

BOOK TITLE

**I Like to
Eat Healthy**

TOPIC

**Nutrition and
Life Skills****Essential
Question**

What are healthy foods,
and what are foods that
we should not eat often?

Teaching Strategy

In this lesson, the teacher will focus on having the students relate the material to their own experiences, and it requires hands-on active participation from both the students and teacher.

REQUIRED MATERIALS

- Activity Worksheet:
Food Cut-Outs
- Large chart paper
- Drawing utensils
(crayons or markers)

LEARNING ACTIVITIES

Class discussion
about the reading.



Class discussion
about the students'
favourite foods.



Colouring.



T-chart activity.

LEARNING CONNECTION

Throughout the lesson, the students will begin to understand that some foods are healthy to eat often, and others are only okay to eat in moderation. It builds on their understanding of the book *I Like to Eat Healthy*, which introduces them to the vocabulary for different healthy food groups. The accompanying illustrations in the book show a mix of country and store-bought foods that the students will be familiar with.

READING VOCABULARY

Healthy food.

PRE-LESSON PREPARATION

1. Photocopy the **Food Cut-Outs** activity worksheet so there are enough foods for each student to colour a few different foods.
2. Cut out the illustrations of different foods.

LESSON PLAN: I LIKE TO EAT HEALTHY

1. Talk to the students about the different foods they saw in the book. Ask:



“Can you name some of the different foods you saw and read about in the book *I Like to Eat Healthy?*”

Answers should include: bananas, oranges, grapes, pears, peas, carrots, broccoli, pumpkin, potatoes, peppers, milk, cheese, yogurt, bannock, rice, cereal, oatmeal, beef, chicken, caribou, seal, narwhal, muskox, walrus, caribou, Arctic hare.

- ☛ Have the students name as many of the foods as possible.

2. Say to the students:



“All of these foods are great for us to eat often because they give us energy to play and they help to keep our bodies nice and strong!”

3. Next, lay the prepared **Food Cut-Outs** on a table or desk at the front of the room.

4. Invite the students to come up one at a time and choose one or two foods that they like (they can choose more or fewer, depending on how many students are in your class).

5. Tell the students to colour the pictures of their chosen foods and to write their names on them.

6. When the students are finished colouring, say:



“Now we are going to organize the foods you chose into two groups.”

7. On large chart paper, make a T-chart. On one side, write the heading: “Foods We Eat Often.” On the other side, write: “Foods We Eat Sometimes.” Say:



“On this side, we are going to put the foods that you can eat often, and on this side we are going to put the foods you should only eat sometimes.”

8. Invite the students to go up individually to place their foods onto the chart. If they are not sure which side to put their food on, help them by asking if they saw foods like this in the book, or if they think it is something that would make them healthy and strong.

LESSON PLAN: I LIKE TO EAT HEALTHY

9. When all the students have placed their foods on the chart, say:



“What are the foods you see on this side of the chart, foods you can eat often?”

Answers should include: bananas, oranges, grapes, pears, peas, carrots, broccoli, pumpkin, potatoes, sweet peppers, milk, cheese, yogurt, bannock, rice, cereal, oatmeal, beef, chicken, caribou, seal, narwhal, muskox, walrus, caribou, Arctic hare.

☞ Have the students list the different foods.



“What are the different foods you see on the other side of the chart, foods you should only eat sometimes?”

Answers should include: chips, popcorn, candy.

☞ Have the students list the different foods.

10. Pointing to the foods you should only eat sometimes, ask:



“Why do you think we should only eat these foods sometimes, and not often?”

Answers might include: If we eat too much of them, they can make us sick. They have a lot of sugar. They are not healthy.

11. Hold a class discussion. Say:



“All the foods you see on this side are healthy foods that we can eat often. They make our bodies feel good, and keep us strong and healthy. The foods on the other side, although they may taste good, are not good to have too often. If we eat too much of them, they can make us feel sick and tired.”

12. Finish the lesson by asking:



“If we want our bodies to be strong and healthy, what foods should we choose to eat?”

Answers: the foods that are found on the “Foods We Eat Often” side of the chart, the foods found in the book *I Like to Eat Healthy*.

“What are some of your favourite healthy snacks?”

Answers might include: grapes, pears, caribou, etc.

☞ Have the students share some of their favourites with the class.

13. Hang the chart up in the classroom for the students to use a reference.

SHARING AND DISPLAYING (CLASSROOM REINFORCEMENT)

☞ Completed T-chart in the classroom