



ACTIVITY TWO:

WHAT'S IN YOUR LUNCHBOX?

SUBJECTS:

Nutrition

GRADE LEVEL: K - 2

GOAL:

To introduce healthy choices and a balanced meal.

OBJECTIVES:

- Students will be able to classify foods by groups in MyPlate.gov
- Students will be able to summarize the importance of a healthy balanced meal
- Students will be able to recognize nutritious foods
- Students will be able to pack their lunchboxes with healthy nutritious foods

NATIONAL LEARNING STANDARDS:

- NL-ENG.K-12.1 Reading for Perspective
- NL-ENG.K-12.2 Reading for Understanding
- NA-VA.K-4.1 Understanding and Applying Media, Techniques, and Processes
- NPH-H.K-4.1 Health Promotion and Disease Prevention
- NPH-H.K-4.4 Health Influences
- NPH-H.K-4.5 Using Communication Skills to Promote Health
- NPH-H.K-4.6 Setting Goals for Good Health

MATERIALS:

- Lunchbox handout, handout food clipart, grocery ads, scissors, glue

WHAT'S IN YOUR LUNCHBOX ?

Activity Procedure:

1. Invite your students to look through grocery ads and flyers for pictures of healthy foods to cut out or use the pictures on page 5 of this educator's guide. Ask them to find examples of foods from each of the food groups that might taste good together for a meal. Review the healthy food choices on the plate, page 26 and 27, in the book *How Did That Get In My Lunchbox?* Have them paste the foods on the lunchbox handout. Talk about their choices. Ask them to share with the group what their favorite food is and what food group it belongs in. Emphasize the importance of a balance meal.
2. Display your students' healthy lunchboxes in your school cafeteria.

See page 4 for activity "Lunchbox Handout."

Conclusion:

Eating a balanced and healthy lunch is important. By understanding what foods are a part of what food group it is easier to make a balanced lunch.



Sample of Lunchbox after activity on page 4 is complete.



Lunchbox Handout

Directions:

Have students paste the foods they cut out into the lunch box to create a healthy and balanced lunch!



