

## LESSON TWO: Essentials of Nutrition

### The GOALS of this lesson are to:



- develop an awareness of what hunger is (SCIENCE)
- learn about healthy eating habits and the importance of a well-balanced meal to meeting the body's needs (SCIENCE)

This lesson has three components: an **ACTIVITY** during which the class builds their own Food Pyramid; a **DISCUSSION** of the Food Pyramid and healthy eating; and an **ACTIVITY** which gives students a hands-on opportunity to put their learning into practice.

### **ACTIVITY**

Divide the class into six groups, corresponding to the six different food groups of the Food Pyramid (See Appendix A). Assign children to one of the following groups: fats, oils and sweets; milk, yogurt and cheese group; meat, poultry, fish, dry beans, eggs, and nuts group; vegetable group; fruit group; bread, cereal, rice and pasta group. Each group should then color or cut out from a magazine food pictures for their food group corresponding to the number of recommended servings for that group (i.e. 2 -3 servings milk, yogurt and cheese; 3- 5 servings vegetables, etc.). Have each group then paste the pictures of their food group onto a larger cutout of a Food Pyramid that you have prepared in advance.

### **DISCUSSION**

Discuss the food value of food groups (see Appendix B). List healthy foods and snacks, and cut out pictures of them to add to the pyramid. Hang the finished Food Pyramid in the classroom, hall or cafeteria to remind the children in this class about healthy eating and help teach other children about how to eat well-balanced meals.

### **ACTIVITY**

Pick one or two students to tell the class about everything they had to eat so far that day. As they describe what they had, point to the appropriate food groups in the Food Pyramid. Have the class brainstorm together what other foods the students should eat for the rest of the day (for snacks and meals).

Using photos or drawings, make "Healthy Eating" and "Poor Nutrition" cards. Have pictures of healthy-looking children eating healthy food. Have pictures of children and elders who do not look well and explain that children cannot learn and become sick if they don't eat well. Explain that elders become ill when they don't eat well.