



Be a Healthy Buddy™

The following activities are suggestions to help you prepare students for the upcoming field trip and to provide the appropriate background knowledge.

Before the Trip: Activate Knowledge

Discuss what students might experience on the field trip to the H-E-B grocery store. Mention that students will learn about making healthy choices.

Content highlights include:

- Building healthy eating habits
- Learning about portion size
- Making balanced meal choices
- Understanding the benefits of staying active

Ask: What do you think it means to be a “healthy buddy?”

Talk about ways people can be healthy. Explain that food is like fuel for our bodies. We can choose healthy foods to put in our bodies to make it “run” better.

Finally, introduce the following vocabulary to students. These are words that they may encounter on the field trip.

Vocabulary

Calcium - Helps to make bones and teeth strong. We get calcium from the foods we eat. Calcium is in many foods, but dairy products are the best source.

Exercise - Improves health and strength/fitness and is useful for preventing certain diseases. Activities that require you to be active are considered exercise. Some examples include swimming, running, biking, and playing soccer or tennis.

Exotic - Describes foods that come from a distant country.

Fiber - Found in food and helps you digest foods.

Fluoride - A mineral found in toothpaste. It helps prevent cavities.

Lean - Having little or no fat.

Local - Describes foods that are grown nearby. Local foods don't have to travel long distances to get to you, unlike foods from other countries. Buying local foods supports the farmers and people in your community.



Mineral - A substance in certain foods that is important for good health. Iron and zinc are examples.

Moderation - Not too much and not too little. It is important to eat sweets in moderation.

Nutrient - A substance that plants and animals need to be healthy and grow. Important nutrients to humans include vitamin C, calcium, and omega-3. Foods are rich in different nutrients, so it is important to eat a variety of foods to get all of the vitamins and minerals we need to stay healthy.

Nutrition Facts Label - A list of information on food packaging that provides serving size, the number of calories, and all of the nutrient amounts (such as fiber, sodium, vitamins, fat) found in the food.

Phytochemical - A chemical found in plants, including fruits and vegetables. They may help prevent certain diseases and improve heart, bone, and eye health.

Protein - One of the five food groups. This group includes meat, chicken, fish, beans and peas, eggs, soy, nuts, and seeds.

Sell-by-date - The date, marked on the package, that a food should be sold by.

Vitamin - A substance found in food that helps your body be healthy.