

Healthy B.A.S.I.C.S. Lesson Plan

Cool Kids Eating Healthy Food

OBJECTIVES:

- Students will list two (2) reasons for eating healthy food.
- Students will identify two (2) types of healthy food.
- Students will describe three (3) ways to eat healthy and smart.
- Students will discuss two (2) reasons why children are different sizes.

TIME FRAME:

- 30 minutes, longer with use of optional activities.
- Time frame will vary with number and age of students.

GRADE LEVEL:

- Elementary

SUGGESTED MATERIALS:

- Healthy B.A.S.I.C.S. brochure, Cool Kids Eating Healthy Food (2nd grade reading level)
- Healthy B.A.S.I.C.S. Cool Kids Eating Healthy Food Activity Sheet
- Paper, pencils, crayons, scissors
- Pictures of food from magazines, store flyers
- Text for optional activities: Carlson, N. (1998). I Like Me! [¡Me Gusto Como Soy!]
Viking Children's Books.

LEARNING ACTIVITIES:

- Look at the Healthy B.A.S.I.C.S. brochure, Cool Kids Eating Healthy Food and discuss the questions listed within. Emphasize health is determined by genetics, activity level, lifestyle choices and food intake. Body size is not equivalent to health. Discourage teasing or bullying related to appearance and body size.
- Discuss the Food Guide Pyramid shown in the brochure. This Pyramid was developed by the U.S. Department of Agriculture to help us choose foods for a balanced diet. Encourage five (5) servings of fruits and vegetables a day as these are often lacking in children's diets.
- Choose a Food Guide Pyramid activity from the list below. Instructions and a blank Food Guide Pyramid are found on the Nutrition Lesson Plan Activity Sheet.
 - Build a Food Guide Pyramid
 - Build a personal Food Guide Pyramid
 - Make a healthy food place mat
 - Make a healthy food mobile
 - Build-A-Pyramid Game
- Use cooking and food to promote healthy eating. Instructions and sample recipes are found on the Healthy B.A.S.I.C.S. Cool Kids Eating Healthy Food Activity Sheet.
 - Make friendship salad or snack kabobs
 - Perform blindfolded milk taste test comparing 2 % milk and whole milk
 - Make Trail Mix



(over)

OPTIONAL ACTIVITIES:

- Read I Like Me! to the class. Discuss why the main character feels good about herself.
- Have the students draw a picture of their bodies and discuss:
 - What they like about themselves
 - What their bodies help them do well
 - How to take care of their bodiesEmphasize students can feel good about themselves regardless of size and shape

FOLLOW UP:

- Distribute Healthy B.A.S.I.C.S. brochure Cool Kids Eating Healthy Food to each student to take home and share with family. *Note: This brochure is available in Spanish.*
- Make a classroom display with the Food Guide Pyramid activities.

REFERENCES AND ADDITIONAL RESOURCES:

For additional Food Guide Pyramid information:

- U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
14th & Independence Ave., SW
Washington, D.C. 20250
(202) 720-2791 www.usda.gov/cnpp

For culturally specific Food Guide Pyramids:

- Food and Nutrition Information Center
(301) 504-5719 www.nal.usda.gov/fnic/fpyr/pyramid.html

To encourage the daily consumption of 5 servings of fruits and vegetables:

- 5 a Day for Better Health Program
Produce for Better Health Foundation
5301 Limestone Road, Suite 101
Wilmington, DE 19808-1249
(302) 235-ADAY www.5aday.com

For additional nutrition activities in English and Spanish:

- Go, Glow, Grow-Foods for You (Alimentos Para Ayudarte a Corer, Brillar y Crecer). This and other resources are available from National Food, Service Management Institute.
(800) 321-3054 www.olemiss.edu/depts/nfsmi
- Healthy Choices for Kids nutrition education program created by The Growers of Washington State Apples. (509)-925-2202 www.healthychoices.org
- Additional Healthy B.A.S.I.C.S. brochures and lesson plans are available in ready to use format from: **www.childrenshealthfund.org** or by contacting:
The Children's Health Fund, 317 E. 64th Street, New York, NY 10021, (212) 535-9400



Healthy B.A.S.I.C.S. (Building Active Strategies to Inform Children in School) is a project devoted to bringing simple, engaging and culturally relevant health materials to elementary and middle school children.

The lesson plans and the English and Spanish brochures were created by clinicians of the National Children's Health Project Network of The Children's Health Fund.

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Activity Sheet

FOOD GUIDE PYRAMID ACTIVITIES

■ Build a Food Guide Pyramid —

In a group or individually, cut and glue food pictures into the correct food groups. Use pictures from magazines and store flyers or from the other side of this activity sheet. Discuss recommended servings for each group.

■ Build a personal Food Guide Pyramid —

Have each student draw, write or use pictures to record foods eaten for a 24 hour day. Compare with recommended servings for food groups.

■ Make a healthy food place mat for school or home —

Create a collage of healthy foods on a heavy piece of plain paper or on a drawing of a plate. Laminate if possible.

■ Make a healthy food mobile —

Cut out the food groups of a Food Guide Pyramid completed with drawings or pictures. Punch a hole in each food group and string a pyramid shaped mobile. Reinforce the food groups and recommended servings.

■ Play Build A Food Guide Pyramid game —

Mark the corners of a pyramid on the floor/ground. Assign a food to each student. Direct the students to work together to determine where each student (food) belongs in the Food Guide Pyramid. Reinforces food groups and provides moving activity.



RECIPE AND FOOD-RELATED ACTIVITIES

(Emphasize good hand washing before any food preparation or eating.

Also check for food allergies before serving).

■ Make a friendship salad or snack kabobs —

Mix bite-sized pieces of fresh fruit or vegetables and serve in cups or on toothpicks. Have students contribute items if possible. If using vegetables, try dressing as a dip. Introduces fruits or vegetables for snack and mealtimes.

■ Perform milk taste test —

Ask the school food service for samples of different kinds of chilled milk (2% and whole). Have students taste test while wearing sunglasses or blindfolds. Discuss the taste test results and health benefits of reducing fat intake.

■ Create "Terrific Trail Mix"*

Have students mix together:

3 cups of all or some of these "grains":

- pretzels, gold fish, granola cereal,
- low-sugar breakfast cereal

1 cup of "fruits":

- dried fruits like raisins, apricots, cranberries, apples

1 cup of "proteins":

- shelled pumpkin or sunflower seeds, nuts or peanuts

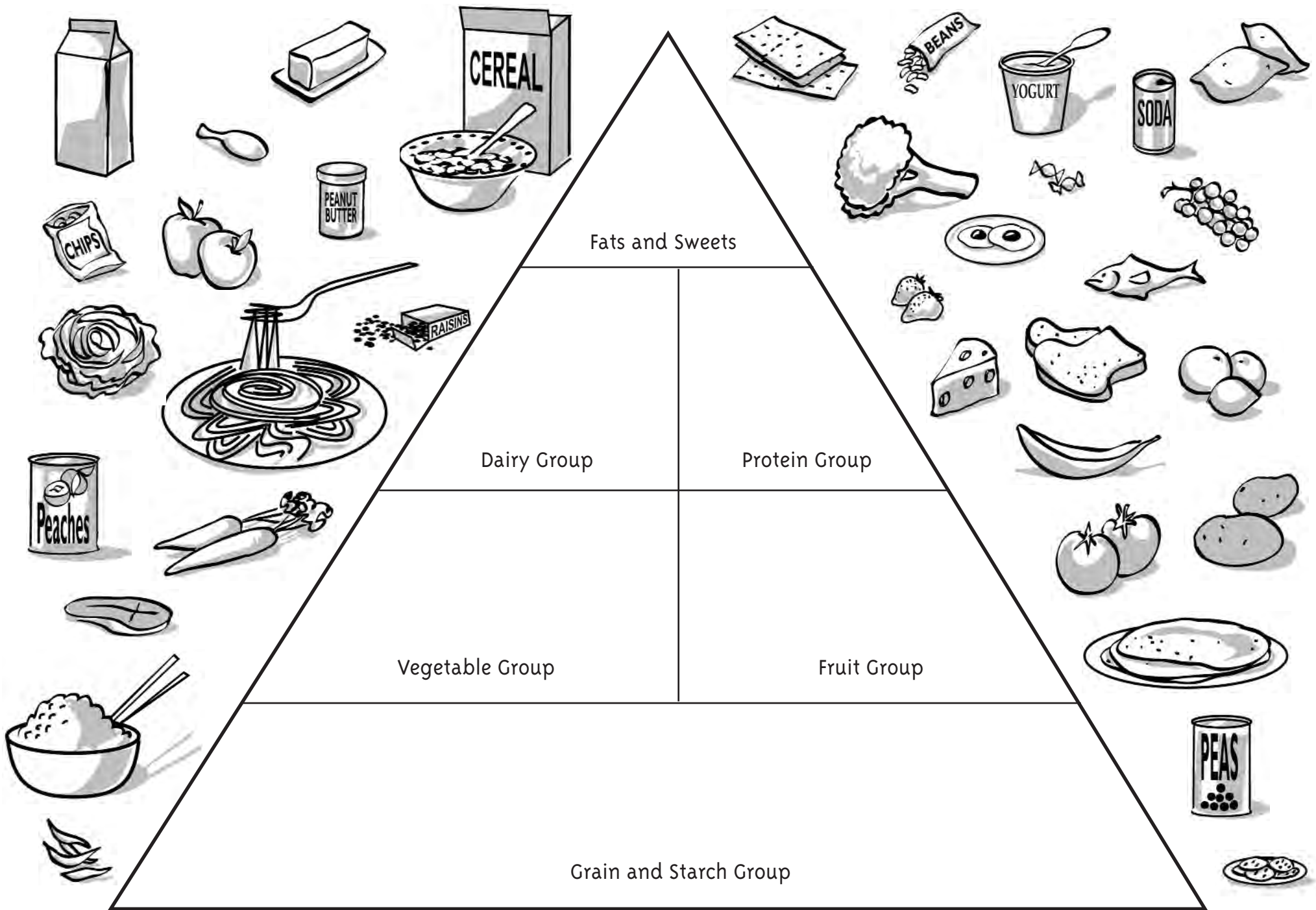
1/2 cup of any of the following "sweets":

- small candies, mini marshmallows, candy coated raisins

Serve snack in paper cups to students.

Discuss how this recipe follows the recommended servings from the Food Guide Pyramid (bulk of the ingredients come from the bottom of the pyramid, and a small amount from the "sweets" section).

*Adapted from Evers, C. (1998). *How To Teach Nutrition to Kids: Leader/Activity Guide*. Gigard, OR: 24 Carrots Press.



Based on the U.S. Department of Agriculture Food Guide Pyramid