

Materials	Pencil, paper
Learning Outcome	Describe healthy foods or healthy food habits by writing an expressive poem.

Description

Invite the child to apply what they know about healthy foods and healthy eating habits by writing a poem. If the child needs a reminder, visit [Canada's Food Guide](#) to read about healthy foods and healthy eating habits.

Examples of types of poems to write include:

- **Rhyme:** The lines of the poems rhyme with various rhyming patterns. Examples of rhyming patterns are ABAB, ABBA, AABB, etc.
- **Acrostic:** A poem that takes the structure of the letters of a word that represents the theme of the poem. For example, a poem about fruits would contain five lines for each letter of the word "fruit". Each line would begin with the corresponding letter of the word (e.g., the first line would start with F, the second line would start with R, etc.).
- **Haiku:** A three-line poem where the first line has five syllables, the second line has seven syllables, and the third line again has five syllables. The last words in each line do not have to rhyme.
- **Limerick:** A five-line poem that consists of an AABBA rhyming pattern describing a short tale that is generally humorous. Invite the child to share their poem and discuss what they wrote.

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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.

- *Did you choose to write about healthy foods or healthy eating habits? Why?*
- *What is the difference between healthy foods and healthy eating habits? What are the similarities?*