

Materials	Paper and pencil
Learning Outcome	Recognize that healthy foods are important for your brain, bones, muscles, and organs and list the healthy foods you eat.

## Description

Begin a discussion with the child about healthy foods and share that healthy foods provide them with energy for their day and support them to grow bigger. Explain that healthy foods also support the development and health of their brain, bones, muscles, and major organs. This is why it is important to eat healthy throughout their lifetime. Share and discuss the following points with the child.

- Healthy foods support brain development, helping you to do things like concentrate and learn.
- Healthy foods strengthen your bones.
- Healthy foods strengthen your muscles.
- Healthy foods keep important organs like your heart, liver, and eyes functioning well.

Challenge the child to write a list of the healthy foods that they eat. For early literacy learners, invite them to draw the different foods. For older children, invite them to draw a table and write the healthy foods they eat for breakfast, lunch, supper, and snacks.

After the child has completed their list, discuss the foods on their paper. Explain that these healthy foods support their brain, bones, muscles, and organs.

## Healthy Eating Competencies



### THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



### FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



## Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- *What category of healthy foods do you eat the most of – fruits and vegetables, whole grain foods, or protein foods?*
- *Is there a certain meal or time of day you could improve the amount of healthy foods you eat? How could you do this?*