

# 1<sup>ST</sup> GRADE NUTRITION LESSON 2

Length: 30 minutes

## Materials needed:

- 1<sup>st</sup> Grade Nutrition Storybook 2
- 1<sup>st</sup> Grade Physical Activity Worksheet 2
- Fruit and Veggie Ornament Making Sheet
- Strings for ornaments
- Coloring items, scissors



## Learning Objectives

- identify processed vs. natural foods
- understand the variety of foods
- name fried foods and what their effects are

### Storybook

#### Discussion questions:

- Why is it so easy to eat so many processed foods?
- Processed foods are often advertised well. How will you make sure what you're eating is healthy?
- If you see a friend eating fried foods every day for lunch, what will you do?

### Sequence of activities

- Storybook (4-6 minutes)
- Worksheet (8-10 minutes)
- Video (6 minutes)
- Kinesthetic Activity (10 minutes)

### Worksheet

- Have students cut out their medals.
- If finished early, ask the students who they think has had the healthiest diet recently

### Video

- Form groups for the discussion of processed and natural foods

### Follow Up

- Health Schedule: students chronicle one different colored food per day. After a week, have a quick discussion where every student shares their foods. Encourage more participation in them.
- Have students discuss why eating different colored foods proves variety and why that is beneficial

### Kinesthetic Activity

- each student needs a copy of the sheet
- scissors, string, and coloring items are needed;
- 1 string per student
- tell students to use their favorite natural and colorful food