



# Be a Smart Shopper

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

Recall that students learned about nutrition and activities that are part of a healthy life – including brushing teeth, eating a healthy breakfast, lunch, and dinner, being active throughout the day and getting between 9-11 hours of sleep each night.

Assess what students learned on the field trip by asking them to name two healthy activities that are appropriate to do in the morning and two more activities that can be done later in the day. Students might respond with the following answers:

Morning – brushing teeth, stretching after getting out of bed, eating fruit for breakfast

Afternoon/Night – brushing teeth after dinner, riding bikes or playing ball, eating lean chicken and whole-grain breads with dinner

Ask the whole class to demonstrate the activities students describe and discuss why they are healthy.

Then allow students time to complete the **Healthy Dinner** activity sheet. Ask older students to label each food they draw.

After students complete the activity sheet, ask a few volunteers to share their healthy dinners with the rest of the class.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Healthy Dinner

Draw a healthy dinner and label the foods.

