

Grades 3-6 Educator's Guide

Kids' Topic 8: *fit* FOOD Choices



Captivate



Educate



Activate

Session 1 **Fuel Your Body and Brain**

Pop Quiz!

- This week's topic begins with a fun, interactive quiz about breakfast choices.

FOOD is Fuel

- Review key concepts:
 - FOOD is fuel to power your body and brain.
 - Kids who make healthy FOOD choices have the best fuel in their bodies.
 - Tools, such as MyPlate, are available to help students make healthy FOOD choices.

Your FOOD Choices

- Students identify which foods they will choose for breakfast and draw or write them on the [MyPlate Breakfast](#) template.
- Students take their breakfast plate with them so they can match their breakfast to their plate the next morning.

Session 2 **Choose Healthy FOOD**

Game Time!

- Play a version of *Red Light, Green Light*. Choose a game leader to toggle slides back and forth.
 - When leader selects "green light" students march in place, lifting knees and arms high.
 - "Yellow light" means move in slow motion.
 - "Red light" means stop and stand still.

Think Your FOOD

- Stoplights make a fun MOVE game! They can also be used to help you think your FOOD:
 - Green foods are "Go." Go for it!
 - Yellow foods are "Slow." Eat just a little.
 - Red foods are "Stop." Think about your choice.

Your FOOD Choices

- Print copies of the [Go-Slow-Stop Food Chart](#) for students to take home and post on their refrigerators.
- Encourage students to talk with an adult at home about healthy food choices.

Session 3 **Think Your Snack FOOD**

Snack Choices

- Students classify snack choices as Green/Go, Yellow/Slow, or Red/Stop.

Think "Green" when Choosing a Snack

- When making a snack choice, remember the best snacks have a short ingredient list, like fruit, vegetables, water, and milk!

Plan Your Snacks

- Students identify Go-Slow-Stop snack choices, then use the [Snack Choices](#) handout to plan after school snacks.

Session 4 **Think Your Meal Time FOOD**

Meal Choices

- Students classify mealtime choices as Green/Go, Yellow/Slow, or Red/Stop.

Think Your FOOD

- Present tips for healthy FOOD choices:
 - Choose whole grain foods.
 - Choose baked or grilled over fried foods.
 - Skip adding sugar or butter to your food.
 - The fewer ingredients, the healthier the food.

Meal Puzzle

- Students plan a healthy meal using the [Make Your Plate Puzzle](#) handout.

Session 5 **Think Your Fuel**

Game Time!

- Replay the stoplight game from Session 2. This time, rather than a color, a FOOD choice is given. Students respond with Green, Yellow, or Red actions.

FOOD is Power!

- Summarize this topic's key concepts:
 - Go: Green foods are the best fuel for your body. Go ahead, eat a bunch!
 - Slow down: Only eat yellow foods once in a while. Green foods are better fuel.
 - Stop: Red foods are not good fuel. You can make a better choice.

FOOD Challenge

- Students apply what they have learned about FOOD choices and create a green plate day.
- Use the [Go-Slow-Stop Food Chart](#) to complete the [Choose Your Plate](#) diagram.

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Prior Knowledge: Students have been introduced to the idea that FOOD is fuel for their bodies. “FOOD” refers to both what you eat and what you drink. This week’s topic uses a stoplight as a tool to help students think their FOOD and make healthy food choices:

- Go for it! Green foods are best! They help your brain work better and give you energy to play. Examples: fruits, vegetables, whole grains, low-fat milk, and lean meat. Green foods are great fuel for your body and mind.
- Slow down! Yellow foods won't keep you fueled-up the way green foods do. Examples: low-fat ice cream, pasta, fruit juice, fruits in syrup, cheese sauce, peanut butter, and white rice. Eat just a little, and not at every meal.
- STOP! Red foods are not good fuel for your body. Examples: chips, candy, fried foods, cakes, donuts, and soda. Eat small portions only once in a while. Red means STOP and think about your choice.

Objectives: Students will be able to:

- Recall that FOOD is fuel for a healthy body and brain.
- Identify FOOD and drink choices that are best for your body and brain.
- Use the stoplight colors of green, yellow, and red as tools to categorize FOOD choices.

Checks for Understanding and Readiness to Make Healthy Choices

Session 1: ___ is fuel to power your body and brain. (FOOD)

Session 2: How will you use a stoplight to think your FOOD?

Session 3: Which “green” snack choices are your favorites? (Examples: fruits, vegetables, low-fat dairy, whole grain, lean meat, and water.)

Session 4: What will you do to think your FOOD at mealtime? (Go for green foods!)

Session 5: What does it mean to “Think Your FOOD”? (Choose the best fuel/FOOD for your body and brain.)

Health Education Standards

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family, and community health.

Common Core Alignment

ELA/Literacy	Grade 3	Grade 4	Grade 5	Grade 6
Speaking and Listening	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.3.1 RI.3.2 RI.3.3 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.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.3.1 RL.3.3 RL.3.6 RL.3.7	RL.4.9	RL.5.1	

fit Tip: Fuel your body with foods that have the fewest ingredients, like fruits and vegetables, so you have energy to MOVE and think throughout your day.

Family Message: Healthy foods are the best kinds of fuel to power your body and brain. Your child is learning that stoplight colors can be used to help them when they make a food or drink choice:

- Go for green foods. All are a great way to fuel your body. Eat often!
- Slow down! Be cautious about eating yellow foods. Eat just a little.
- Stop! Red foods are not good body fuel. Make a better choice.

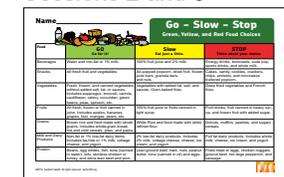
For more information, go to webmd.com/parenting/raising-fit-kids/food/

Student Materials

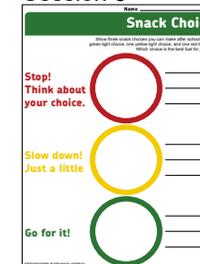
Session 1



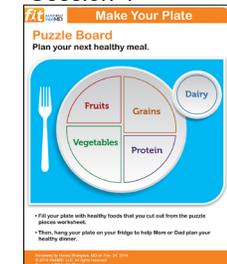
Sessions 2 and 5



Session 3



Session 4



Session 5

