

CHAP Lesson Plan 3: Healthy Diet

Introduction:

Having a nutritious diet is very important for living a healthy life. If you eat the right foods, you will fuel your body better, allowing it to function more efficiently! When you eat lots of unhealthy foods, such as soda, chips, and other processed foods, your body will feel tired and may even be impacted negatively in the long term, leading to health consequences like obesity or diabetes. On the other hand, if you eat whole, nutritious foods, you'll have more strength to do the things you want, like read, play with friends, and more!

Activity 1: Draw a Healthy Meal

- Use the provided worksheet to draw at least 4 of your favorite healthy foods
- Students can share what they drew with the class

Activity 2: Go, Slow, Whoa

- Take a poster or sheet of paper (or on the chalkboard, as a class) and draw a Go, Slow, Whoa chart for different foods you enjoy
 - Go = Green
 - Whole foods that are healthy for you to eat (ie., vegetables)
 - Slow = Yellow
 - Foods to have in moderation (ie., fruit cups, bread, juice)
 - Whoa= Red
 - Processed or junk foods to have less of (ie., hotdogs, candy, donuts, fried foods)
- OR make flashcards with drawings of food on one side, and either red (Whoa), yellow (Slow), or green (Go) on the other.

Activity 3: Odd One Out

- Splitting the class into groups or as a class, have students list four foods, three "Go" and 1 "Whoa." They can call on other students to guess which one is the least healthy, and then pass on the chance to ask the class to whoever gets it right.

Activity 4: Encourage students to bring either healthy snacks to class or pack them in their lunches. Ask them to provide examples of their favorite snacks.

Conclusion: what did you learn

- Eating healthy foods can be fun, and it's so important to eat whole foods to provide nutrition for your body. What you eat now can have a huge impact on the lifestyle you live in the future, so why not get started now?
- Supplies needed: paper plates and poster board (both optional), markers or crayons

