



## Nutrition - Grades 3-5

**Objective:** The objective of this activity is to teach students how science is used to maintain a healthy lifestyle.

### Worksheet

#### **Materials:**

- Paper plate meal
  - Paper plates
  - Crayons, markers, etc (elementary students will provide)

#### **Discussion:**

- How does science help us stay healthy?
  - Medicine, bacteria, illnesses, etc.
- The importance of a nutritious diet?
  - We eat to feed our bodies. The healthier food the healthier we are.
- How much sugar is in the food we that eat?
  - 27g in a Snickers bar
  - 43 g in a bag of Skittles
  - 10 g in one Nestle chocolate chip cookie
- Ways to incorporate each food group into our diets:
  - Eating healthy snacks, having a colorful plate
- What are nutrients?
  - A substance that supplies nourishment to the body
- What is a nutrition label?
  - Found on food packages can give you helpful information about whats inside.

#### **Activity Description:**

Students will take turns measuring the amount of sugar in various food items. Then they will create a healthy meal by drawing foods on a paper plate.

**Paper Plate Meal:**

Students will now have the chance to create a “healthy meal plate”.

**Procedure:**

1. Have the students follow along on their paper plates as you guide them on the whiteboard.
2. Draw a big circle on the whiteboard representing the plate.
3. Next, both you and the students will divide the plate into quarters.
4. Write “Fruit” in one of the quadrants, leaving room for a drawing.
  1. Do the same in the remaining three quadrants for vegetables, grains, and protein.
5. Then divide the back of the plate in half.
  1. One side for dairy and the other for sweets.
6. Let the students draw food items in the appropriate spots.

Encourage Kids to fill out Dinner Menu with appropriate foods.

Nutrition Activity (hand out worksheet)