



# 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.

Content highlights include:

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

**Ask: What kinds of things can you find at the grocery store? What are some of your favorite things to shop for in the grocery store?**

Then help students understand why food is important. Ask students what they feel like when they are hungry. Do they have lots of energy or do they feel run-down and tired? 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 country far away.

**Fiber** - Found in food and helps foods move through the body so it can be used to give you energy.

**Local** - Describes foods that are grown nearby. Farmers grow local foods close to where you live and don't have to travel long distances to get to you. Buying local foods supports the people in your community.

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



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

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

**Vitamin** - Something found in food that helps your body be healthy.