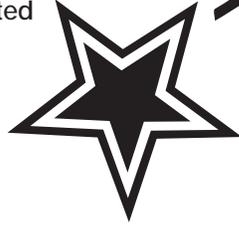


Adventures in learning, created
by Canadian dietitians



Students explore healthy eating habits and how eating well gives them energy, and helps them grow, learn and feel good.

Learning Expectations:

1. Recognize nutritious foods are needed for energy and to grow, learn and feel good.
2. Identify healthy eating habits; e.g. eating a variety of foods, a balanced breakfast, lunch and dinner, choosing healthy snacks, and drinking water.

Subject Links:

Language, Health, Art, Physical Education

Materials & Resources:

- ☆ A book on variety for healthy eating. Suggested book: *Eating the Alphabet: Fruits and Vegetables from A to Z* by Lois Ehlert
- ☆ Chart paper (1 piece)
- ☆ Construction paper
- ☆ Crayons or markers
- ☆ String
- ☆ Wire coat hangers (1 per student)
- ☆ Old grocery flyers and food magazines
- ☆ Glue
- ☆ Laminating paper (optional)

See the Teacher Notes at the back of this resource (on pages 21 & 22) for more information on this mission.

Class Discussion:

The following questions can help students recognize that just as a space ship needs fuel to take off, their bodies need food for energy and nutrients to go, grow and glow.

- ☆ What would happen if a space ship tried to take off without any fuel?
- ☆ Have you ever had to go without breakfast? How did your body feel later on in the morning when you started your day without fueling up with breakfast?
- ☆ What if you missed lunch, dinner or snacks? How would your body feel?
- ☆ How would you feel if you did not have anything to drink all day?

Teaching Tip:

Foods come in all kinds of interesting colours, shapes, and sizes with a variety of tastes and smells to explore. Help children develop healthy relationships with food by encouraging them to enjoy a variety of foods, rather than labelling individual foods as good or bad. Remember all foods can fit into healthy eating!

Activities:

1. Enjoying a variety of foods gives us energy and nutrients to grow and learn. Read a book such as *Eating the Alphabet* to encourage students to enjoy a variety of foods. As you read, ask students to name some foods that begin with each letter.

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resources for
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Grade 8 are available in
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MISSION PLANS FOR GRADES K-1
MISSION 3
BLAST OFF WITH HEALTHY EATING



Continued

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2. Students can create their own “intergalactic healthy eating mobiles”. On chart paper, make a list of five healthy eating habits to guide students. Your list should include: eating a balanced breakfast, lunch and dinner, choosing nutritious snacks and drinking plenty of fluids. Using construction paper, have each student cut out 5 various sized planets. Ask students to illustrate a different healthy eating habit on each planet. Their drawings should include a variety of foods for breakfast, lunch, dinner and snacks as well as fluids such as water, milk and juice. Use string to hang their healthy eating habit planets on a coat hanger.

Student Mission 3: Take off with Breakfast

Ask students to colour in pictures of some of their favourite foods in each food group to help fuel the *MISSION NUTRITION** spaceship on this activity sheet. When they are finished, each student can take their activity sheet home to display on their fridge.

Home Connection:

A collage of each student’s favourite nutritious breakfast foods in an intergalactic space ship blasting through space can serve as a fun reminder to “fuel up”.

In Class: Brainstorm a list of nutritious foods students like to eat for breakfast, as well as some less typical breakfast foods such as pizza and sandwiches. Celebrate cultural diversity by including foods from other countries that students enjoy. Remember to include drinks like milk, juice and water. See the *Teacher Notes* for more information to help students make nutritious choices.

At Home: With the help of a family member, ask students to look through grocery flyers and old magazines and cut out pictures of some of their favourite nutritious breakfast foods to bring back to school. Students can draw pictures of foods they were not able to find in papers and magazines.

In Class: Bring some grocery flyers and food magazines to class, for students who may not bring any pictures from home. Give each student a sheet of construction paper about the size of a placemat. Ask students to imagine and draw a spaceship blasting through space or provide a large enough spaceship tracer for this activity. Have them create their own healthy eating collage by gluing pictures of their favourite foods into or around the spaceship. Collages can be laminated so they can be used as a placemat at home, or left at school to decorate the walls of the cafeteria or halls.

**Active Learning:
If You Are a Healthy Eater - Clap Your Hands!**

Sing a song to the tune of “If You’re Happy and You Know It” to encourage students to enjoy healthy eating habits:

If you ate a healthy breakfast...clap your hands!
If you ate a healthy breakfast...clap your hands!
If you ate a healthy breakfast...and you know it was the greatest
If you ate a healthy breakfast...clap your hands!

Continue the song with three more verses by substituting the words “lunch”, “snack” and “dinner” for the word “breakfast” and other actions such as “stomp your feet” for “clap your hands”. You can also add a “If you drank lots of water...” verse.

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