

Lesson Seven

Objective

Emphasize the importance of eating a variety of colored foods each day.

Nutrition Lesson

Make a large color wheel. Have the children make vegetables and fruits out of clay and place their newly created foods on the proper color. Introduce complementary colors and the importance of eating a colorful variety each day.

Physical Activity Lesson

Explain the importance of keeping active. Before the physical activity segment, have the children make a list of the physical activities they are planning to do during the rest of the day. Then divide the class into two groups for “animal relay races.” Have them leap like frogs, hop like bunnies, fly like birds, crawl like crabs, slither like snakes, gallop like ponies or make their own animal movements.

Song

Sing the first seven verses of “Good, Good, Good, Good Health” and then add the new eighth verse.

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!

Good, good, good, good health!
Bursting energy!
Every day eat healthy snacks,
And you'll live happily!

Good, good, good, good health!
Bursting energy!
Choose some fruit instead of fries,
And you'll live happily!

Good, good, good, good health!
Bursting energy!
Remember to eat your vegetables,
And you'll live happily!

Good, good, good, good health!
Bursting energy!
Healthy meals will make you strong,
And you'll live happily!

Good, good, good, good health!
Bursting energy!
Healthy food will help you grow,
And you'll live happily!

Good, good, good, good health!
Bursting energy!
Skip and run and you'll have fun,
And you'll live happily!

Lesson Seven Cont.

Questions For Discussion

1. Can you name some orange foods? How about blue foods? Brown foods?
2. Is it OK to eat orange pizza, blueberry pie and brownies for dinner? Why or why not?
3. Why is too much ketchup not a good idea?
4. Think of a food for each color. Is the food you are thinking of healthy?
5. Can you think of lots of different-colored foods that can make up a healthy meal?
6. Can you think of some fruits and vegetables named after colors?

Answers to Lesson Seven Discussion Questions

1. Answers will vary.
2. No, it is not OK because you need foods from each food group.
3. It's a bad idea to eat too much of any food. And ketchup has lots of salt, which is bad for you when you have too much.
4. Answers will vary.
5. Answers will vary, but examples include low-sodium tomato juice, chicken with carrots, lima beans and fruit.
6. Answers will vary, but examples include orange, blackberry, salmon, apricot, green beans and pumpkin.