

Grades K-2

Healthful Living

Which Meal?

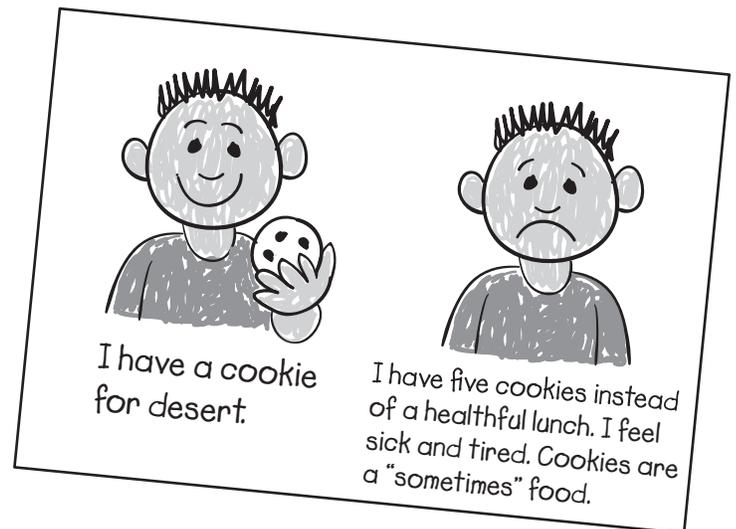
Learning about "sometimes" foods

To begin, cut out a class supply of the food cards (scroll down). Give each child a card and have her identify her food. Then write "breakfast" on the board. Ask each student to decide if her food item would be a good choice to eat at breakfast. If it is, have her attach it to the board. Repeat with "lunch" and "dinner." Next, ask each student still holding a card to tell what type of food item she has. Lead the class to determine that these items are considered "sometimes" foods, meaning that they are okay to eat occasionally, after a nutritious meal. Label the board "sometimes foods" and have youngsters attach their cards. Explain that these foods are ones students can periodically make room for in their diets but that they should not replace a meal. Invite students to brainstorm examples of sometimes foods. Then have each child choose one and illustrate a time when it would be okay to eat the food and a time when it would not. Finally, challenge students to look at the categories again and discuss foods that might fit into several categories.

Extend the learning: The discussion about "sometimes" foods provides an opportunity to talk about the fact that sometimes people eat snacks even if they're not hungry. Encourage students to become "smart snackers" and to ask themselves if they're truly hungry before they reach for a "sometimes" food. Even young students will think of times they've eaten snacks when they were bored or when the snack was easily accessible, but when students weren't actually hungry!

Fun Fact:

For good health, you should be active at least an hour a day. So what can you do to be active? Swim, ride your bike, run, play a sport, take a dance or martial arts class, or even help with chores such as raking leaves or vacuuming! Playing on playground equipment or a jungle gym is not only fun, but it also strengthens your muscles!



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Food Cards



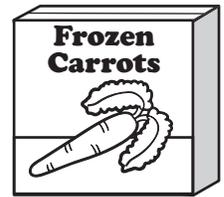
apple



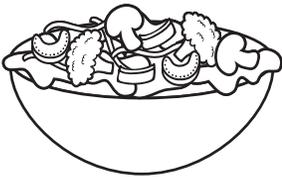
banana



fruit salad



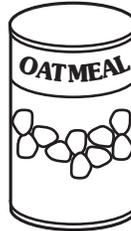
carrots



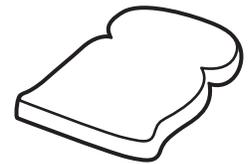
salad



potato



oatmeal



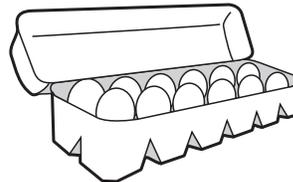
bread



spaghetti



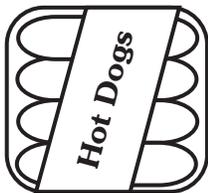
cereal



eggs



peanut butter



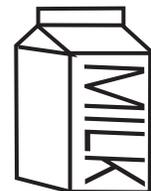
hot dog



black beans



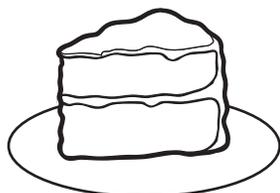
yogurt



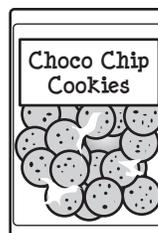
milk



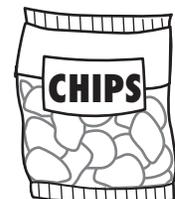
cheese



cake



cookies



chips