<table>
<thead>
<tr>
<th>Big Idea/ Topic</th>
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<tbody>
<tr>
<td>Why is it important to maintain healthy behaviors?</td>
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<tr>
<td>How can I choose healthy nutrition choices?</td>
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<tr>
<td>What are some healthy foods I can eat?</td>
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<table>
<thead>
<tr>
<th>Standard Alignment</th>
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<tbody>
<tr>
<td>HE2.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</td>
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<tr>
<td>a. Recognize that there are multiple dimensions of health.</td>
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<td>HE2.2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</td>
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<tr>
<td>a. Discuss how the family influences personal health practices and behaviors.</td>
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<td>HE2.5: Students will demonstrate the ability to use decision-making skills to enhance health.</td>
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<tr>
<td>a. Describe a health-related situation.</td>
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<td>HE2.6: Students will demonstrate the ability to practice goal-setting skills to enhance health.</td>
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<tr>
<td>a. Implement actions to achieve a short-term personal health goal.</td>
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<td>HE2.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</td>
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<tr>
<td>a. Demonstrate healthy practices and behaviors to maintain or improve personal health.</td>
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<tr>
<td>HE2.8: Students will demonstrate the ability to advocate for personal, family, and community health.</td>
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<tr>
<td>a. Make requests to promote health and wellness.</td>
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Connection Standards

ELAGSE2SL1: Participate in collaborative conversations with diverse partners about grade 2 topics and texts with peers and adults in small and larger groups.

ELAGSE2SL6: Produce complete sentences when appropriate to task and situation in order to provide requested detail or clarification. (See grade 2 Language standards 1 and 3 for specific expectations.)

Instructional Design

*This lesson has a flexible timeline and will cross over several days. This lesson is intended to reach students in a virtual setting, whether plugged or unplugged. See the bottom of the lesson for a list of unplugged supplies.

Part 1: Students will examine healthy eating choices for breakfast.

*Unplugged variation* – Print out and review “*Breakfast*” sheet below.

Part 2: Students will observe healthy eating habits through creating balanced meals using sectioned plates and distributing a healthy amount of fruits, vegetables, protein, and grains in every meal.
- [https://www.youtube.com/watch?v=Gmh_xMMJ2Pw](https://www.youtube.com/watch?v=Gmh_xMMJ2Pw) – *How to Create a Healthy Plate*
- [https://www.youtube.com/watch?v=L9ymkJK2QCU](https://www.youtube.com/watch?v=L9ymkJK2QCU) – *The 5 Fabulous Food Groups*

*Unplugged Variation* – Print out “*MyPlate Food Guide*” and complete the Healthy Plate worksheet.

Part 3: Students will examine healthy eating choices and nutrition by selecting which foods are healthy and which foods are not.
- [https://www.youtube.com/watch?v=fagLa_46HkY](https://www.youtube.com/watch?v=fagLa_46HkY) – *Health Tips, Food Nutrition Facts, and Benefits, Habits and Manners* / *Health Education by Mocomi Kids*

*Unplugged Variation* – Print the “*What is good to eat?*” lesson and complete the “*Healthy vs. Unhealthy Foods*” assignment.

Part 4: Students will learn how to snack in a healthy way and the difference between healthy and unhealthy snacks.
- [https://www.youtube.com/watch?v=boG0xahrWfl](https://www.youtube.com/watch?v=boG0xahrWfl) – *Healthy Snacking: Kid-friendly Tips to Make Snacking Easy*
Unplugged Variation – Read and complete “The Snack Shack” and “Writing About Snacks”

Evidence of Student Success

Sample Assessments
- Healthy Eating Unit Assessment – see below.
- Quiz – see below.

Student Learning Supports

Ideas for Differentiation:
Our goal is for all students to be actively engaged. Below are changes to the lesson to help achieve that goal for students who need additional support. Note: Be careful using these lessons for all students. If students can complete the activities on their own, it would be best to let them do this independently.

- Allow students to create their own snacks and meals that they can eat outside of school.
- Allow students to create a list of healthy foods and drinks that the school can offer for breakfast or lunch.
- Have students replace unhealthy/healthy foods with other unhealthy/healthy foods that Maria can choose from instead of the ones provided.

Opportunities for Extension:
- Have students research ways to find out if a food is healthy or unhealthy online.
- Have students complete a food diary including everything they ate throughout the day.
- Have the students bring a healthy snack and describe how they made it and share the recipe.

Engaging Families

Students can create a shopping list of healthy foods and find the listed foods in the grocery store with their family members during their next shopping trip.

Students can explain why maintaining a healthy diet is good for their family members.

**All activities and resources should be previewed before student use. Adjustments should be implemented to provide for individual abilities, needs, and safety.”
“Breakfast”

Breakfast

"Eat your breakfast. It's the most important meal of the day!" Why are parents always saying that?

Well, imagine you're in a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.

What Should I Eat?

Just like with other meals, try to eat a variety of foods, including:

- fruit
- vegetables
- grains (make at least half your grains whole grains)
- protein (meat, poultry, fish, eggs, dry beans, nuts, and seeds)
- dairy products (low-fat or fat-free milk, cheese, and yogurt)

Breakfast Ideas

First, the traditional ones:

- eggs
- French toast, waffles, or pancakes (try wheat or whole-grain varieties)
- cold cereal and milk
- hot cereal, such as oatmeal or cream of wheat (try some dried fruit or nuts on top)
- whole-grain toast, bagel, or English muffin with cheese
- yogurt with fruit or nuts
- fruit smoothie, such as a strawberry smoothie

And now some weird (but yummy) ones:

- banana dog (peanut butter, a banana, and raisins in a long whole-grain bun)
- breakfast taco (scrambled eggs and shredded cheese on a tortilla, topped with salsa)
- country cottage cheese (apple butter mixed with cottage cheese)
- fruit and cream cheese sandwich (use strawberries or other fresh fruit)
- sandwich — grilled cheese, peanut butter, and jelly, or another favorite

Skipping Breakfast

Some kids skip breakfast because they sleep too late or because they think it's a way to stay thin. But people who skip breakfast tend to eat more calories throughout the day.

If you find yourself skipping breakfast because you're too rushed, try these quick breakfasts. They're easy to grab on the way out the door or get ready the night before:
- single servings of whole-grain, low-sugar cereal
- yogurt
- fresh fruit
- whole-grain muffin
- trail mix

**What Else Should I Know?**

Just in case you need more evidence that eating breakfast is the way to go, kids who don't eat breakfast are less able to learn at school, get less iron (an important nutrient) in their diets, and are more likely to have a higher body mass index (BMI), which is a sign they may be overweight.

On the other hand, kids who eat breakfast do better in school, are more likely to participate in physical activities and eat healthier overall. So tomorrow morning, don't run out the door on an empty stomach. Fuel up with a healthy breakfast!

**Reviewed by:** Mary L. Gavin, MD

Date reviewed: August 2018

Nemours

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Healthy Plate

MyPlate Food Guide

MyPlate Is a Symbol for Healthy Eating

MyPlate is the model for healthy eating in the United States. Experts at the United States Department of Agriculture (USDA), the agency in charge of nutrition, created the colorful plate to help people remember to:

- Eat a variety of healthy foods.
- Eat less of some foods and more of others.

The plate features four sections — vegetables, fruits, grains, and protein — plus a side order of dairy in blue.

The big message is that fruits and vegetables take up half the plate, grains and protein take up about one-quarter of the plate.

The divided plate also helps keep portion sizes in check. Super-big portions can cause weight gain.

What's a Grain Again?

You know what fruits and vegetables are. But here's a reminder about what's included in the three other food groups: protein, grains, and dairy:

- **Protein**: Beef; poultry; fish; eggs; nuts and seeds; and beans and peas like black beans, split peas, lentils, and even tofu and veggie burgers. Protein builds and maintains the tissues in your body.
- **Grains**: Bread, cereal, rice, tortillas, and pasta. At least half of the grains you eat should be whole-grains, such as whole-wheat bread, oatmeal, and brown rice. Whole grains have more fiber and help you feel full.
- **Dairy**: Milk, yogurt, cheese, and fortified soy milk. With MyPlate, the dairy circle could be a cup of milk, but you also can get your dairy servings from yogurt or cheese. Choose low-fat or nonfat dairy most of the time.

The plate can be used for breakfast, lunch, and dinner. That may make you wonder: Do I really have to eat vegetables with breakfast? The answer is no but aim to eat a variety of food groups at each meal. And if your breakfast doesn't include a veggie, consider a vegetable at snack time or more vegetables at dinner.

The plate also shows how to balance your food groups. There's a reason the protein section is smaller: You don't need as much from that group. Eating more fruits and vegetables will help you eat fewer calories overall, which helps you keep a healthy weight. Eating fruits and veggies also gives you lots of vitamins and minerals.

To learn more about MyPlate, visit ChooseMyPlate.gov.

Reviewed by: Mary L. Gavin, MD

Date reviewed: January 2018

Nemours
Healthy Plate
Name: ____________
Date: ____________

Go through the template and write examples of food that fit the category to make a healthy plate!

- Grains
- Vegetables
- Fruits
- Protein
What is good to eat?

Maria is trying to decide which foods are healthy for her to eat!

The most important meal of the day! For breakfast, I want to eat a donut, but I think it has too much sugar. Bacon and eggs are better because they have little sugar and have lots of protein!

Boy am I hungry for lunch! This leftover pizza smells really good, but I know it has a lot of fat. The healthier option would be a salad, plus it tastes great!

Dinner tonight is going to be super yummy! Fast food fried chicken is one of my favorites, but it is high in fat and sugar. My mom makes a great salmon and pasta meal, which is high in protein and grains! Yummy!
Healthy vs. Unhealthy Foods

Put an X on unhealthy foods and circle healthy foods. For the ones you put an X on, write a healthy alternative.
The Snack Shack

Instructions: Most kids have 1 or 2 snacks a day. As chefs of The Snack Shack, you’re in charge of deciding what goes on the menu. Be creative and think of catchy names for healthy and nutritious snack foods for the restaurant. Include at least five choices for each section.

After-school snacks:

School snacks:

After-dinner snacks:

The Snack Shack delivers!
Writing about Snacks

1. List 5 healthy snacks we can have at school for our annual party,

__________________________________________
__________________________________________
__________________________________________
__________________________________________

2. Why do you think healthy eating is important?

__________________________________________
__________________________________________
__________________________________________
__________________________________________

3. Describe the difference between healthy and unhealthy snacks.

__________________________________________
__________________________________________
__________________________________________
__________________________________________
Healthy Eating Unit Assessment

Think about what you eat for lunch. In the spaces below, write at least one food that you would eat for lunch in the right space on the plate.
Quiz

Instructions: Answer each question (questions can be dictated to preliterate kids and answers may be given orally).

1. True or false: Water and low-fat milk are healthy drinks to have for lunch.

2. True or false: Everyone should eat more Go foods than Whoa! foods.

3. True or false: A hot dog, French fries, ice cream, and soda is a healthy lunch.

4. Name one fruit:

5. Name one vegetable:

6. Name one grains food:

7. Name one protein food:

8. Name one dairy food:

9. Name one Go food:

10. Name one Whoa! food: