

Why Do We Need Food?

Food is the nutritious substances that people eat to give them energy and the building blocks the body needs to grow and repair itself. Our bodies tell us when we need food by telling us we are hungry. Maybe you have felt your tummy rumbling the closer it gets to lunch time? Or maybe you felt “starving” after swimming in a pool for an hour or two. When our bodies use up the energy from previous meals, they let us know it’s time for more.

Fiber

Fruits and vegetables have a lot of fiber. Fiber helps regulate the body’s use of sugar, and helps keep hunger and blood sugar regulated. Fiber also aids in digestion and makes it easier for your body to break down food.

Proteins

Protein is essential for building, maintaining, and repairing tissues in our body. This helps you build muscle and stay strong. Protein is found in fish, chicken, milk, beans, nuts, and seeds.

Carbohydrates

Carbohydrates provide you with energy. These help break down glucose (sugar) in your body. They help you breathe, move, and do fun activities. Carbohydrates are found in fruits, bread, crackers, and potatoes.

Healthy Fats

Healthy fats give your body long lasting energy. Just a little bit of healthy fat can help give your body a boost. This type of fat can be found in nuts, certain meats, and cooking oils.



Healthy Tip:

Water should be your choice of drink at every meal. When you’re really thirsty after playing outside, water is the best choice for quenching your thirst.



Good Food VS. Bad Food



Good Food Facts

- ▶ Vitamin A is found in meat and orange vegetables like carrots. These foods help your eyes see in the dark.
- ▶ Good food gives our mind and body fuel. They help you in school and when you play.
- ▶ Vitamin C is found in oranges, and helps your body fight off germs that make you sick.
- ▶ Calcium is in milk and cheese and helps make your bones strong.
- ▶ Fruits and veggies keep your eyes, heart, and stomach healthy!
- ▶ Just like a car needs gasoline to go, you need energy to move, think, and grow.



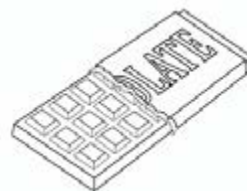
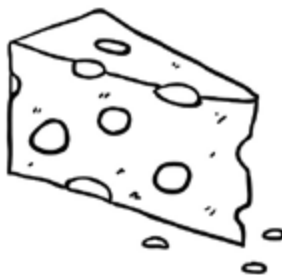
Bad Food Facts

- ▶ Junk food like candy, chips, and fast food look good and taste good, but they are not healthy for your body.
- ▶ Bad food is fattening and can be addictive. It also depletes your energy levels.
- ▶ Bad food can make you feel tired and irritated. This is because junk food does not provide any nutrients that your body needs.
- ▶ Since these types of foods don't have nutrients, your body can't break them down easily. These foods tend to get stored in the body as extra fat.
- ▶ Having extra fat can put you at risk for gaining unhealthy amounts of weight.
- ▶ Obesity (weighing too much) can lead to illnesses and can affect how you feel about yourself.



Healthy Foods

Directions: Color in the healthy food choices and draw an X on the junk food.



Healthy Foods

Directions: Use the pictures you colored and marked an X on from the first page to answer the following questions.

1. How many healthy foods did you color? _____
2. How many unhealthy foods did you put an X on? _____
3. How many fruits did you color? _____
4. How many vegetables did you color? _____
5. How many protein foods did you color? _____
6. How many dairy products did you color? _____

Healthy Foods

Directions: Match the food groups.



Grains

Fruits

Vegetables

Dairy

Protein

Fill Your Plate with Healthy Choices!

A balanced meal should contain servings from the 5 food groups.
Fill your plate on the next page with healthy foods you love from each group!

- ▶ 1.5 cups of vegetables
- ▶ 1–1.5 cups of fruit
- ▶ 2.5 cups of dairy
- ▶ 4 cups of protein
- ▶ 5 cups of grains

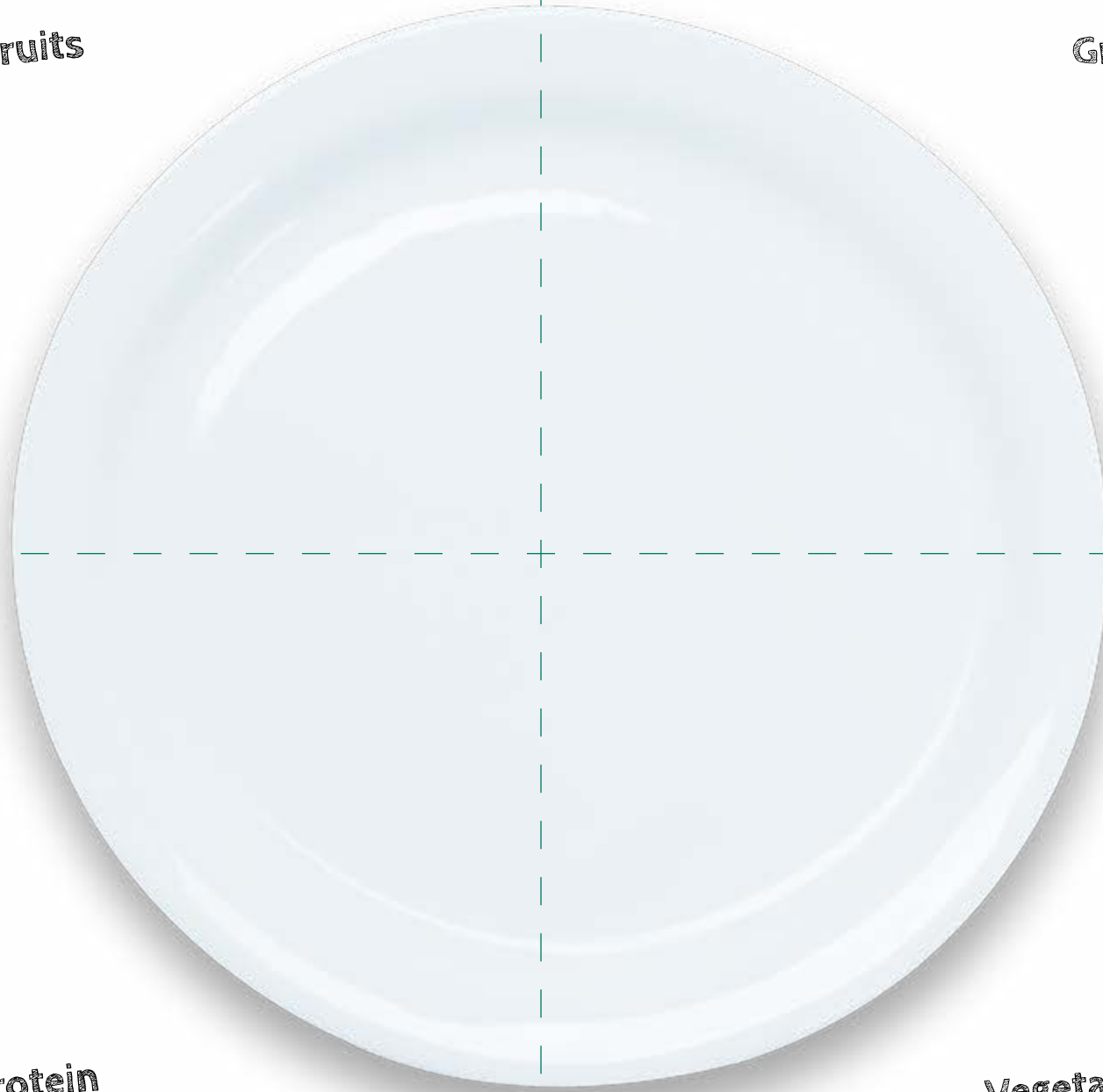


Fruits

Grains

Protein

Vegetables



Importance of a Balanced Meal

What is a Balanced Meal?

Eating healthy is important at every age, whether you are 3 years old or 90. Eating healthy keeps our bodies strong and is easier than you think. To eat balanced meals, you should try to eat a combination of foods from the 5 food groups:

Grains

Fruits

Vegetables

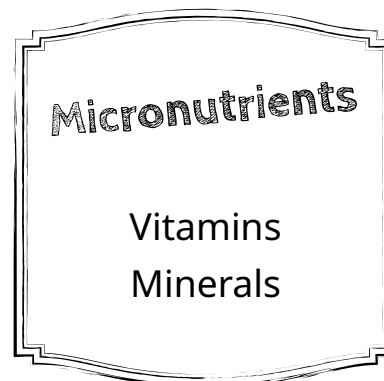
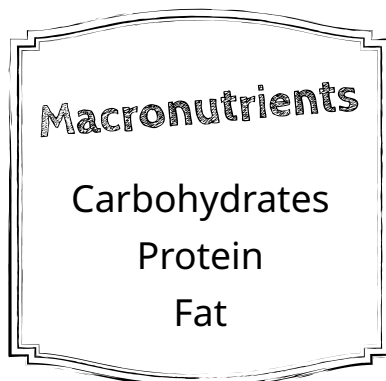
Dairy

Protein

What foods are in the 5 groups?

- ▶ **Grains:** Any food made from rice, oats, wheat, cornmeal, barley, or cereal grain. This includes brown rice, wholegrain bread, pasta, certain breakfast cereals, grits, tortillas, and oatmeal.
- ▶ **Dairy:** Foods include milk, cheese, yogurt, lactose-free milk, and fortified soy milk.
- ▶ **Protein:** Seafood, chicken, eggs, beans, peas, lentils, nuts, and seeds.
- ▶ **Fruits:** Any fruit that is fresh, frozen, canned, or dried/dehydrated. 100% fruit juice is a part of this group.
- ▶ **Vegetables:** Any vegetable that is fresh, frozen, canned, or dried/dehydrated. Vegetables can be raw or cooked.

Eating a variety of foods keeps our meals interesting and flavorful! It's also the key to a healthy and balanced diet. Each food item from the food groups contains a unique mix of nutrients. There are 2 types of nutrients—macronutrients and micronutrients. Your body needs both to have energy and stay strong.



Healthy Tip:

When making your plate for a meal, fill half with colorful vegetables and fruits, and the other half with whole grains and protein!

Test Your Food Knowledge!

Directions: After reading about the importance of a balanced meal, show what you have learned by answering the following questions.

1. How many food groups are there? _____

2. List the different food groups here:

_____, _____, _____,

_____.

3. Why is it important for all people to eat healthy foods and have balanced meals?

4. Name the 2 types of nutrients that are in healthy foods:

_____ and _____

Directions: Next to each food item, write the name of the food group it belongs to.

Grains	Dairy	Protein	Fruits	Vegetables	Unhealthy Foods
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1. Eggs _____

9. Chocolate bars _____

2. Watermelon _____

10. Carrots _____

3. Pizza _____

11. Bananas _____

4. Wholegrain bread _____

12. Oatmeal _____

5. Broccoli _____

13. Cheese _____

6. Milk _____

14. Fish _____

7. Grapes _____

15. Ice cream _____

8. Donuts _____

16. Beans _____

Classroom Activity Guide

Grade: 3rd/4th
Duration: 90 minutes (split into two 45-minute lessons)
Date: Any

Lesson Topic:

The Importance of a Balanced Meal (Healthy Eating)

Lesson Objectives:

Students will be able to identify the five food groups and food items from each group.

Students will be able to identify the types of nutrients in healthy foods and their functions.

Essential Question:

Why is it important to eat balanced meals and create healthy eating habits?
What do healthy foods do for our bodies and what do unhealthy foods do?

Materials, Equipment:

- ▶ Video—Healthy Eating for Kids—Learn about Carbohydrates, Fats, Proteins, Vitamins, and Mineral Salts <https://youtu.be/a-084ppqI05U>
- ▶ Importance of a Balanced Meal reading response worksheet
- ▶ Why Do We Need Food reading passage
- ▶ Healthy Foods Identification worksheets
- ▶ Fill Your Plate worksheet
- ▶ Pencils
- ▶ Crayons

Vocabulary:

- ▶ **Grains:** wheat or any other cultivated cereal crop used as food.
- ▶ **Fruits:** the sweet products of a tree or other plant that contains seed and can be eaten as food.
- ▶ **Vegetables:** a plant or part of a plant used as food.
- ▶ **Dairy:** foods containing or made from milk.
- ▶ **Protein:** a macronutrient that is essential in building muscle.
- ▶ **Carbohydrates:** a macronutrient provides the body with energy to move and breathe.
- ▶ **Fat:** a macronutrient that helps the body absorb vitamins like A, D, E, and K.
- ▶ **Vitamins:** micronutrients that help our bodies develop and function normally.

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INTO | Anticipatory Set (How will students get engaged in learning in multiple ways?):

1. Verbal questions (2 minutes) Ask students the following questions. Have students raise their hand and call on students to share their answer with the whole class:
 - ▶ What do you know about healthy eating habits?
 - ▶ What types of healthy foods do you like to eat?
 - ▶ What types of food aren't so good for us to eat?
2. Lesson goals (1 minute) Read the classroom goals from the chart for this lesson out loud to the students.

Goals: I can draw a picture of healthy food items from the 5 food groups on my paper plate. I can identify healthy foods and unhealthy foods.

3. Vocabulary (5 minutes) Read the vocabulary words and definitions written on the chart to the students. Have students repeat each vocabulary word as a class.
 - ▶ **Grains:** wheat or any other cultivated cereal crop used as food
 - ▶ **Fruits:** the sweet products of a tree or other plant that contains seed and can be eaten as food
 - ▶ **Vegetables:** a plant or part of a plant used as food
 - ▶ **Dairy:** foods containing or made from milk
 - ▶ **Protein:** a macronutrient that is essential in building muscle
 - ▶ **Carbohydrates:** a macronutrient provides the body with energy to move and breathe
 - ▶ **Fat:** a macronutrient that helps the body absorb vitamins like a, d, e, and k.
 - ▶ **Vitamins:** micronutrients that help our bodies develop and function normally
4. Video (6 minutes)—Healthy Eating for Kids—Learn about Carbohydrates, Fats, Proteins, Vitamins, and Mineral Salts <https://youtu.be/a-084pqI05Usheet>. Have students fill in the sentence, "I would want to be a _____ (egg, hatchling, chick, hen, rooster)."

THROUGH | Explain and/or instructional steps (multiple means of representation & engagement):

5. Material Set Up (1 minute) Hand out the Importance of a Balanced Meal reading response worksheet and pencils.
6. Read Aloud and Discussion (12 minutes) Have the students take turns reading aloud. Allow one student at a time to read one section of the first page. After a student reads the 5 boxes of the 5 food groups, ask the students if they can think of any examples of food items from each group. Once students have been given a chance to name their examples, select a student to then read the food items

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example list. Once the list and examples have been read, ask students to identify foods that they have tried or eaten before from each group. Next, students will read about macronutrients and micronutrients. These nutrients will link back to the vocabulary word list and students will be able to recognize the terms.

7. Test Your Food Knowledge reading comprehension worksheet (12 minutes)
 For the first section, which includes 4 questions, call on students one at a time to read aloud the questions and find the answer in the reading passage on the first page. Explain to students and help them recognize that the answers to the questions are learned through reading and can be easily identified if the students pay attention while reading. For the second section, students will work independently to match the food group from the word bank to the food item examples given. After 5 minutes, go through the 16 examples and call on students one at a time to give their answers. If any answers are incorrect, explain why that food item is part of a different food group than the answer the student gave. Encourage students to continue trying their best.

THROUGH for 2nd Lesson | Explain and/or instructional steps (multiple means of representation & engagement):

8. Material Set Up (1 minute) Hand out Why Do We Need Food? 2 part reading passage and crayons.
9. Read Aloud and Discussion (15 minutes) Choose one student to read the first paragraph out loud. The first paragraph includes questions that will prompt a short discussions. Students who would like to respond can raise their hands and share their experiences of feeling hungry. Ask students when do they notice they are hungry and does it occur at a certain time or after certain activities? There are 4 boxes with definitions and examples of the different types of macro- and micronutrients. Allow 4 different students to each take a turn reading one of the informational boxes. These boxes will also help reinforce the vocabulary terms from the first lesson. Once the first page has been read, continue to the 2nd. To allow every student a chance to read, call on additional students to each read one food fact. After reading the Bad Food Facts section, ask students what types of unhealthy foods do they like eating the most? Then, ask students what healthy food item could they eat instead?

BEYOND | Applications/extensions/activity (multiple means of engagement & expression):

10. Hands-on and knowledge application worksheet (15 minutes) Hand out the Healthy Foods 2-page worksheet packet. On the first page, students will use crayons to color in the healthy food choice pictures. They will use a red crayon to draw an X on the junk food pictures. The students will use the pictures from the first page to answer the questions on the second page. If the first page is colored correctly, students will be able to successfully answer the first 6 questions regarding how many items from each food group they colored. At the bottom of page 2, students will simply match the picture of each food item to

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the corresponding food group box from the list on the right side of the page. Once all students have finished, allow students to share their answers with the class. Correct any incorrect answers.

11. Final assessment (10 minutes) Once students have completed all of the previous tasks of the two lessons, pass out the final assessment Fill Your Plate with Healthy Choices. Students can color the first page and read aloud how many servings of each food group that a balanced meal should include. The second page features an empty plate. Students will fill in their plates with healthy food choices by drawing food items from the different food groups.
12. Share (5 minutes) Once students have filled their plates and colored them, allow students to share what food items they included on their plates. To conclude the lesson, have students raise their hand to share their answers to the following questions: What did you learn about the importance of healthy, balanced meals? What questions do you still have about healthy foods, the 5 food groups, or unhealthy eating habits?