

GRADE LEVEL EXPECTATION: K-1

BLAST OFF WITH HEALTHY EATING

CONTENT AREA: COMPREHENSIVE HEALTH AND PHYSICAL EDUCATION

LESSON TIME:

30 minutes

MATERIALS & RESOURCES:

1. A book on variety for healthy eating. Suggested book: Eating the Alphabet: Fruits and Vegetables from A to Z by Lois Ehlert
2. Chart paper (1 piece)
3. Construction paper
4. Crayons or markers
5. String
6. Wire coat hangers (1 per student)
7. Old grocery flyers and food magazines
8. Glue
Laminating paper (optional)

OBJECTIVE:

To help students explore healthy eating habits and how eating well gives them energy, and helps them grow, learn and feel good. This lesson is adapted from Mission Nutrition, lesson 3; www.missionnutrition.ca.

KINDERGARTEN STANDARD:

2. Physical and Personal Wellness in Health
 1. Identify the major food groups and the benefits of eating a variety of foods.

1ST GRADE STANDARD:

2. Physical and Personal Wellness in Health
 1. Eating a variety of foods from the different food groups is vital to promote good health.

CLASS DISCUSSION:

The following questions can help students recognize that just as a space ship needs fuel to take off, their bodies need food for energy and nutrients to go, grow and glow. What would happen if a space ship tried to take off without any fuel?

- Have you ever had to go without breakfast?
- How did your body feel later on in the morning when you started your day without fueling up with breakfast?
- What if you missed lunch, dinner or snacks?
- How would your body feel?
- How would you feel if you did not have anything to drink all day?
- How do you feel if you try to play games or ride your bike with your friends without eating lunch or a snack first?

ACTIVITIES:

1. Enjoying a variety of foods gives us energy and nutrients to grow and learn. Read a book such as Eating the Alphabet to encourage students to enjoy a variety of foods. As you read, ask students to name some foods that begin with each letter.

2. Students can create their own “intergalactic healthy eating mobiles.” On chart paper, make a list of five healthy eating habits to guide students. Your list should include: eating a balanced breakfast, lunch and dinner, choosing nutritious snacks and drinking plenty of fluids.

Using construction paper, have each student cut out 5 various sized planets. Ask students to illustrate a different healthy eating habit on each planet. Their drawings should include a variety of foods for breakfast, lunch, dinner and snacks as well as fluids such as water, milk and juice. Use string to hang their healthy eating habit planets on a coat hanger.