

Educator Guide: Food = Fuel Lesson

Recommended for Grades:

1st grade

Time:

4 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this lesson students will be able to:

1. State how many meals should be eaten each day.
2. Explain the importance of eating breakfast every day.

Lesson Description:

The main message in the Food = Fuel Lesson is that healthy foods fuel your body throughout the day. Students will learn the importance of eating breakfast every day.

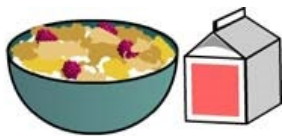
Pre and Post-Test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in.

1. How many meals should you eat every day?

1 2 3

2. Which breakfast is the healthiest choice?



Cereal & fruit



Cookies



Doughnuts

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Food = Fuel Lesson. You may choose to use this list in any way that fits your needs.

- Energy – the ability of our body and brain to work
- Food – a substance that a person eats to give their body energy
- Fuel – a substance that provides energy

Supplemental Activity: Breakfast on the Go

Objectives:

After completing this activity students will be able to:

- Explain the importance of eating breakfast every day.
- List at least two healthy foods that can be eaten for breakfast.

Materials Needed:

- SMART board, whiteboard or chalkboard

Time Required:

15 minutes

Instructions:

Review with students the importance of breakfast, focusing on the following:

- Your body goes all night with no fuel (food), so your body needs fuel in the morning.
- Breakfast gives us the energy to do all kinds of things like go to school, learn and play.
- Choose any healthy foods for breakfast. It doesn't have to be traditional breakfast foods like eggs or cereal. Sometimes, because we're busy, we may need to eat breakfast on the go, so we may need to think of other healthy food options that we can eat on the way to school or while waiting for the bus.

Ask students what their mornings are like. Many will say they can get pretty crazy! Sometimes there's not enough time to sit down at the table and eat a breakfast like cereal, or eggs and toast. This is when we need to get creative and come up with healthy foods that can be eaten on the go. Work with students to come up with a list of healthy foods that can be eaten for breakfast, either on the way to school, or while waiting for the bus. Write this list on the chalkboard or SMART board so students can see all the options. Options can include: yogurt tubes, granola bars, peanut butter sandwich, banana, apple...the list goes on and on!



Transcript

Slide 1

Food equals Fuel!

Slide 2

The fuel that your body needs is food. Besides tasting good, food has all kinds of healthy things that make your body go. Look at the food next to Zach. Does that look healthy to you? If you said yes, you're right! Let's hear what Zach has to say.

Zach: I'm hungry! Look at all the food! It's pretty healthy, too! If I have some, I'd be ready to get moving. Click on the food to give me some energy!

Slide 3

Rocket ships need fuel, too. When the rocket ship has enough fuel, it's ready to blast into outer space! But you can't put just anything into a rocket ship. It has to be a special kind of fuel. The fuel your body needs is healthy food. When you eat healthy food, you have lots of energy! When you eat unhealthy food, you don't have as much energy. Eating unhealthy food is like putting the wrong kind of fuel in a rocket ship. It won't be able to blast off!

Slide 4

Sofia knows that food is fuel for the body, but when should she eat? Three meals a day will help give her all the energy she needs. Eating breakfast, lunch, and dinner will keep her from getting extra hungry, and make her feel good. Sometimes she eats healthy snacks, too.

Breakfast is the most important meal because you haven't eaten all night while you were sleeping! Eating breakfast gives Sofia the energy to learn and play all day.

Sofia: This morning, I saw some leftover birthday cake in the refrigerator, but I didn't eat it. That kind of breakfast won't give me any energy! Instead, I had my favorite: a cheese-and-tomato sandwich! My mom says it's okay to have different kinds of foods for breakfast, as long as they're healthy. Yum!

Stand up and stretch to the sky if you ate breakfast this morning.



Slide 5

Which meal is most important? Click on the pictures to find out.

Breakfast - Breakfast is the most important meal. It gives your body energy in the morning, and it helps you learn and play.

Lunch - Lunch gives you energy in the middle of the day, but it's not the most important meal. Which one is?

Dinner - Dinner gives you energy in the evening, but it's not the most important meal. Try again.

Slide 6

Breakfast is the most important meal. How should you choose what to eat for breakfast? Click on the picture that's the healthiest breakfast choice.

Cereal with milk and fruit - This is the healthiest choice. Cereal with milk and fruit will start your day off right.

Cookies - Oops. You might like cookies, but they're not a healthy breakfast choice. Try again.

Donuts - Some people eat donuts for breakfast, but they won't give you much energy. What breakfast choice is the healthiest?

Slide 7

Good job!

Acknowledgements

Children's Wisconsin gratefully acknowledges the contributions and support provided by the following organizations for the research, development and delivery of Nutrition and Physical Activity lessons and activities:

Children's Wisconsin – NEW Kids™ Program

Children's Research Institute

Medical College of Wisconsin

Wisconsin Department of Public Instruction





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