
UNIT: Decisions That Affect Children

LESSON: Health and Wellness of Children--Nutrition

TIME: 1-2 days

COMPETENCIES:

1. Discuss proper nutrition and exercise for children. (Options 2, 3, 5, 6, 7, and 8)
 2. Identify harmful ingredients and effects they can have on children. (Option 4)
-

OVERVIEW/SUMMARY:

Children cannot fully participate in activities and school if they have not eaten nutritious food. Nutrition and exercise go hand in hand in maintaining good health.

MOTIVATOR:

Draw a blank food pyramid on the chalkboard. See if any of the students can complete the pyramid.

LESSON OPTIONS/SUPPLIES:

OPTION 1

BOOK: The Hungry Caterpillar, Round Robin, Jack Kent, Prentice Hall Inc., Englewood Cliff, NJ, Scholastic Books, ISBN # 0-590-759345. More Spaghetti! Say!, Sam's Sandwich

OPTION 2--Competency 1

PYRAMID: Use a pyramid handout (available through Dairy Council) and discuss the suggested servings of each group and the size of each serving for a child.

OPTION 3--Competency 1

NUTRITION FOR CHILDREN: Have the students use a child care text to read about the nutrient needs of young children. Discuss the implications of their reading as a class.

OPTION 4--Competency 2

HARMFUL INGREDIENTS: Use the teacher information to discuss harmful ingredients and their affects on young children.

OPTION 5--Competency 1

HEALTHY MEALS AND SNACKS: Use the teacher information to discuss how to teach children and influence them to eat and enjoy healthy, nutritious food. After this discussion, split the class into several different groups and have them complete the FUN SNACK activity. (NOTE TO TEACHER: Have several children's recipe books to show the class.)

OPTION 6--Competency 1

PRESCHOOL SNACK RECIPES: Have the students complete the **PRESCHOOL SNACK RECIPES** assignment (a sample assignment is included). On the day the assignment is due, the class should be divided into small groups. Have students share their recipe ideas with the group. After collecting the recipes, compile them and make copies of each student's recipe so the entire class has a copy of each recipe. This provides the students with a great future reference.

OPTION 7--Competency 1

SNACK ATTACK! Have students complete the **SNACK ATTACK** activity.

OPTION 8--Competency 1

MENU PLANNING: After discussing and learning some of the above options, have the students complete a day's menu for preschool-age children. See worksheet "**MENU PLANNING.**"