

Food Education Standard #5: Food impacts health.

## Discovering Healthy Food

**Grade Levels & Subjects:** Early Education and K - 2 English Language Arts

### Learning + Food Objectives:

Students will learn about how eating healthy food makes us feel great and gives us energy to play and grow by sorting foods into groups.

### Common Core Standards:

Common Core English Language Arts

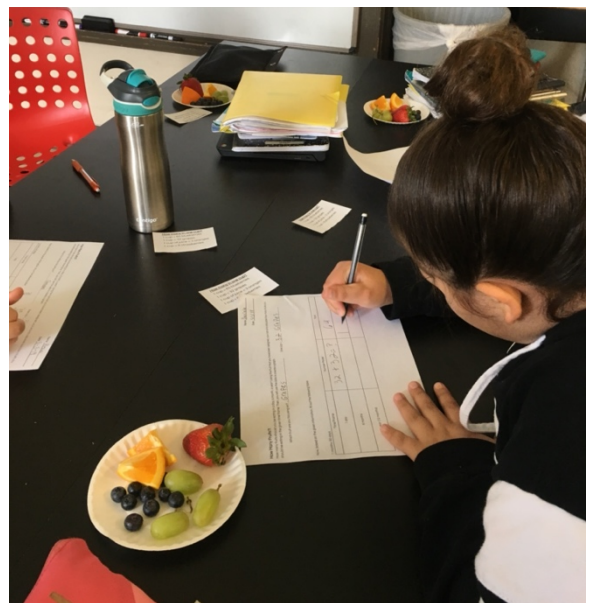
Using drawings and words to express ideas

#### CCSS.ELA-LITERACY.SL.1.2

Ask and answer questions about key details in a text read aloud or information presented orally or through other media.

#### CCSS.ELA-LITERACY.SL.1.5

Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.



### MATERIALS NEEDED

- Pictures of healthy foods from different food groups displayed (Either printed or digital)
- *Why Should I Eat Well* by Claire Llewelyn (Option to find book read aloud online)
- Student Worksheet (Attached below)

### CLASSROOM PROCEDURE

#### INTRODUCTION (10 minutes)

1. Prior to the lesson create a 3-column chart on the board, on big chart paper or digitally labeled Healthy Foods That We Like.

2. Tell students to go to the bell ringer section of the worksheet where they will see the table Healthy Food That We Like Chart.
3. Explain that today they're going to learn about 4 different healthy food groups:
  - a. Fruits and vegetables
  - b. Breads, Crackers and Pasta
  - c. Dairy
  - d. Meats, Chicken & Fish

### INSTRUCTION (30 - 50 minutes)

1. Ask these questions before engaging with the reading: Why is eating well important? What kinds of foods are healthy?
2. Prepare to read the book *Why Should I Eat Well* by Claire Llewelyn. This book may be available as a read-aloud online.  
If this book isn't available, use one of the books in the additional resources section.
3. Engage students in a short discussion of the reading using 2 or more of the questions below:  
*Teacher may ask students to record their own answers on their worksheet first, if appropriate.*
  - a. What happens when you don't eat well?
  - b. What happens if you don't eat fruits and vegetables?
  - c. What were some examples of healthy foods or meals in the story?
4. Record answers to question c. to give students a word wall for healthy food options.
5. Ask students to draw their own healthy meal in the Healthy Meal Drawing Space.
6. Encourage them to state whether their meal is for breakfast, lunch, or dinner.

### CLOSING (10 minutes)

1. Direct students to the exit ticket section of the student worksheet.
2. Read and instruct students to finish these sentences. Consider allowing students to use images/pictures vs. writing out their responses.
  - a. CHOOSE 1: My favorite meal is: breakfast, lunch, dinner
  - b. One healthy food I will add to my favorite meal is \_\_\_\_\_.

### ADDITIONAL RESOURCES

- Other book options:
  - [The Magic of Me: My Magical Foods by Becky Cummings,](#)
  - [You Are What You Eat by Sharon Gordon or](#)
  - [Choose Good Food by Gina Bellasario](#)

The student worksheet below can be printed or copied onto any online learning platform.



## Discovering Healthy Food

**Bell Ringer: Healthy Foods We Love**

**Directions:** Draw or write healthy foods you love in the drawing space.

Healthy Foods We Love



## *Optional*

### Reading about Healthy Foods

**Directions:** Your teacher will read aloud from the book and guide you through the questions below. Draw or write your answers. Ask for help if you don't know how to spell something you want to write.

Reading About Healthy Foods	
What happens when you don't eat well?	
What happens if you don't eat fruits and vegetables?	
What were some examples of healthy foods or meals in the story?	



### Healthy Meal Drawing Space

**Directions:** Based on what the class read and what you already know, draw a sample of a healthy meal. Be ready to share with the class.

Healthy Meal Drawing Space	

### Exit Ticket: Healthy Food & My Favorite Meal

**Directions:** Draw or write your answers to the questions below in the space provided.

<b>Circle</b> your favorite meal.	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
One healthy food I will add to my favorite meal is _____. <i>Draw or write it.</i>			