

You Are What You Eat

You need energy to play! This activity is aimed at helping youth make healthy food choices and supporting each other by sharing what they learn with others.

Age Appropriateness:

- 5 and up

Key Topics:

- Nutrition
- Health

Skills:

- Researching
- Cooking
- Critical Thinking

Materials:

- Food pyramid chart
- healthy snack ingredients
- paper labels and/or display board

Action Time:

- 2-3 hours

Resources:

www.nutritionforkids.com

www.nutritionexploration.org/kids/main.asp

<http://www.choosemyplate.gov/kids/>

OBJECTIVES

- To teach children the fundamentals of proper nutrition.
- To teach children how to follow a recipe and to create healthy snacks on their own.



Discussion

How do different foods affect the body? Introduce children to the USDA's "Choose My Plate." Have children research the health benefits of different foods from various food groups. Have them identify healthier and unhealthier options in each. What types of nutrients and minerals are found in these foods? For more advanced ages, discuss how food is converted by the body into the energy they will use on the playground. What activities on the playground will burn more calories than others?

Action

- Create a list of ingredients that would make the perfect energizing play snack. (dried fruit, yogurt raisins, granola, nuts, etc.)
- Have students come up with a recipe and then follow it to create the snack.
- Create labels or a display for how the snack will help the body and provide energy.

Reflection

The children should keep a journal of how they feel after eating healthy snacks compared to unhealthy ones. Have them examine the food they have at home. What would be some snacks they could make when they come home before going out to play that would be healthier than processed foods?

Have children research what organic food and sustainably-grown foods mean. What advantages do these foods have for our bodies and our planet?