

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

Description

Begin a discussion with the child about how food provides them with energy for their day and supports them to grow bigger. Explain that food also supports the development and health of their brain, bones, muscles, and major organs.

- Eating a variety of foods supports brain development, helping you to do things like concentrate and learn.
- Eating a variety of foods strengthens your bones.
- Eating a variety of foods strengthens your muscles.
- Eating a variety of foods keeps important organs like your heart, liver, and eyes functioning well

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

After the child has completed their list, discuss the foods on their paper.

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 are some fun ways you can think of to eat food (e.g., making vegetable faces, making whole grain cracker boats, etc.)?*
- *Is there a certain meal or time of day you eat more vegetables or fruits? Whole grain foods? Protein foods?*