

Build Your Lunch

Grades K-2 Activity

Objectives:

By the end of this lesson, students should be able to:

- Name foods that are healthy for everyone.
- Explain why we need to eat a variety of foods at mealtimes.
- Identify the type of foods we need to eat every day.

Ideas for Classroom Discussion:

- Talk about the types of food from the food groups that make a healthy plate. Look at the foods on the page. What are they? Ask the students if they have eaten any of these recently? Which foods do they enjoy? Have the students color and cut out the pictures from the food groups. During the week, ask the students if they ate any of these foods for lunch, or dinner, or snacks.
- Talk about the importance of eating vegetables and fruits every day. Do you always include vegetables and fruits with your meals? Which colors and types of vegetables and fruits do you like to eat? Emphasize to students the importance of eating five servings of vegetables and fruits every day. Explain why our bodies need these foods. These foods help us to keep moving, thinking, and growing.
- Discuss with the class why some foods are better for our bodies than others. Ask the class to name foods that are not on their healthy plates. Should they eat these foods? For example, carrots and cake are both foods that we can eat. However, one is healthier than the other. We should eat the cake less often. Also, explain why we should not eat too much of any food, even if it's good for us, because our bodies need a variety of nutrients. We need to eat a variety of foods in order to get all of these. A fun way to think of it is to eat a variety of colors from the vegetable and fruit groups every day.

Take It Further:

- Have students create their own lunch plates. Ask them to cut foods from the "Build Your Lunch" food page and paste pictures onto the plate sheet to create their own lunches. Take it even further by having students cut food pictures from magazines and paste onto real paper plates. Then hang the students' lunches around the classroom or in the hall for a colorful reminder!
- Take the class to your school library or the local library. Ask the librarian to prepare a selection of books about different types of foods, trying new foods, and healthy eating. Have each student checkout a book to read at home with their parents. If possible, arrange for a special story time at the library.
- Have a healthy snacks party. Create a menu with the class. Then have each student bring in an item from the menu. Ideally, a snack includes foods from two food groups, such as fruit and yogurt, cheese and crackers, peanut butter and crackers, tuna sandwich, apple and peanut butter, or carrots and string cheese. Invite the students to sample all of the different snacks.

Additional Resources:

Visit the American Diabetes Association Web site at diabetes.org/schoolwalk to access these additional materials and resources for your classroom:

- More School Walk for Diabetes educational activities
- Activity pyramid reference tool
- Shaping America's Health

You may also want to visit MyPyramid.gov to download the USDA food pyramid mini poster or other materials to review with your class.

This lesson aligns with National Standards!

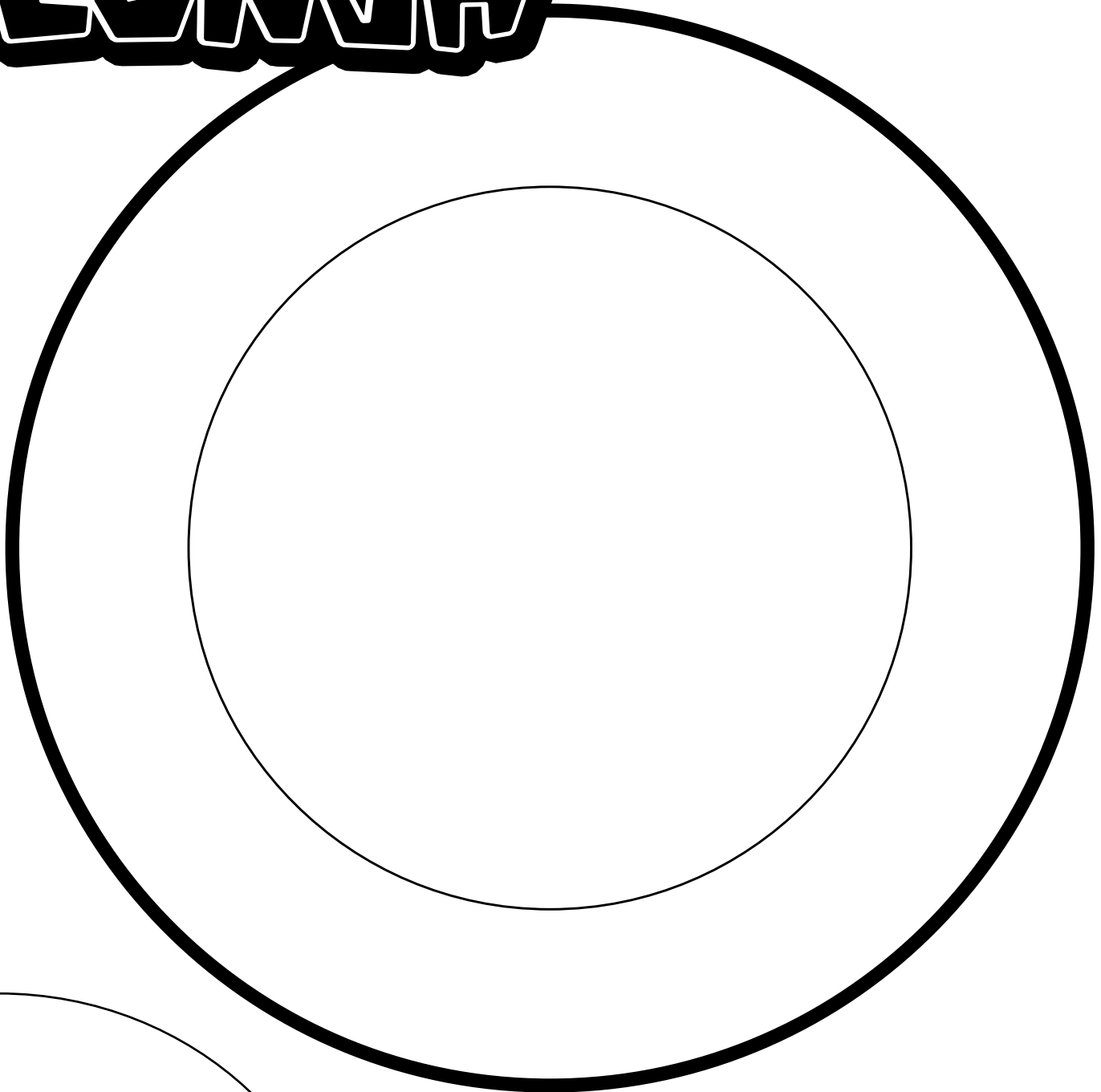
National Health Education Standards

Standard 1: Core Concepts – Students will learn to eat a variety of foods daily and certain types of foods every day.

Standard 3: Accessing Information – Students will be able to select information about healthy eating.

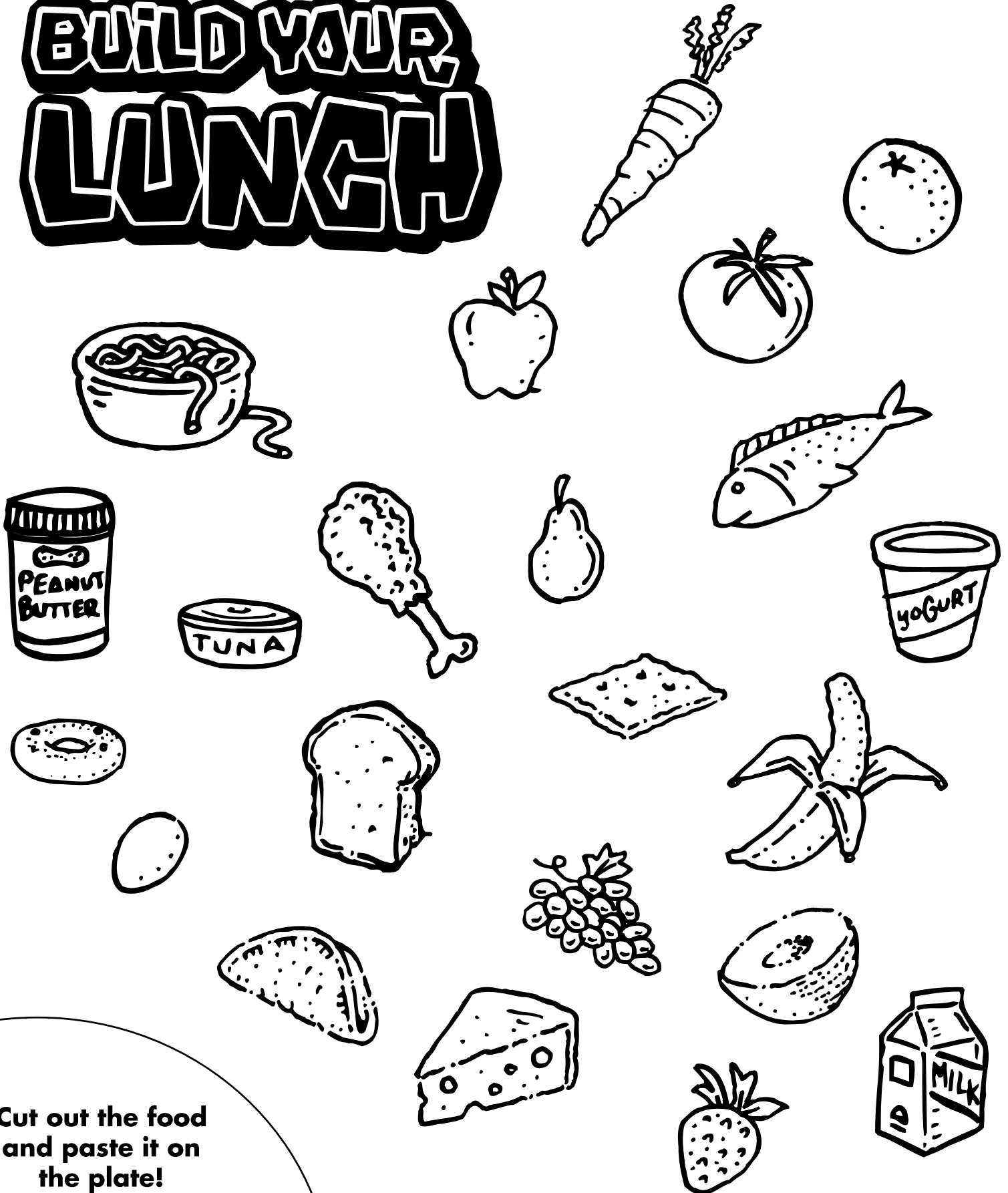
Read more about the National Health Education Standards and National Standards for Physical Education in the Classroom Lessons tab of the School Walk for Diabetes Kit.

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and paste it on
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