

# Lesson One

## Objective

Introduction to **VITAL**. Have the children plant vegetable seeds in a small container so they can watch them grow during the program.

## Nutrition Lesson

Gather children in a circle and read *The Berenstain Bears And Too Much Junk Food* by Stan and Jan Berenstain. Encourage discussion and questions. See questions at the end of this lesson to help you get started.

## Physical Activity Lesson

Have the children stand in a circle and play “London Bridge is Falling Down.” Make sure the children understand that active movements are important.

## Song

“Good, Good, Good, Good Health” (Sing to “Row, Row, Row your Boat.”)

Good, good, good, good health!  
Bursting energy!  
**Don't forget your fruits and greens,**  
And you'll live happily!

Good, good, good, good health!  
Bursting energy!  
**Physical activity every day,**  
And you'll live happily!

## Questions For Discussion

1. What type of food did Mother Bear remove from the refrigerator and why?
2. Can you think of other snacks the bears could eat that would be healthy?
3. What snacks should they avoid to stay healthy?
4. Do you think it took a long time before the bears felt comfortable eating healthy food? Would it take a long time for you to feel comfortable eating healthier foods?
5. How do you know when it is time to eat? Should you eat when you aren't hungry? Why would you eat when you aren't hungry?
6. Could you change your eating habits faster than Papa Bear did?

# Lesson One Cont.

## Answers to Lesson One Discussion Questions

1. Junk food, sweetsie cola, sugar balls and choco-chums are not healthy.
2. Fruit, nuts, cheese, whole grains, crackers and pretzels with little salt, sunflower seeds, vegetables and other nutritious foods would be healthy.
3. High-sugar, high-salt, high-fat foods – candy bars, cookies, pastries – any food with “empty calories.”
4. Not a long, long time, but a while before they were used to it.
5. Eat when you are hungry, not when you are bored or really like the food and you can't say no.
6. Yes!