



Kid Healthy Ideas™

We are pleased you'll be participating in the Kid Healthy Ideas™ program! The following activities are suggestions to provide background knowledge and prepare students for the upcoming field trip.

Before the Trip: Activate Knowledge

Tell students that the class will be visiting a local grocery store to learn about nutrition, how to choose foods that provide energy and help their bodies grow and other healthy activities. Discuss what students might experience on the field trip. Highlights may include the following, and more:

- Ideas for keeping ourselves and our Earth healthy.
- Guess the mystery fruit and/or vegetable using some of their senses.
- Sample some healthy foods.
- Learn to make a balanced meal.

Ask students what it means to be “healthy.” Talk about the importance of eating the proper foods, exercising, and getting the right amount of rest. Then introduce the following terms before going on the field trip. Discuss each word and encourage students to provide an example for each:

Calcium – an important mineral found in milk and other dairy items that helps build strong bones and teeth

Dehydrated – not having enough water to be healthy

Enriched – the nutrients that originally belonged to the food were added back

Fertilizer – a chemical added to soil to increase its ability to grow plants

Fortified – the nutrients that were not presently found in the food



Natural ingredient – something that does not contain artificial colors, flavorings, additives, or preservatives

Nutrients – substances that plants and animals need to be healthy and grow; vitamins and minerals are examples of nutrients

Organic – grown without the use of human-made fertilizers and pesticides

Pesticide – a chemical used on plants to kill unwanted insects or other animals

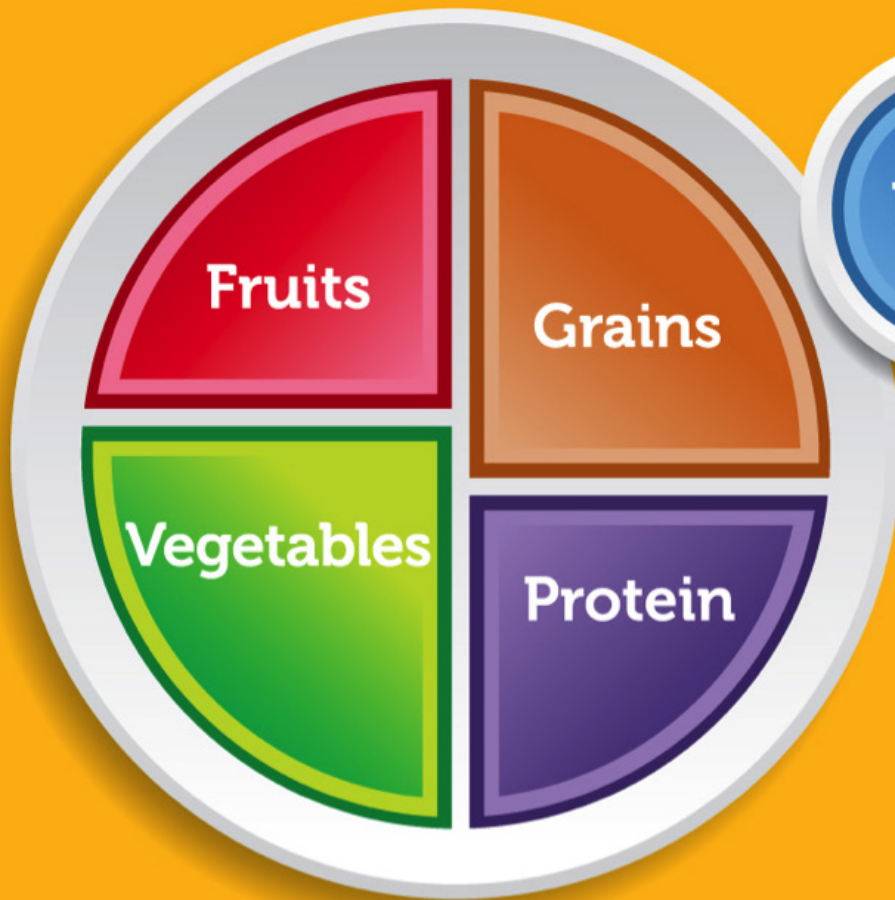
Preservative – a chemical added to food to slow down the process of becoming spoiled

Sell-by Date – the date printed on some food items that is the last date the product can be sold in the store

Serving Size – a measured amount of food or drink, such as a slice of bread or a cup of milk

Show students the MyPlate visual. Ask students what they notice about the plate and have students name some example foods for each food group.

Then have students complete the Building A Healthy MyPlate worksheet.



Choose **MyPlate**.gov

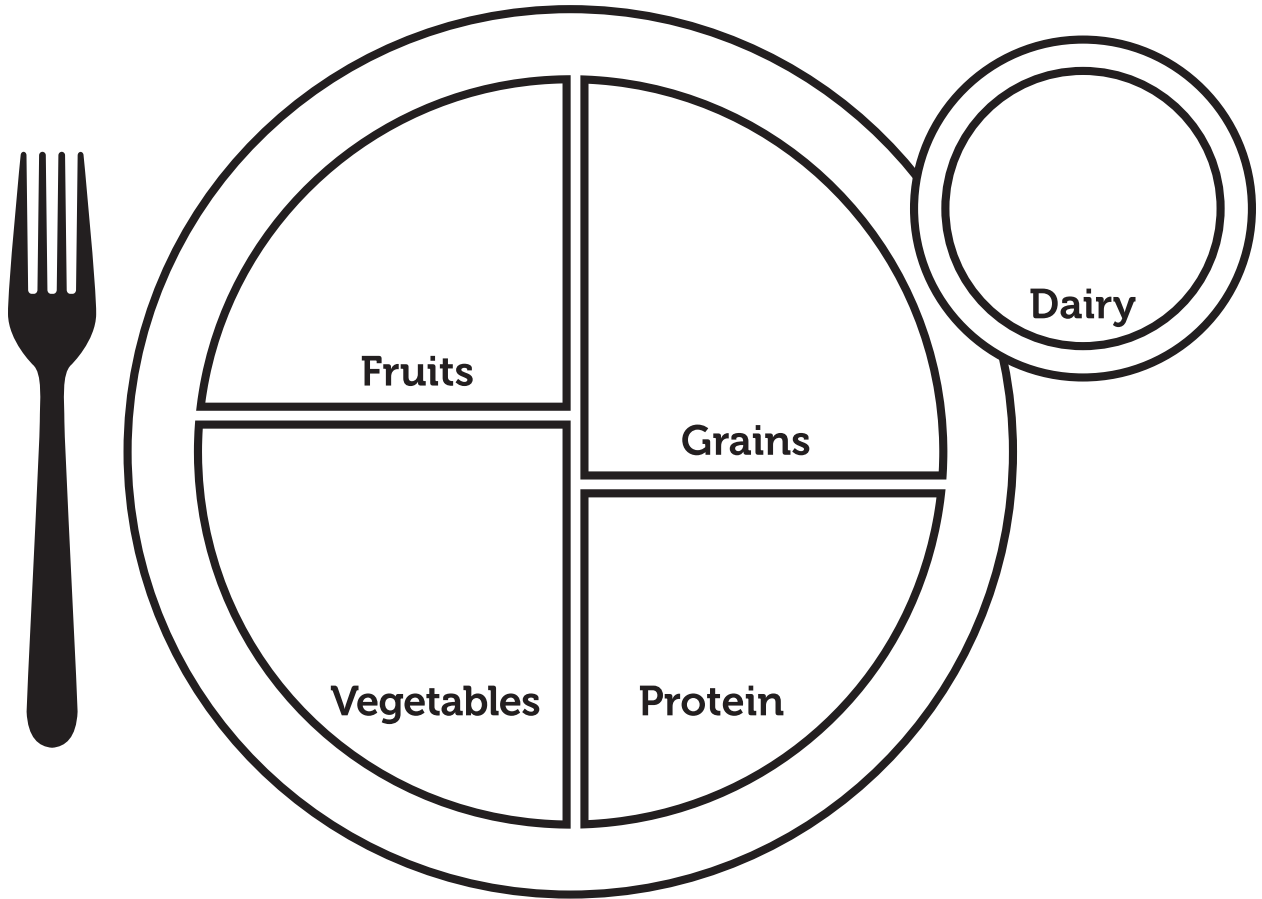


Name: _____

Date: _____

Building a Healthy MyPlate

Draw or write the names of some healthy foods in the correct food group on the plate below.



A balanced meal includes foods from each of the food groups. Using MyPlate as a guide, give an example of a "balanced meal."
