



<sup>1</sup> A Nutrition Guide for Healthy Eating Habits<sup>2</sup>  
Grades: Kindergarten-First Grade

OVERVIEW	Many young children do not understand the basic nutrition facts for the foods they eat. Most children are fixated on the food they eat, so having a type of activity where they can interact with the different food groups will open their minds to healthier options. The purpose of this activity is to introduce the children to the main food groups while teaching them the importance of healthy nutrition.
OBJECTIVE	After the activity, the students will be able to: <ul style="list-style-type: none"> <li>• Students will have a basic understanding of the essential food groups.</li> <li>• Students will be able to give an example of a healthy food selection for each of the five food groups.</li> <li>• Students will be able to make healthy food choices in their own, daily lives.</li> </ul>
STANDARDS	Describe the importance of maintaining personal health through the explanation of physical fitness and a balanced nutrition. Explain how eating healthy/unhealthy foods will have a positive/negative impact on your physical condition. Be sure to include that choosing healthy foods will give the students the energy and strength they need to live.  -Students can create a list on “Do it, do it, done” of all the unhealthy foods. This will allow the students to look back at the list and make the right decisions when choosing foods to eat.
MATERIALS	1.) Students will need a large food pyramid display so they reference it for learning. 2.) Magazine clippings of food 3.) Construction paper 4.) Glue 5.) Pencils  -Students can create a to do list on “Do it, do it, done” of all the materials they will need before starting the project.
PROCEDURES	1. Point to the food guide pyramid and ask if the students know the different groups. Tell the students that there are many different foods that all have their own special category and importance. 2. Hold up Food Group Cards (pictures of different food) to show examples from the food groups. 3. Explain how it is important that we eat food from all of the food groups to stay healthy. 4. Hand out food clippings and construction paper. 5. Tell the students to write their name on the back and take out their glue. 6. Read the five different food groups (shaped like a triangle) on the construction paper/show model. 7. Tell the students to look through the food clippings and find one food item for each category that would be a "healthy choice".

<sup>1</sup> Clip Art

<sup>2</sup> <http://www.lessonplanspage.com/PEScienceHealthyFoodChoicesK.htm>

	<p>-Students can create a list on “Do it, do it, done.” They can keep a list of possible foods that can be used for each food group.</p> <p>8. Tell the students to cut and paste it in the categories. 9. After the cutting and pasting is completed, ask the students to share what they cut out with the class.</p>
<p>EVALUATION</p>	<p>Check if the students understood the instructions and ask yourself “did the students give me their attention during the lesson?” After this, check if the students cut and pasted a total of five healthy food choices on their paper like instructed to do so.</p> <p>Another evaluation that will be made is whether or not the students placed the food clippings under the correct category. For a post lesson evaluation, have the children keep a weekly food journal. Ask the students to eat one healthy snack a day, then either write it or draw a picture of it.</p> <p>-Students can create a to do list on “Do it, do it, done” of all the healthy foods they need to eat each day of the week. This will help keep the students keep track of the healthy foods that they need to consume.</p>