



Nutrition



Taking Care of My Body

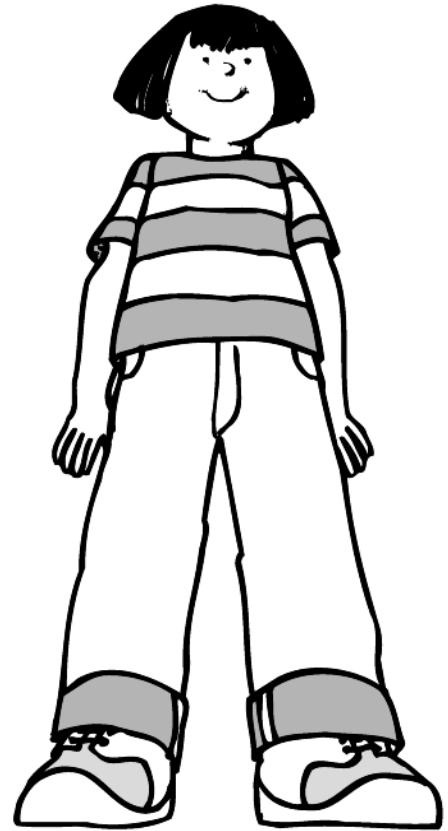
- Ask students to explain why they need to take care of their bodies.

*So I can grow big.
I need to be strong.
You can get sick if you don't.*

Then have students come up with suggestions for how to take care of their bodies.

- List student ideas on a chart entitled “I Take Care of My Body.” Have students illustrate the ideas listed. Attach a picture by each item listed on the chart.

Explain that they will be learning more about ways to care for their bodies.



I Eat Healthy Foods

- Say, “You said one of the ways we can take care of our bodies is to eat good food. Why do we need to eat food?” (*for energy; to grow hair, skin, muscles, and bones; to stay well*) “Let’s name some foods that will help us stay healthy and grow.” Ask students to explain their choices.

Explain that some foods taste good but are not good for us if we eat too much of them. Ask students to name some of these foods. Remind students that it is all right to eat these foods sometimes, but that the other foods are healthier for us.

- Read and discuss the minibook on pages 56–58.



- List foods that are good for the body on a chart entitled “Healthy Foods.”
- Divide students into small groups. Give each group several magazines and/or newspaper ads containing food items. Each group is to find several pictures showing foods that help us stay healthy and grow strong and one that does not. Provide time for groups to share their choices with the class.



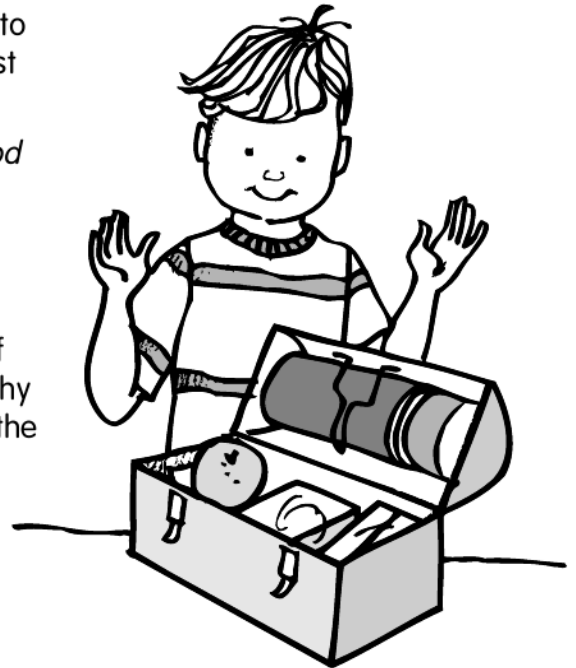
Healthy Snacks

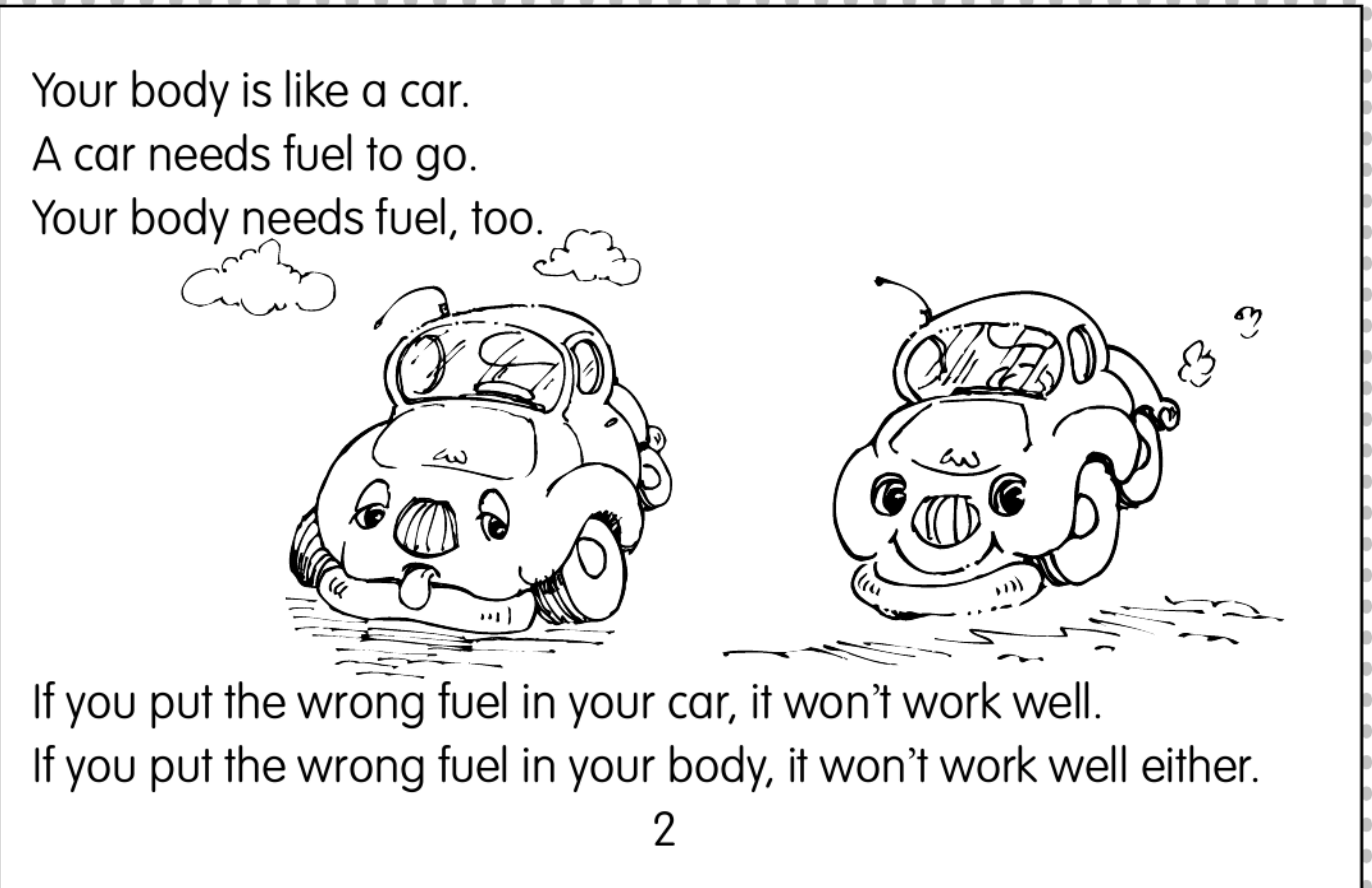
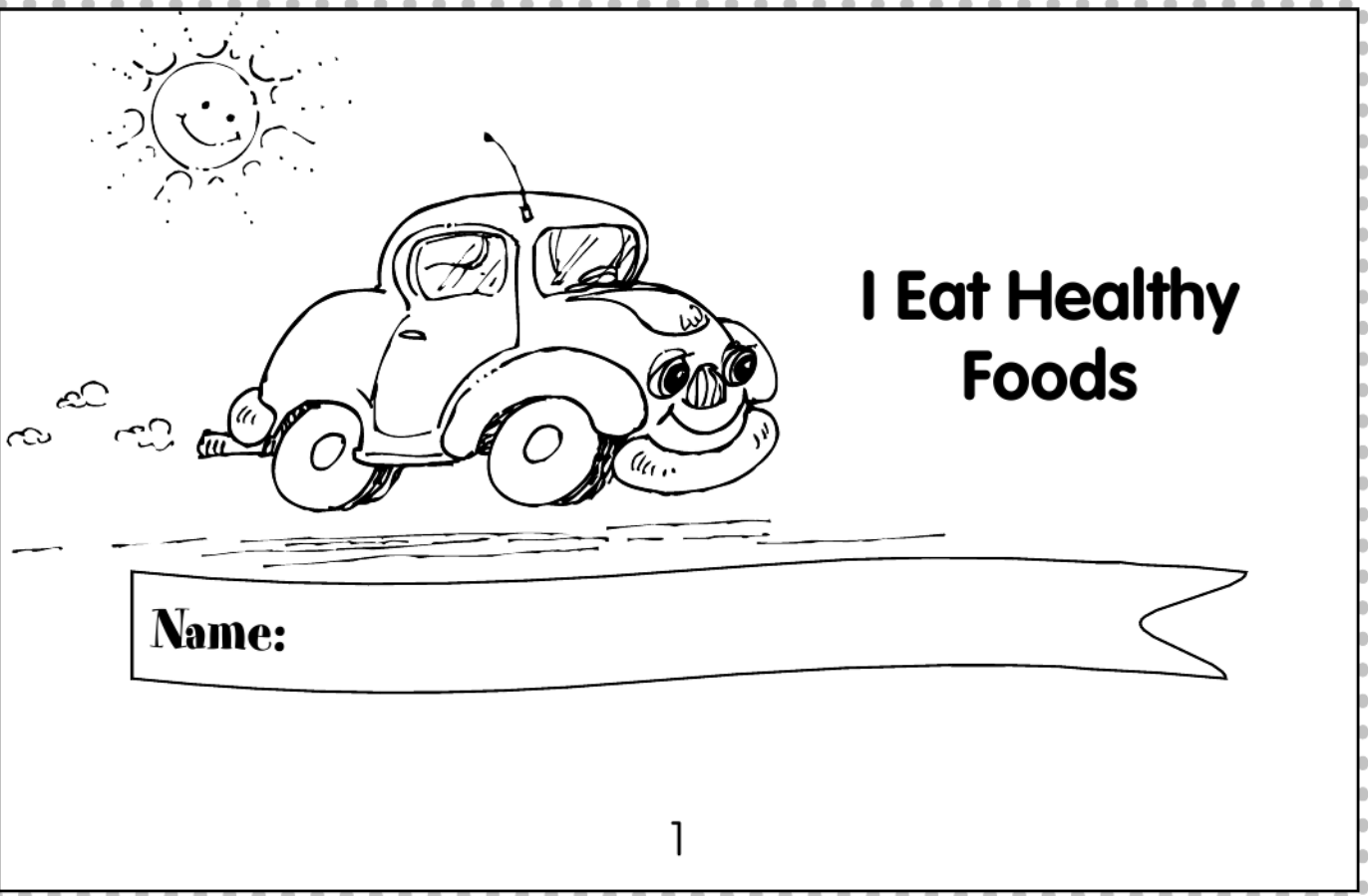
Have a “healthy snack” tasting day. Provide a variety of fruits, vegetables, etc., for students to sample. Include snacks representative of various ethnic groups. (This is a good time to call on parent volunteers both to provide snacks and to assist in serving them.)

Note: When you select snacks to share, be aware of any food allergies your students might have.

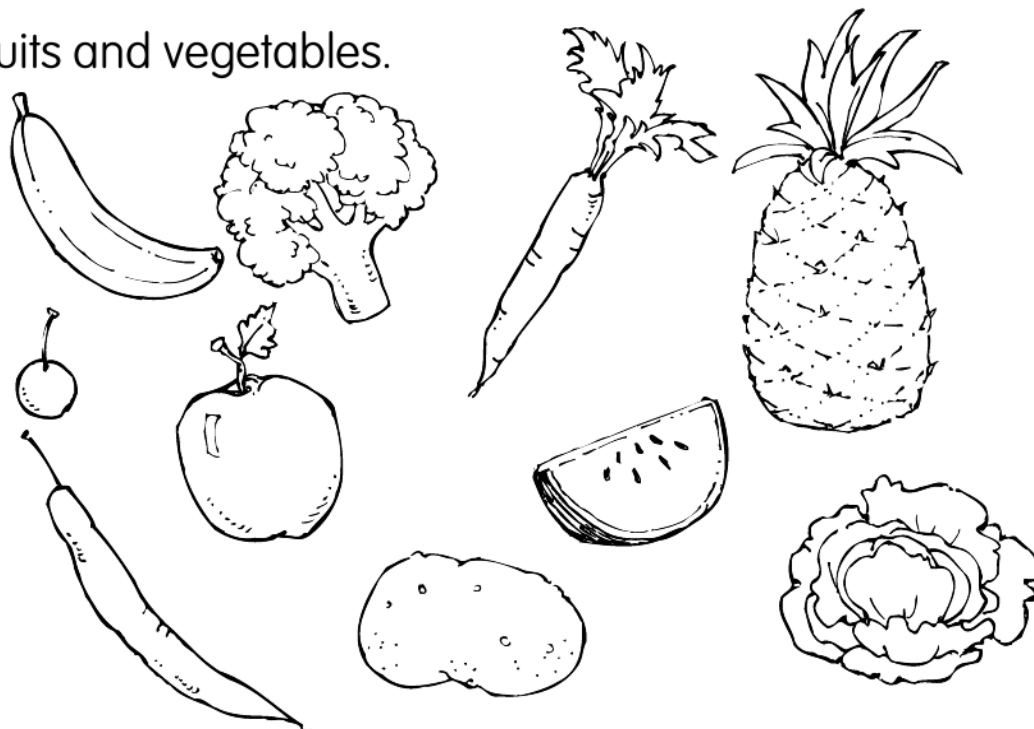
Pack a Healthy Lunch

Give each student a brown lunch bag. Discuss what kinds of food could be a part of a healthy lunch. Students draw healthy lunch items (or cut out magazine pictures). Then they paste the “lunch” on their bag.





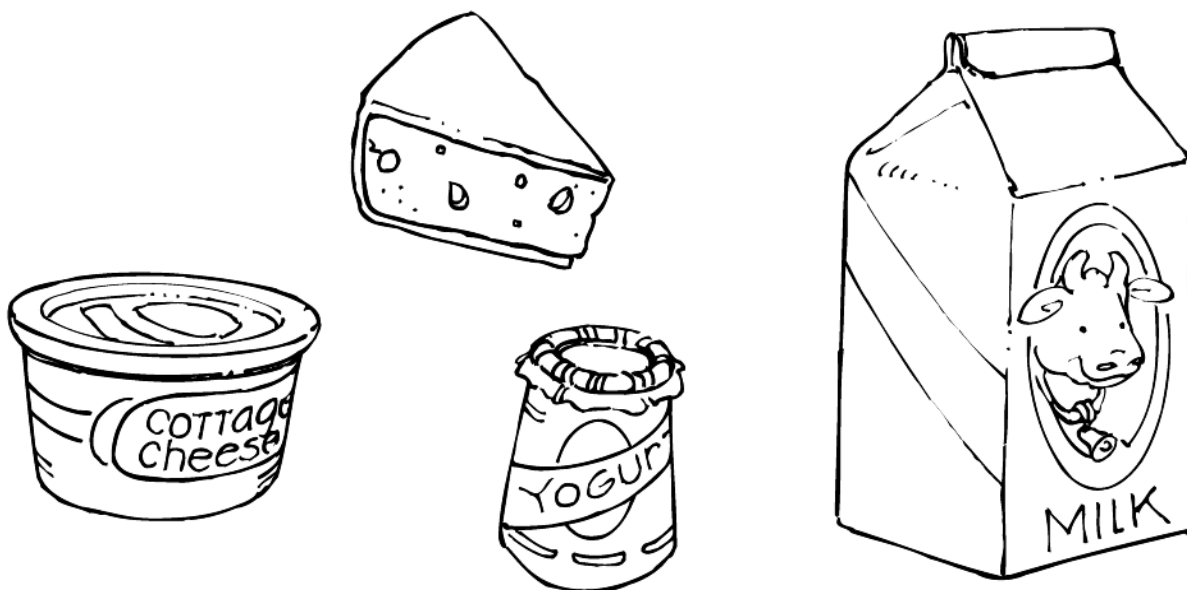
I eat fruits and vegetables.



Color the ones you like best.

3

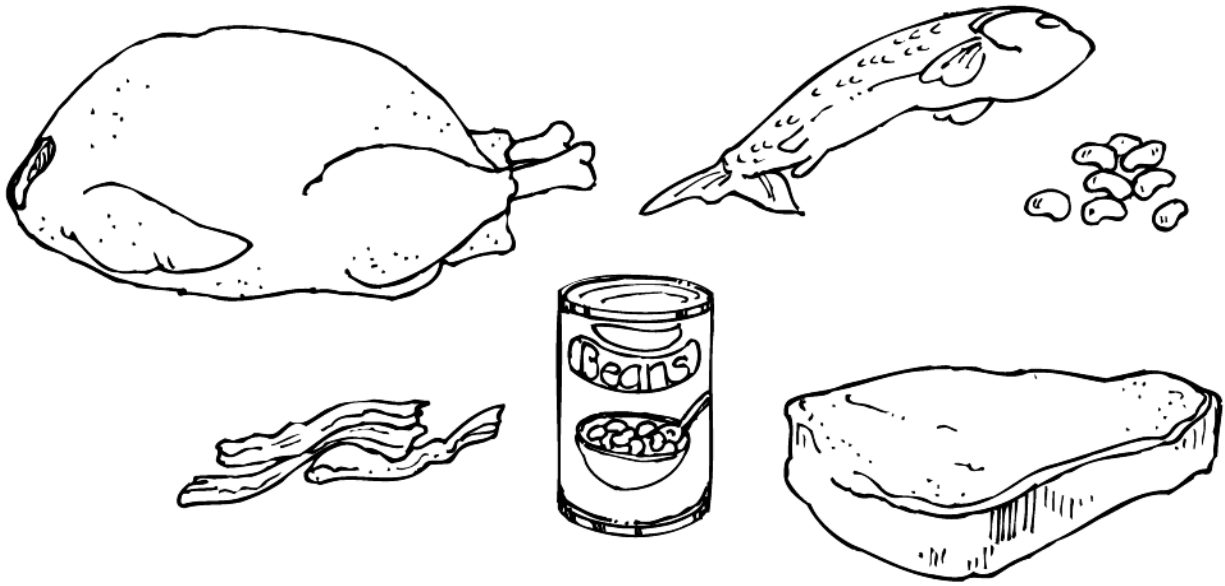
I drink milk and eat dairy products.



Make an X on the ones you like best.

4

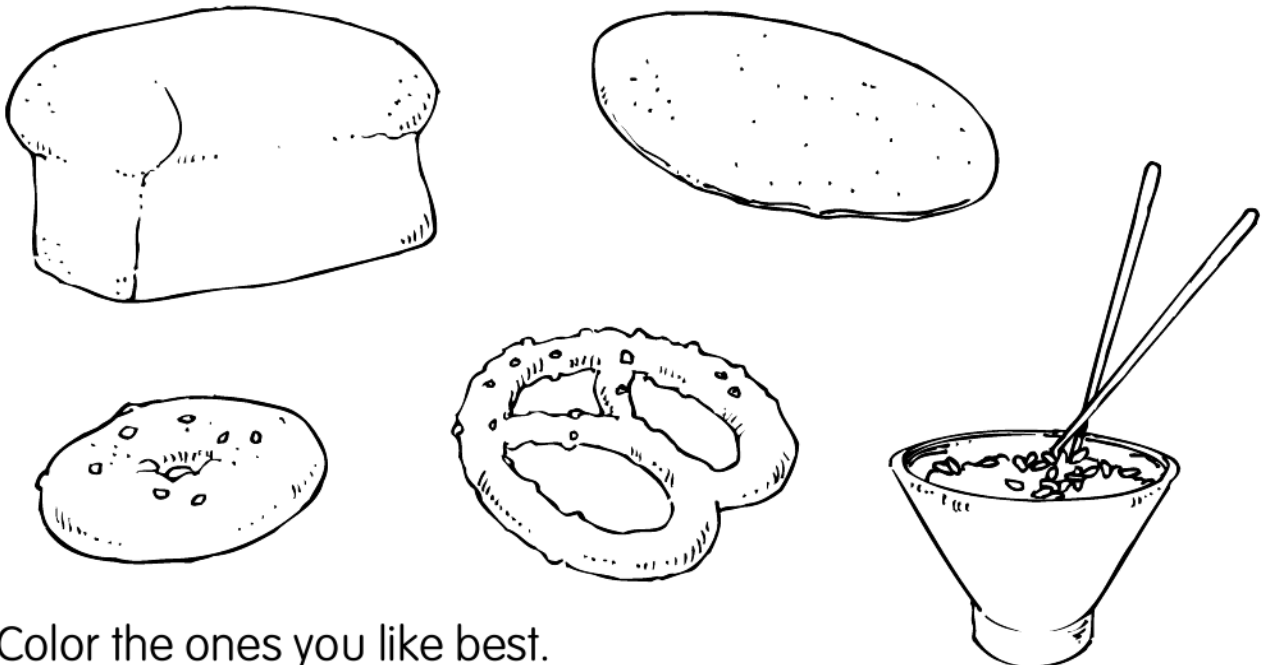
I eat meat, fish, and beans.



Make a circle around the ones you like best.

5

I eat bread, cereal, and grains.



Color the ones you like best.

6