Day 3	"I need to eat different kinds of healthy food"	<p>*Read the book <u>More Spaghetti I Say</u></p> <p>*Discussion questions</p> <p>what made Minnie sick? (too much spaghetti)</p> <p>is spaghetti a healthy food? (yes, she just ate too much and only ate one kind of food)</p> <p>*provide magazines or grocery ads and scissors for the children. Allow them to cut out pictures of food and sort them into provided boxes. (label the boxes –fruits, vegetables, meats/ proteins, dairy, grains, & treats) Help them sort pictures correctly.</p>	<p>-language arts</p> <p>-fine motor</p> <p>-math</p>
Day 4	"I can choose healthy food for myself every day"	<p>*Show the children a plate (a sectioned plate would work good or you could draw lines on a paper plate to show sections) Using the pictures cut and sorted previously, direct a discussion about what a healthy plate might look like at breakfast, lunch, dinner, and snack time.</p> <p>*Give each child a paper plate and glue stick and have him/her glue pictures on the plate to make a healthy lunch.</p> <p>*Give each child a food chart. Let them write their name on it and decorate with a border. Encourage them to eat 5 servings of fruits and vegetables each day. Each time they do they will color a box on their chart.</p>	<p>-art</p> <p>-writing</p> <p>-math</p>
Day 5	"I can make a healthy meal"	<p>*Read the book <u>Stone Soup</u></p> <p>*Make "stone soup" as a class. (see recipe) Give each child an ingredient to add, and point out why it makes the soup healthy as it is added in.</p> <p>*Eat soup together as a class at snack time. Make it a special occasion by using place mats, napkins, etc. Provide a fruit selection for the children to choose from to add to their lunch. Also serve with rolls or breadsticks and milk to make a complete, healthy meal.</p>	<p>-language arts</p> <p>-cooking (math)</p>

RESOURCES:

Day 1: The Bernstein Bears and Too Much Junk Food by Stan Bernstein
Available through Barnes and Noble \$3.99

Day 2: ideas for healthy snack: fruit kabobs, fruit with a yogurt dip, smoothies, cut vegetables with dip, crackers with cheese slices and apples, trail mix (pretzels, raisins, dried apples, goldfish crackers, etc. – children choose own items and place in a Ziploc bag)

Day 3: More Spaghetti I Say by Rita Gelman & Mort Gerberg
Available through Barnes and Noble 3.99

Day 4: food chart is attached

Day 5: Stone Soup by Marcia Brown (soldier version) available at Barnes and Noble \$4.99 or Ann McGovern (hungry young man) \$3.50

Recipe for “Stone Soup”

1 quart tomato juice

1-2 cups macaroni

¼ t chili powder

1 lb hamburger

¼ c onion

1 t salt

carrots or other vegetables of your choice (potatoes work well)

Brown hamburger in advance. If cooking time is short you may also want to pre-cook vegetables to soften. Dump tomato juice into a crock Pot. Give each child an ingredient to add in. Include a washed, round stone. As you read the story, children will come up at the appropriate time and add their ingredient. (you will have to improvise ingredients in the story a little) Let each child have a turn to stir. Let the soup simmer in the crock pot until snack time. Serve.

*note: macaroni may be substituted for rice if you have children with allergies

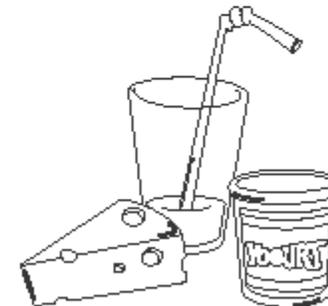
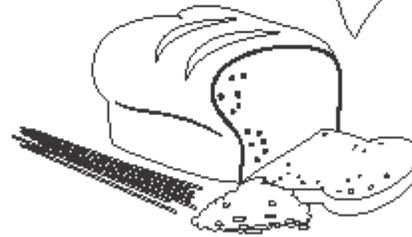
Additional:

mypyramid.gov: great resources for teachers and families – there are coloring pages, visuals of the new food pyramid, etc

www.superhealthykids.com: a great blog with ideas for healthy snacks and empowering children to make healthy choices
also available on this site is a child size sectioned plate with visuals to help children proportion meals



WE LOVE HEALTHY FOOD!



Grains: 1 ounce is equivalent to 1 slice of bread, 1 cup of cereal, or 1/2 cup of rice or pasta
 Meat: 1 ounce is equivalent to 1/4 cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter,
 1/2 cup nuts or seeds. (For kids 2-8 years old.)