



## Kid Healthy Ideas™

The following are suggested follow-up activities to help students reflect on their field trip experience.

### After the Trip

Ask students their overall impressions of the field trip. What did you enjoy? What didn't you enjoy? What surprised you? What do you want to learn more about?

Have them share their general observations and reactions.

You may want to have the class compose and send thank-you notes to the field trip site host and/or other persons that supported the field trip. Mention a favorite activity or information learned during the field trip.

### Demonstrate Knowledge

During the field trip, students learned about several healthy ideas, from eating breakfast each morning to being active for at least 30 minutes each day. Help students recall some of the following healthy ideas and what they learned about them while at the store.

- Eat a nutritious breakfast every morning for a healthy, active day.
- Water is a very important nutrient that keeps us hydrated and healthy.
- Eat a variety of fruits and vegetables to get necessary nutrients.
- Choose low- or reduced-fat dairy products for strong bones and teeth.
- Choose a variety of lean proteins to build muscles.
- Stretching and exercising is a very healthy way to start the day.
- Make half of the grains on your plate whole grains.

Then ask students how they would use some of these healthy ideas to give advice to a friend or relative that wanted to eat healthier or be more active. Allow students time to write down their ideas on the Daily Health Plan activity sheet.



## Daily Health Plan

Write your ideas for a healthy daily plan. Keep in mind the healthy ideas you learned at the grocery store.

Healthy breakfast includes:

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Healthy lunch includes:

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Healthy snack includes:

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Healthy dinner includes:

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Write your ideas for being active at least 30 minutes a day.

Activities in the morning:

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Activities in the afternoon:

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Activities in the evening:

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