More or Less Quick Activity

Draw a simple scale on the chalkboard and label one side More and the other side Less. Discuss the meanings of the words more and less as they relate to a healthful diet. Point out that while it is important to eat a variety of foods, it is also important to eat more of some foods and less of others.

Use the scale to find out what students know about more and less healthful foods. Invite them to suggest foods to list on each side of the scale. What foods should be eaten more often? What foods should be eaten less often? For example, students might suggest that candy bars, ice cream, French fries and fried eggs should be listed on the Less side of the scale, and apples, lettuce, wheat bread and low-fat yogurt should be listed on the More side. As students make their suggestions, ask them to explain why they think the food belongs on that side of the scale.

The scale can be used as a bulletin-board starter. Draw and post the scale on the bulletin board. As students learn more about heart-healthy foods, they can add more foods to each side of the scale.