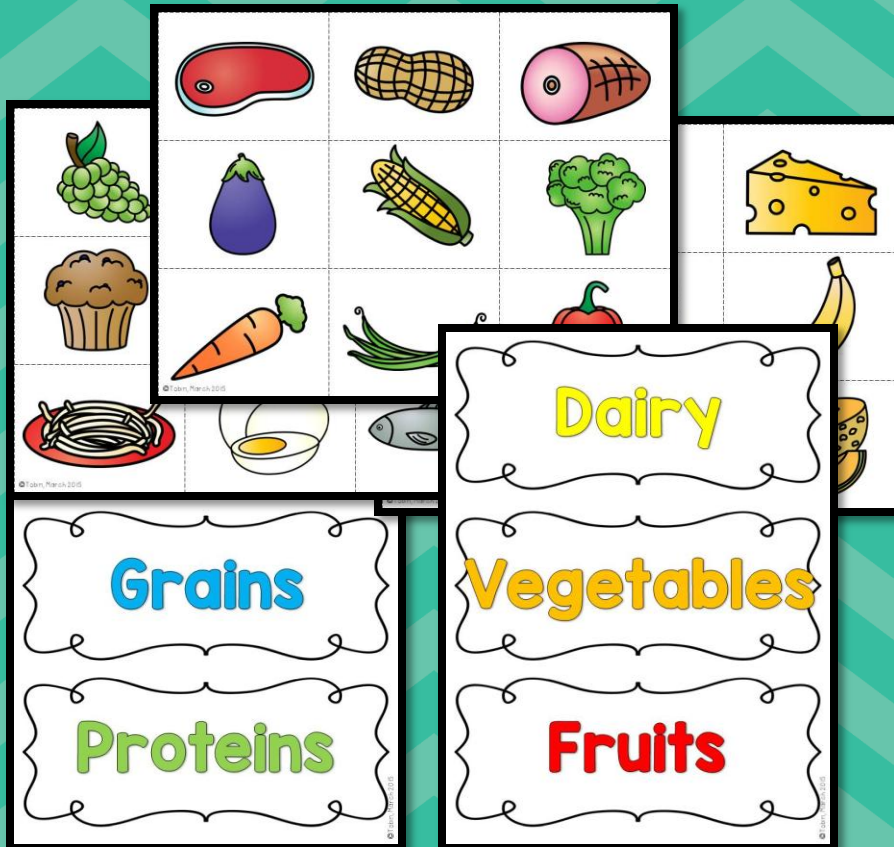


Whole Class Introduction



Definition Cheat Sheet

nutrients: the parts of Food that give health benefits to the body

sodium: a nutrient in Foods, salt; people should not eat too much sodium. Too much sodium can cause problems with your heart, blood pressure, and kidneys.

obesity: an unhealthy body disorder involving too much body fat.

infection: invasion of germs or disease in a body.

disease: illness or sickness, caused by an organism in the body.

hydrated: to contain or be filled with water.

cholesterol: a white substance found in tissues in animals and plants. Too much cholesterol can be bad for your heart.

minerals: important nutrients in Food that are needed for certain parts of the body.

Fiber: an element in Food that helps with digestion.

prevent: to try to stop something from happening.

nutrients

sodium

obesity

infection

disease

hydrated

Try these vocabulary words on an anchor chart or in a sentence strip chart!

Reading Passages

Keeping Yourself Healthy

Eating healthy is not the only way to be healthy. It is a very important part of being healthy. Staying active means taking your body moving. Taking a walk outside, riding your bike, or playing sports are some examples of staying active. Moving your body is a very important way to stay healthy. Physical activity gets off the energy you get from your body because it helps your muscles and bones, and makes you feel better. An old should get at least 30 minutes of physical activity every day, like going to the gym class, and going outside to play. Homework are all ways to stay healthy.



Keeping Yourself Healthy

Name: _____

1. What is physical activity?

2. What are some examples of how to stay active?



3. How much physical activity should you get in a day?



All About Fruits

Fruits are one of the five main food groups for healthy eating. A fruit is a food that grows from the ground. Fruits are the part of the plant that grows from the ground. Fruits have seeds on the outside.

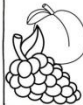


All About Fruits

Name: _____

1. Why is fruit good for our bodies?

2. What is an example of a fruit that has special benefits to our bodies?



3. How many fruits should you eat in one day?



Eating Healthy

Healthy eating is a very important thing that all people should do for their bodies. When you are healthy, you are putting nutrients into your body. To eat healthy, you need to eat foods that grow on the ground, like fruits and vegetables. To eat healthy, you need to avoid eating candy and junk food. Eating healthy is important for your body to stay healthy, your body is getting diseases, and obesity. Instead of grabbing a can of soda, you should grab a glass of water. You should have a healthy snack when you're hungry, like an apple or a banana. Also, your family does pick a fast food restaurant like apples instead of fries.



Eating Healthy

Name: _____

1. Why should we eat healthy?

2. What is one way to start eating healthy?



3. What types of food and drinks should you avoid?



All About Vegetables

Vegetables are one of the five main food groups for healthy eating. Like fruits, vegetables are foods that grow from the ground. They can grow above ground or underground. Vegetables that grow underground are called root vegetables. Some of these are carrots, potatoes, and radishes. Other vegetables are called leafy greens, like spinach and kale.



All About Vegetables

Name: _____

1. Describe how vegetables can be grown.

2. What is one example of a vegetable that has special benefits to our bodies?

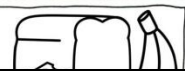


3. How many vegetable servings should you eat in one day?



The Food Groups

There are five main food groups. Eating the Food Groups is important for a healthy diet. Vegetables, fruits, grains, protein, and dairy are the five food groups. MyPlate is a nutrition guide that helps us make healthy choices. First Lady Michelle Obama focuses on the importance of eating healthy. That helps us make healthy choices. One of the food groups is dairy. Dairy is important for keeping our bones strong. Dairy is milk, cheese, and yogurt.



The Food Groups

Name: _____

1. What are the five main food groups?

2. What is MyPlate?



3. Pick one of the food groups and describe it.



All About Junk Food

You have seen junk food. You have probably eaten a lot of junk food. It's all over the grocery store, and it's usually what is sold at fast food restaurants. Junk food is not healthy for your body. Junk food is high in calories, sugar, and fat. It's not good for your body, such as soda, candy, and fast food. Junk food makes you feel bad. If you eat too much junk food, you will gain weight and get sick. Junk food can cause illnesses like diabetes, high blood pressure, and heart disease. Junk food can also cause you to feel tired and sluggish. Junk food can also cause you to feel bad about yourself. Junk food can also cause you to feel bad about your body. Junk food can also cause you to feel bad about your life. Junk food can also cause you to feel bad about your future. Junk food can also cause you to feel bad about your family. Junk food can also cause you to feel bad about your friends. Junk food can also cause you to feel bad about your school. Junk food can also cause you to feel bad about your community. Junk food can also cause you to feel bad about your country. Junk food can also cause you to feel bad about the world. Junk food can also cause you to feel bad about everything.



All About Junk Food

Name: _____

1. Identify some foods that you think may be junk food.

2. What is one reason that you should stop eating junk food?



3. What can junk food cause in your body?

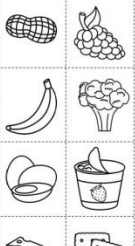


Cut & Glue pages

Name: _____







I can sort the food groups.

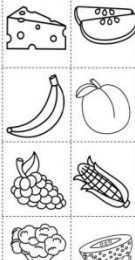
Grains	Vegetables
Fruits	Dairy



Name: _____

I can identify healthy fruits.


	
Banana	Apple
	
Blackberries	Grapes
	



Name: _____







Let's Sort

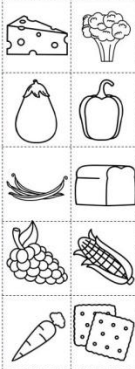
Fruits	Vegetables



Name: _____

I can identify healthy vegetables.

	
Carrot	Corn
	
Pepper	Eggplant
	
Green Beans	Broccoli



Name: _____



Let's Sort

Good For Me	Bad For Me



Name: _____

My Food Groups

	Fruits
	Vegetables
	Dairy
	Grains
	Protein

Classroom Challenge

Healthy Eating Challenge

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____
Week 2	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____
Week 3	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____
Week 4	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____	Fruits ____ Vegetables ____

Dear Parents,

We will begin the challenge on Monday. We would love if you would keep track of the challenge. It will be a four week challenge. Your children will track how many fruits and vegetables they eat each day.

If your child brings in their Healthy Eating Challenge form with the days filled in when the challenge is finished, they will be rewarded with _____.

Thank you so much for your cooperation!

Sincerely,

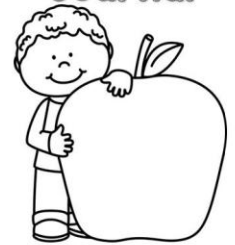


My Healthy Eating Challenge Journal



Name: _____

My Healthy Eating Challenge Journal



Name: _____

Day _____

Fruits ☐ Veggies ☐

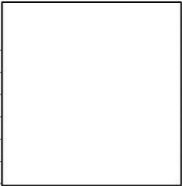
Fruits ☐ Veggies ☐

Writing pages

Name: _____



Pretend to write a magazine article with facts about healthy eating.

Healthy Eating



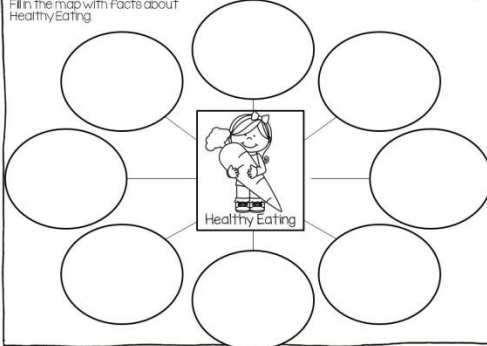
Name: _____

Write a fictional story about two kids participating in a healthy eating challenge.





Name: _____

Fill in the map with facts about Healthy Eating.





Name: _____

Do you think Fruits and vegetables are good for your body?
Why or why not?



Name: _____

Write about a time in your life when you have made healthy choices.



Tray Crafts

