

Eat This, Not That

Objectives:

- Students will learn to tell the difference between healthy and unhealthy foods and be better able to make good choices.

Materials:

- Grocery store flyers from different stores (Enough so that each student/group can have a few pages)
- Construction paper (1 piece per student if they work alone, or they can work in pairs or small groups, in which case only 1 piece needed per group)
- Scissors (1 pair per group)
- Glue or Tape
- Markers

Preparation:

- Have the students draw two areas on each piece of construction area using the markers, one for healthy food and one for unhealthy.

Introduction:

- Start by opening up a conversation about healthy eating habits. Explain that the foods we eat have an impact on our health and that some foods are good and others are bad. Ask the students if they can come up with any examples of either healthy or unhealthy food. If they can't come up with any, give some of your own, such as candy, chocolate, chips, french fries, etc. as being unhealthy whereas fruits, vegetables, etc. are healthy.

Activity:

1. Have the students cut out food ads and paste/tape them onto the construction paper in the correct area (Healthy or Unhealthy)
2. Some foods will not fall so easily into either the "healthy" or "unhealthy" categories, and you should have a talk with students about foods that are in between. Students need not pick a category for foods if there is a debate, but talk about "sometimes foods" too.

Wrap-Up:

- Go around to each student/group and have them show their poster and explain what foods are in which category and why. You can then hang the posters up in the classroom or around the school.

Sources:

Adapted from the “Sorting junk food and healthy food” activity found at
<http://www.preschools4all.com/early-childhood-nutrition.html>