

# Healthy Alternatives for Little Ones In-Class Activities

## Lesson 11: Healthy Eating

This week we are learning **about the importance of nutrition in keeping the body healthy**. The objective of Lesson 11 is for each child to be able to identify healthy foods and how they affect the body, practice choosing healthy foods, and choose drinking water as a healthy alternative to pop, juice, or kool-aid. Here are some activities you can do with your class to reinforce this week's HALO lesson!

### Healthy Foods Guessing Game

This circle time activity can be used to reinforce healthy food and drink alternatives.

**Materials:** None!

**Directions:** Play this guessing game during circle time: "I am thinking of a food which begins with the letter...." Give extra clues such as color, type of food (vegetable, fruit, protein, go foods, slow foods), or how the food affects the body until children correctly guess the food. Let children take turns to choose and describe a healthy food.

### Healthy Meals Menu

This activity allows children to think creatively about healthy foods and beverages.

**Materials:** Construction paper (folded into thirds like a brochure) and crayons/markers.

**Directions:** Give each child one folded sheet of paper to use as a menu. Have children fill the inside of the menu by drawing pictures of a healthy breakfast, lunch, and dinner. The outside flaps can be used for healthy drinks and a dessert. Emphasize the importance of eating mostly healthy foods and that unhealthy food, like dessert is still okay in moderation.

### Food Collage

This activity teaches children to identify healthy and unhealthy foods (go foods and slow foods).

**Materials:** Old magazines, scissors, glue, and one sheet of paper per child.

**Directions:** Have children go through magazines and identify and cut out pictures of healthy foods. Then, have children glue pictures to their sheet of paper, making a collage. As an extension, have children do the same thing for unhealthy foods.

