

Healthy Living

Kindergarten-2nd Grade

Subjects:

Language Arts, Science/Health, Philanthropy and Social Studies

Purpose:

Students will learn about the elements of a balanced diet and will make and eat a healthy snack!

Duration:

One 30 minute class period

Objectives:

The learner will:

- define “eating well”
- identify some healthy snacks and some unhealthy snacks
- learn how to make healthy snacks

Service Experience:

Although this lesson contains a service project example, decisions about service plans and implementation should be made by students, as age appropriate.

Students will make a healthy snack called Monkeysicles! to eat in class and share with other classes. Students may wish to share the recipe as well.

Materials

- Alphabet Foods **Handout 1**
- *Captain Calorie Meets Junk Food Jaleesa!* **Handout 2**
- Healthy Foods! **Handout 3**
- Healthy Eating Pledge & Monkeysicles! Recipe **Handout 4**
- Food Pyramid www.mypyramid.gov
- Bananas
- Popsicle sticks
- Peanut butter
- Granola
- Wax paper or aluminum trays for holding food
- Plastic knife or spoon for spreading and napkins

Instructional Procedure:

Warm Up

Facilitator introduces the theme of the day, **Eating Well**—this means putting healthy foods in our bodies.

Healthy Food Name Game—Students will sit in a circle. One at a time, each student will say their name and a healthy food that begins with the same letter (for example, Aisha Apricot). To make this game more challenging, ask students to remember the names and foods of people before them. (If students have difficulty thinking of a food beginning with the first letter of their name, please see the Alphabet Food **Handout 1**.)

Debrief: Why Does This Matter?

- What healthy foods do you eat?
- What unhealthy foods do you eat?
- How often do you eat healthy vs. unhealthy foods?
- What do you notice about how different kinds of foods make you feel?

Work Out

Context: How Does This Impact Me and Others?

Using the food pyramid generated by the United States Department of Agriculture and other resources, students will begin learning about proper nutrition and how to determine what their bodies need. Download and print the food pyramid at <http://www.mypyramid.gov/downloads/MiniPoster.pdf>

Activity: What Can I Do?

- Read the play *Captain Calorie Meets Junk Food Jaleesa!* (see **Handout 2**)
- Introduce students to the food pyramid generated by the U.S. Department of Agriculture. The pyramid contains five food groups: Grains, Vegetables, Fruits, Milk, and Meat & Beans. (Any foods that do not fall within one of these categories should be designated as “Extra.” Examples of “Extras” might include soda, candy, and other desserts... They are mostly sugar and fat. Students should not have more than 1 “Extra” each day!)
- Students discuss the food pyramid and how much they should eat from each food group every day.

Reflection:

Cool Down What is the Big Picture?

Students sit in a circle and reflect on the theme of the day, **Eating Well**. Each student shares one piece of advice that they will pass along to others. Students discuss what they should eat daily to stay healthy.

Extension:

- Students make and eat a healthy snack, Monkeysicles. (See My Healthy Eating worksheet in **Handout 3**.)
- Have students cut out pictures of healthy foods and unhealthy foods in magazines to make a collage
- Play Healthy Food Bingo—Order Food Pyramid Bingo: <http://www.smartpicks.com/gamespyramid.htm>
- Sing a song—Students create songs about being healthy. See below for examples: <http://www.preschooleducation.com/svegetable.shtml>

Alphabet Foods

- A** Apple, Artichoke, Avocado, Almond, Acorn squash
- B** Banana, Blueberry, Brown rice, Beef, Broccoli
- C** Carrot, Celery, Cheese, Cherry, Chicken, Corn, Clementine
- D** Date, Dried fruit
- E** Egg, Eggplant
- F** Fish, Fruit, Falafel
- G** Grapes, Grapefruit, Green pepper
- H** Honeydew, Honey
- I** Iceberg lettuce
- J** Juice, Jicama
- K** Kiwi, Kale, Kumquat
- L** Lemon, Lettuce, Lentils
- M** Melon, Mango, Muffin
- N** Nectarine, Noodle
- O** Orange, Olive, Octopus, Onion, Oatmeal
- P** Peach, Pear, Pineapple, Popcorn, Potato, Peanut, Pumpkin
- Q** Quince
- R** Raisins, Rice, Red Pepper
- S** Seed, Spaghetti, Squash, Star fruit, Soup, Shrimp, Strawberry
- T** Tangerine, Tomato, Turnip, Tofu, Tea
- U** Ugli fruit
- V** Vegetable, Veggie burger
- W** Waffles, Watermelon, Walnut, Whole-grain cereal
- X** As a class, try to think of your own!
- Y** Yam, Yellow Pepper, Yogurt
- Z** Zucchini

Captain Calorie Meets Junk Food Jaleesa!

Junk Food Jaleesa (JFJ) sits in front of her favorite television program, munching on all of her favorite snacks... greasy potato chips, raspberry cola, and a chocolate chip candy bar donut sprinkled sundae. Her mouth is covered with sugary goo. She laughs mischievously to herself...

JFJ: MUAH HA HA HA! I LOVE eating all of these sugary, calorie-filled treats! My friends tell me that my favorite foods will make me sick, weak and tired, but I feel great.

Captain Calorie (CC) flies in from Planet Good Health, where everyone eats healthy food, exercises, and educates themselves about taking care of their bodies.

CC: Drop that junk food, Young Lady!

JFJ: Who dares pull me away from my sugary treats?

CC: It is I, Captain Calorie, here to teach you about good health!

JFJ: Ha! I don't need your silly advice!

I'm as healthy as a horse. Here, I'll prove it!

JFJ tries valiantly to get up from her seat. But she can't wriggle free and collapses from exhaustion.

JFJ: What have you done to me! I can barely move. It's hard to breathe, and my stomach really hurts. I'm sooo tired.

CC: It is not I, dear Jaleesa, who is draining your energy! The calories that come from sugar in junk food don't provide the kind of energy that keeps you going. And foods that are fried or filled with sugar have too many calories for your body to use!

JFJ: I've never heard of a calorie before. What's that?

CC: Lots of kids haven't heard of calories, but they're very important. Calories are found in our foods and drink and they give us energy. We need calories, but when we take in too many calories, they slow us down.

JFJ: Oh, that's why I couldn't get up. I must have eaten too many calories for my body.

How do I know how many calories I need?

CC: Most kids need somewhere between 1600 and 2500 calories a day.

JFJ: Holy Cow! That seems like a lot.

CC: With good exercise, we burn most of those calories away. You see, our bodies are all different and we burn energy (calories) at different speeds when we walk or play.

JFJ: Whew! It's a good thing I was burning all of those calories watching TV.

CC: Oh no, Jaleesa. Watching TV is not exercise. We need to move our bodies and raise our heart rates to really burn those calories. You see, when you take in more calories than your body needs and you don't burn them by exercising and playing, leftover calories can turn into fat. Too much fat can be bad for your body and make you feel lazy, sick, and unable to do your favorite things. You should balance your diet by staying away from fried food, not eating too much, and trying to eat foods from all of the food groups, especially fresh fruits and vegetables.

JFJ: Wow. I guess I really need help figuring out what to eat. No problem- I'll just keep going to those fast-food restaurants because they have the combos ready for me with all of the food groups together...meat in my burger, grains in the bun, vegetables in my French fries, milk in my sundae and fruit in my apple turnover!

CC: Jaleesa, Jaleesa! That is a terrible idea. Fast-food restaurants may serve food from all of the food groups, but they're prepared in an unhealthy way and people eat way too much! If you have to go to a fast-food restaurant, try eating sandwiches that are grilled, eating salads, and asking for fruit instead of fries.

JFJ: Thank you Captain Calorie! I can't wait to start feeling better and being healthy. I hope that someday, I will be as fit as you! I'm going to tell my friends about what I learned right now. Goodbye Captain Calorie!

CC: Goodbye Jaleesa. Remember to make healthy choices!

My Healthy Eating Checklist

Name: _____

I will try to eat every day:

- 2 cups of vegetables
- 2 cups of fruit
- 3 cups of milk or dairy products like cheese or yogurt
- 2 servings of bread and grains
- 2 servings of meat or beans



Monkeysicles!

Ingredients:

- 1 Peeled Banana
- 1 Popsicle Stick
- Cup Peanut Butter (Crunchy or Creamy)
- Cup Granola

Procedure:

First, insert the peeled banana vertically on the popsicle stick. Then, use a plastic knife or spoon to spread peanut butter generously on the banana. Finally, roll the banana in granola, so that granola sticks to the monkeysicle. Enjoy!

My Favorite Foods!

Grains

Vegetables

Fruits

Meat & Beans

Milk