

Daily Nutrition

Objectives:

- Students will learn the importance of eating healthy on a daily basis
- Students will work on presentation skills
- Students will improve motor skills

Materials:

Activity 1:

- Printable colored paper or regular computer paper
- Colored pencils/crayons/markers

Preparation:

Activity 1:

Copy sheets of paper that have a large circle (plates) on them. Make enough for each child to have three sheets of paper.

Introduction:

To begin, ask the children about what they brought for lunch or ate for breakfast if lunch is provided at the school. As children start to shout out different foods, try to emphasize the healthy ones. Point out the value in the healthy snacks that range from fruits and vegetables to sandwiches and yogurt. While at first they may be excited about the small dessert snack that is in their lunch, state how these items are in reality not very healthy despite their good taste. Explain how the most important thing about a meal is to make sure it is balanced. Show them how it is good to have a range of foods that cover the different sections of the food pyramid.

Activity:

1. Pass out three sheets of paper with a blank plate to each child.
2. Let them go up in small groups to get a handful of the coloring utensils on hand. Bring out the large food pyramid that was created in the prior activity.
3. Explain to the children that they will use this as their guide to develop a well-balanced and healthy example for each meal: breakfast, lunch and dinner. They will use their plates as a base to create their meals.
4. Give them an allotted amount of time to complete coloring food items on their plate that makeup

a balanced meal.

5. Once they have had enough time to complete the activity, bring them back together as a group. Depending on the size of the class, have the children either break up into small groups or keep the full class together.

6. Tell each child that they must choose their favorite of the three meals they created. Then tell them that they will be given a chance to present it to their classmates.

7. If they are in small groups give them a chance to talk for a given amount of time or you can direct the process if you are doing this activity with the whole class.

Wrap Up:

Ask the children what they have learned from these activities. Steer them to the idea that healthy food can be delicious and easy to have. State how it is important to not just learn from this experience, but to really put it into action. Tell them that they should make an effort daily to help create nutritiously balanced meals for themselves and their family. Tell the children to turn in their favorite meal they created so that they can be hung up on the wall and constantly remind them of the importance to eat healthy.