



Title: Healthy Food Grab Bag

Subject: Health and Nutrition

Grade: 1

Objectives: Students will learn to choose healthy snacks and make responsible health decisions. They will use their senses to identify various healthy foods and will set personal health goals.

Content Standards:

Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

Students will demonstrate the ability to use goal-setting and decision-making skills that enhance health.

Materials: A paper bag, an apple, an orange, a banana, grapes, slice of bread, grains of rice, pasta, a tomato, corn flakes

Procedures:

1. The children can sit in a circle. The teacher will prompt discussion about healthy foods that are *nutritious*. Students will learn that foods that are nutritious provide the body

with materials needed for proper healthy function. Foods containing different types of nutrients such as proteins, carbohydrates, fats, minerals, vitamins and water are important for healthy bodily function.

2. Conversely, some foods are not nutritious and have little or no nutritional value. This point should be reiterated to the children as examples of non-nutritious foods are given. Examples are chips, candy, and ice cream.

3. Next is the fun part. The teacher or leader will place different foods into the grab bag, one at a time. Students will reach in the grab bag and try to describe what type of food they are touching and then make a guess at what type of food it is. They should use descriptive language such as smooth, round, soft, etc.

4. The teacher may want to cut up slices of the fruits and share them with the class.

Independent Practice: You may want to use the worksheet titled “My Fruit Diary” with this lesson.

Connections to Other Subjects: English & Critical Thinking, Health & Sciences