

## Eating Healthy, Eating Right

### Materials:

Candy bar, soda cans, prepackaged donuts or cookies  
Assortment of fruit (enough for the class)

### Motivation:

As child obesity continues to rise, children need to learn what it means to eat healthy, why it is so important to eat right and ways they can begin eating healthy right now.

### Lesson Steps:

1. In front of the class, lay out candy bars, soda cans, and any prepackaged foods such as donuts, cupcakes, or muffins.
2. Now ask the class the following questions.
  - a. How many of you eat at least one of these items each day?
  - b. How many of you eat at least 2 of these items each day?
3. Now ask, how many of you eat out at a fast food joint or restaurant at least once a day? How about 2 times a week? More than 3 times?
4. After assessing the hands, begin talking about the importance of good nutrition and having a balanced diet. What does it mean to eat healthy?
5. If you have time, talk about health problems that occur because of poor diets.
6. Provide the following nutritional tips on how they can eat healthier.
  - a. Eat more fruits and vegetables throughout the day. 5 servings is recommended a day. Give examples of fruits and vegetables they may eat or try if they haven't before.
  - b. Choose healthy snacks like low-fat cottage cheese, yogurt, string cheese, beef jerky, or apple slices.
  - c. Eat good sources of protein such as fish, chicken, nuts, or eggs.
  - d. Limit both, sugary and fatty foods such as candy bars, donuts, fast food, chips, soda and even some fruit juices.
7. Be open to discussion or any questions that may come up.
8. Hand out worksheet.
9. Near the end of class, share fruit with students to enjoy!

Name \_\_\_\_\_

Date \_\_\_\_\_

## Eating Healthy, Eating Right Questions

1. Why is it important to eat healthy?

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2. Instead of a candy bar, what are some healthy snacks you should eat?

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3. How many servings of fruits and vegetables should you have a day?

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4. List 3 fruits and vegetables you like to eat.

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4. List 2 good sources of protein.

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5. How can you do a better job of eating right?

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Name \_\_\_\_\_

Date \_\_\_\_\_

## Eating Healthy, Eating Right Answers

1. Why is it important to eat healthy? **It is important because it's the only way to get all the vital nutrients your body needs to properly function and stay free from disease.**
2. Instead of a candy bar, what are some healthy snacks you should eat? **Answers will vary. Examples may include any sort of fruit or vegetable, yogurt, low-fat cottage cheese.**
3. How many servings of fruits and vegetables should you have a day? **5**
4. List 3 fruits and vegetables you like to eat. **Answers will vary.**
5. List 2 good sources of protein. **Answers will vary but may include fish, nuts, chicken, eggs.**
6. How can you do a better job of eating right? **Answers will vary.**