



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 healthy foods (containing lots of vitamins and minerals, protein, and fiber) and foods that should be limited (containing a high amount of fat, salt, and added sugar).

Assess what students learned by asking: Which would be healthier: a fruit smoothie or a soda? Accept responses and have students explain their choice. Then ask students to name some other healthy foods and some foods that they should limit. Reinforce why each example is healthy or not. For example, oranges and other fruits have lots of vitamins. Candy bars have lots of sugar.

Remind students MyPlate can be a helpful guide to make sure we eat lots of healthy foods like fruits and vegetables and less foods that contain more fat and sugar. Show students the MyPlate visual to reinforce the importance of eating a balanced meal that includes foods from all of the food groups.

Then have students complete the Choose the Balanced Meal activity sheet.



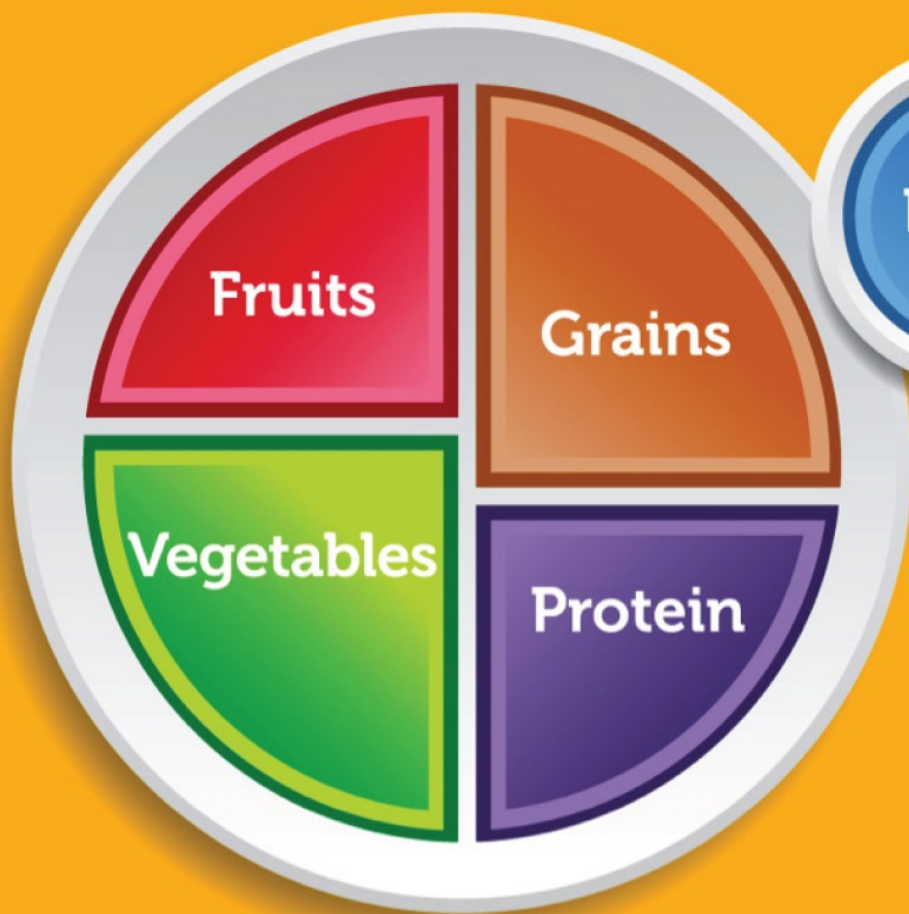
Name: _____

Date: _____

Choose the Balanced Meal

Instructions: You learned how eating foods from each of the five food groups is healthy. Color the balanced plate that has the right portion of foods from all five food groups.





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