



## HEALTHY EATING HERE, THERE, AND EVERYWHERE

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### Goals and Objectives

- Develop student ability to identify ways to establish and maintain healthy eating practices.

### Standards Addressed

- Identify ways to establish and maintain healthy eating practices consistent with current research-based guidelines for a nutritionally balanced diet.
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### Materials

- Practice Healthy Eating worksheet, writing instruments.
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### Introduction Narrative

Whether we're at home, at a friend's house, with family, or at school, we should try to keep up the healthy eating practices that we've learned about. If we make an effort to maintain these practices, we will be eating a nutritionally balanced diet and helping our bodies grow strong and healthy. Today we will talk about some different ways to practice healthy eating in our own lives.



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### Activity

- Ask students to identify examples and characteristics of healthy eating. Be sure to include:
  - Getting the proper nutrients (carbohydrates, proteins, fats, vitamins, and minerals) every day
  - Eating breakfast
  - Eating the recommended number of servings from each food group
  - Limiting sugars, fats, oils
  - Increasing fruit and vegetable intake
  - Eating healthy snacks.
- Ask students to identify how they can practice healthy eating at school. Be sure to include:
  - Bring a healthy lunch or purchase healthy items
  - Eat a healthy snack
  - Cut down on soda, candy, and other unhealthy items.
- Explain that students will now explore the ways they can practice healthy eating in different places.
- Students complete the Practice Healthy Eating worksheet.

### Home Activity

- Students take their worksheets home and complete the last box with their families. Students should explain the meaning of healthy eating to their families and discuss their other responses on the worksheet. When completing the worksheet, students and families should consider available foods and possible challenges.

### Progressions and Variations

- Students can share with the class how they could practice healthy eating in the various scenarios.

Name \_\_\_\_\_

Date \_\_\_\_\_

## Practice Healthy Eating

- Complete the worksheet with examples of how you can practice healthy eating in the different situations and places. You may draw or write your ideas. Complete the last box at home with your family.

**AT SCHOOL, I can...**

**AFTER SCHOOL, I can...**

**AT A FRIEND'S HOUSE, I can...**

**AT HOME, we can... (complete this section with your family)**