

Educator's Guide

Topic 3: FOOD is Fuel



Session 1 FOOD is Your Body's Fuel

FOOD is Fuel

- Students go on a space mission to help them understand that choosing the best fuel for their bodies is important.
- Just like rockets need the right fuel, so do our bodies.

Your Best Fuel

- Explain the following key points:
 - Healthy foods are the best fuel to power your body and brain.
 - MyPlate serves as a guide to understand healthy foods and portion sizes.
 - Don't forget about water! It's a healthy fuel too.

Today's Choices

- Challenge students to think of their bodies as rockets. What fuel will they choose for their next meal?
- Download the [Session 1: How to Build a Meal](#) poster for students to post at home.

Session 2 Think What You Eat

Fruit or Vegetable?

- Is a tomato a fruit or a vegetable? Explain that tomatoes are fruit because they grow from flowers and contain seeds. Most think they are a vegetable, because they are used in salads.
- What about green beans? Yes, they are also a fruit. So are pumpkins, cucumbers, and any other plant with flowers that become fruit!

Fill'er Up!

- Watch the interactive slideshow, "FOOD is Fuel."
- Discuss the slideshow's key messages:
 - FOOD gives energy and fuels your body.
 - Eat three meals during the day; 1-2 small healthy snack choices are okay.
 - Choose fuels to help you be your best: protein, whole grains, fruit and veggies, milk and water.

Healthy FOOD Hunt

- Download the [Session 2: Healthy FOOD Hunt activity](#) for students to look for healthy foods at home.
- If they find healthy foods that are not pictured, write or draw them on the back of the page.

Session 3 Think Your Drink

Does All Milk Come From Cows?

- Milk can be made from soy, rice, or nuts, such as almonds.
- Poll your students to see what kinds of milk they drink?

Your Drink Choices

- Select a slideshow about healthy beverage choices:
 - Grade K-2: "Marty Chooses a Healthy Drink"
 - Grades 3-5: "Life of a...Soda"
- Explain that milk and water are healthy beverage choices to power your body and brain.
- Water is the best choice to quench a thirst!

Best Drink Choices

- Challenge students to think of their body as a rocket.
- What will they choose to drink with their next meal? What about with their next snack?

Session 4 Make Healthy Fuel the Easy Choice

Snack Choices

- Students take a quiz about snack choices. They show their answers by standing on their right or left foot.

Make the Easy Choice!

- Watch Chef Lizzy make healthy snacks and drinks the easy choice. "Feeding Your Friends" (2:12 min).

Snack Fuel

- Encourage healthy snack choices by asking students to draw a snack choice. You may use the [Session 4: My Healthy Snack](#) handout.
- Option: Inspire healthy snack choices with the "FOOD Face Game" or print the "Vegetable Faces" activity to make a real veggie face!

Session 5 Think Your Body's Fuel

Blast Off!

- Choose the best fuel for each rocket.

FOOD is Fuel

- Review key points:
 - FOOD gives you energy to grow and think.
 - Foods with the fewest ingredients are the best kinds of fuel for your body (e.g., choose an apple vs. chips, or water instead vs. soda pop).
 - Eat lots of fruits and vegetables and make water or milk your first beverage choice.

Think Your FOOD

- Students create a poster to show others their healthy FOOD choices.
- Option: Download [Session 5: My Choices](#) to use as the poster template.

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Prior Knowledge: FOOD is fuel for your body. “FOOD” is what you eat and drink to give your body energy to move and think. Rather than simply classifying foods as good or bad, encourage children to stop and think, then choose the best fuel (foods that supply nutrition and energy rather than empty calories). For more information on healthy eating, go to MyPlate.gov.

- Objectives:** Students will be able to:
- Define *FOOD* as “fuel for a healthy body and brain.”
 - Identify healthy food and drink choices.

Checks for Understanding and Readiness to Make Healthy Choices

Session 1: What healthy foods do you fuel up with? (*Listen for examples of healthy, unprocessed foods.*)

Session 2: What fuel will you choose for your meals? What about snacks? (*Listen for, and reinforce, student responses that give examples of fruits, vegetables, proteins, grains, dairy, and, of course, water.*)

Session 3: What drink choice is best when you are thirsty? (*Water!*)

Session 4: How do you make healthy snacks the easy choice? (*Plan ahead for something quick and fun like frozen grapes or cheese cut with a cookie cutter.*)

Session 5: How do you think your FOOD? (*Choose the best fuel/FOOD for your body and brain.*)



fit Tip: Think Your FOOD: Water is great fuel for your body and brain. Drink up!

Family Message: FOOD is fuel for your body and brain! Just a rocket needs the right fuel to run well, your child is learning that a variety of foods and beverages will provide him or her with the best fuel. Ask your child what it means to “Think Your FOOD.” They should be able to tell you that it means to choose the best food, like lots of fruit and veggies at meal time and snack time, and to drink water or milk.

Learn more at fit.webmd.com/kids/food

National Health Education Standards

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Common Core Alignment

ELA/Literacy	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6
Speaking and Listening	SL.K.1 SL.K.2 SL.K.3 SL.K.4 SL.K.5 SL.K.6	SL.1.1 SL.1.2 SL.1.3 SL.1.4 SL.1.5 SL.1.6	SL.2.1 SL.2.2 SL.2.3 SL.2.4 SL.2.5 SL.2.6	SL.3.1 SL.3.2 SL.3.3 SL.3.4 SL.3.5 SL.3.6	SL.4.1 SL.4.2 SL.4.3 SL.4.4 SL.4.5 SL.4.6	SL.5.1 SL.5.2 SL.5.3 SL.5.4 SL.5.5 SL.5.6	SL.6.1 SL.6.2 SL.6.3 SL.6.4 SL.6.5 SL.6.6
Informational Text	RI.K.1 RI.K.2 RI.K.3 RI.K.4 RI.K.7 RI.K.8 RI.K.9	RI.1.1 RI.1.2 RI.1.3 RI.1.4 RI.1.6 RI.1.7 RI.1.8 RI.1.9	RI.2.1 RI.2.3 RI.2.4 RI.2.6 RI.2.7 RI.2.8 RI.2.9	RI.3.1 RI.3.2 RI.3. RI.3.4 RI.3.6 RI.3.7 RI.3.8 RI.3.9	RI.4.1 RI.4.2 RI.4.3 RI.4.4 RI.4.5 RI.4.6 RI.4.7 RI.4.8 RI.4.9	RI.5.1 RI.5.2 RI.5.3 RI.5.4 RI.5.5 RI.5.6 RI.5.7 RI.5.8 RI.5.9	
Literature	RL.K.1 RL.K.2 RL.K.3 RL.K.4 RL.K.7 RL.K.9	RL.1.1 RL.1.2 RL.1.3 RL.1.4 RL.1.7 RL.1.9	RL.2.1 RL.2.3 RL.2.7	RL.3.1 RL.3.3 RL.3.6 RL.3.7	RL.4.3 RL.4.9	RL.5.1	
Mathematics	N/A	1MD.4	2MD.10	3MD.3	N/A	N/A	N/A

Resources from fit.webmd.com

Online Games:

- “My Plate Blast Off”
- “FOOD Face”
- “Vegetable Faces”
- “fit FOOD Horoscope”

Articles for Kids:

- “FOOD as Fuel”
- “Build a Meal and Check Your Plate”
- “Orange Juice Battle”
- “Eat a FOOD Rainbow”

Additional Resources:

“MyPlate Kid’s Place” (choosemyplate.gov/kids/) offers a variety of resources and activities to help children understand how to make healthy meal choices.

Student Materials

Session 1



Session 2



Session 4



Session 5

