



Educator Guide: Healthy Eating Lesson

Recommended for Grades:

3rd grade

Time:

7 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. Explain the importance of eating three meals each day.
2. Explain the importance of eating breakfast every day.
3. Name one food or drink from each of the five food groups.

Lesson Description:

In this lesson students will learn about the different food groups and the importance of eating a variety of foods each day. Students will also learn the importance of physical activity and balancing their food and activity choices.



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. Correct answer choices are bolded.

1. Why is breakfast the most important meal of the day?
 - a. It keeps you from being late for school.
 - b. It's not the most important meal of the day.
 - c. **It fuels you when you haven't eaten for hours because you were sleeping.**

2. Choose the food that belongs in the Protein food group:
 - a. Yogurt
 - b. Cereal
 - c. Salad dressing
 - d. **Nuts**
 - e. Celery
 - f. Pineapple

Vocabulary:

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

- Balance – eating just enough food to fuel your body so you can do all the things you do each day
- Dairy – the food group that includes things like milk, cheese and yogurt
- Fruit – the food group that includes foods like kiwi, grapes, mangoes, pears, blueberries and pineapple
- Grains – the food group that includes foods like bread, rice, pasta, oatmeal, bagels and cereal
- Physical activity – an activity that makes your body move a lot
- Protein – the food group that includes foods like chicken, tofu, fish, nuts, eggs and beans
- Variety – eating different kinds of foods from each food group every day
- Vegetable – the food group that includes foods like lettuce, broccoli, spinach, sweet potatoes and carrots

Supplemental Activity: Go and Whoa Foods

Objectives:

After completing this activity students will be able to:

- Identify whether a food is a Go food or a Whoa food.

Materials Needed:

- SMART board, whiteboard or chalkboard

Time Required:

20 minutes

Instructions:

Review the following with students:

- The five food groups are: fruits, vegetables, dairy, grains and protein.
- Some foods in each food group are healthier than others. Example: whole grain pasta is healthier than white pasta.
- Go foods are healthy foods that you can eat every day. Whoa foods are foods that are ok every once in a while but shouldn't be eaten a lot because they are not as healthy for you.

Have a brief discussion on the difference between Go foods and Whoa foods. Give students several examples of each.

Create a list of general foods that students eat. If you prefer, you could have students cut out pictures of foods from magazines, or newspaper ads. Designate one area in the room as the Go foods area and another area for Whoa foods.

Call out a food and have students go to the area of the room that matches what they think the food is (Go or Whoa food). Or, if space is limited, have students sit down and stand up instead.

Discuss each food once students have chosen whether it is a Go food or a Whoa food. Are some foods harder to figure out? Could some foods be both a Go and a Whoa food?



Transcript

Slide 2

You should eat from every food group every day. Fill in the names of the food groups. When you're finished click the done button to see how you did.

Done: Here are the answers.

Slide 3

Click on the colors to learn about each of the food groups.

Orange - Grains group. Some different kinds of grains are breads, rice, pasta, cereal, bagels, crackers, pretzels, popcorn, and oatmeal. Some kinds of grains are better for you than others. For example, whole grain wheat bread is healthier than white bread. Stand up and jump 10 times if you like whole wheat bread.

Green - Vegetable group. Some different kinds of vegetables are spinach, cauliflower, avocado, squash, corn, peas, onions, and mushrooms. Make sure to eat a variety of vegetables each day. Raise your hand if you can think of a good way to get vegetables at breakfast.

Red - Fruit group. Some different kinds of fruits are peaches, nectarines, blueberries, kiwi, honeydew melon, pears, apples, lemons, and mangoes. Make sure to eat a variety of colors of fruits each day. Hop on one foot five times if you've ever tried a mango.

Blue - Dairy Group. Some foods in the dairy group are milk, Cheddar, Swiss and American cheeses, yogurt, and cottage cheese. Some foods in the milk group have lots of fat and some have less fat. For example, yogurt comes in fat free, low fat or full fat kinds. Do a robot dance if you've ever eaten cottage cheese.

Purple - Protein Group. Some foods in the protein group are turkey, tofu, fish, pork, peanut butter, beef, kidney beans, eggs, and nuts. Eating foods from this group each day will help keep your muscles healthy and strong. Stand up and pretend to swim if you've ever eaten fish.

Slide 4

Physical activity is also an important part of taking care of your body. Click on the pictures to find out how your friends balance their food choices with physical activity.

Sofia - If I have a big meal, I try to do a little extra activity later. That way, I make sure I'm using all the energy I get from my food.

Carly - Sometimes when I'm sick I'm not very hungry. Maybe it's 'cuz I'm not moving around as much.

Jack - Sports keep me pretty active. I like basketball and hockey the best! I eat a lot of different foods so I have enough energy to play.

Zach - I walk everywhere! So I make sure I eat three meals a day to fuel my body.

Slide 5

You should eat from every food group every day. Eating many different foods is called variety. Just think of all the different foods in each of the food groups.

Remember to do physical activity every day. You can do things like running, playing sports, martial arts, walking the dog, riding your bike, or swimming. You can do physical activities by yourself or with family and friends.

Balance is eating just enough food to fuel your body so you can do all the things you do each day.

Slide 6

By now you know that you should have three meals a day. But do you remember which meal is most important? Click on the pictures to find out.

Breakfast - Breakfast is the most important meal because you haven't eaten all night while you were sleeping, and your body needs energy!

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

Dinner - Dinner gives you energy in the evening and gives you a chance to be with your family, but it's not the most important meal. Try again.



Slide 7

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

Whole wheat English muffin, a hard boiled egg and berries - This is the healthiest choice. Whole wheat English muffins, a hard boiled egg and berries will give you enough energy for the whole morning.

Chocolate muffin - Oops. You might like chocolate muffins, but they're not the healthiest breakfast choice. Try again.

Potato chips and soda - Some people eat chips and soda for breakfast, but they won't give you much energy. You will probably get hungry and feel tired before you get to lunch. Which breakfast choice is healthier?

Slide 8

Good job!

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