



22 ACTIVITY

# EatHealthy

I eat (and drink) the best foods for my body every day.

## Broccoli, "You're Hired!"

GRADE LEVEL:  
**Primary**

TIME:  
**45 minutes**

GROUPING STRUCTURE:  
**Whole group**

SUBJECTS:  
**Health**  
**Science**  
**English Language Arts**  
– listening and speaking  
**Social studies**

**Objective**  
Students will classify foods into groups and think about the health benefits for each food group.

### Materials/Preparation

#### Classroom Materials

- Crayons, markers, and/or colored pencils
- Blank paper (one sheet/student)



#### Downloadable Materials

[www.nestleusa.com/healthysteps](http://www.nestleusa.com/healthysteps)

- Healthy Steps for Healthy Lives MyPlate poster or handout
- Food Cards



#### Before the Activity

- Post poster
- Collect real classified/help wanted advertisements to show to class as examples

### Opening the Activity

#### 1. Introduce the Healthy Steps for Healthy Lives MyPlate poster.

- The poster is a tool to help us learn how to think, eat, and move healthy.
- There are pictures, symbols, and messages that tell us about nutrition (which means eating healthy) and physical activity (which means moving healthy).
- One very important symbol on the poster is the MyPlate icon.
- MyPlate illustrates the five food groups using something we see at mealtimes, a place setting.
- MyPlate shows us how to build a healthy plate by choosing foods from the five food groups.

#### 2. Point to each food group and have students name the group out loud.

Discuss why it is important to eat foods from all food groups every day.

Discussion points:

- We need to eat foods from each of the food groups to have a balanced diet.
- Our bodies receive nutrients that are vital to our health from each of the food groups.

- A balanced diet is needed because these nutrients work together once they get inside of our bodies.
- The right balance enables each food to do its job.

**3. Tell students that they're going to be learning more about the health benefits of the food groups.**



**Leading the Activity**

**4. Can students name any health benefits of eating healthy?**

Discussion points:

- Has anyone ever heard that carrots are good for your eyes or that orange juice helps prevent colds?
- Do you think these statements are true?

**5. Discuss the health benefits of common nutrients and the food groups in which the nutrients are found.**

Common nutrients by Food Group:

	Calcium	Fiber	Carbohydrates	Protein	Iron	Potassium	Vitamins	Minerals
Grains		✓	✓		✓		✓	✓
Dairy	✓			✓		✓	✓	✓
Vegetables		✓				✓	✓	✓
Fruits		✓				✓	✓	✓
Protein				✓	✓		✓	✓

**6. The foods we eat have important jobs to do in our bodies.**

Tell students that they're going to pretend to be foods who are applying for jobs with "companies" looking to hire foods with certain "abilities".

**7. Ask students what classified/help wanted advertisements are and where they can be found.** Provide examples of real classified/help wanted advertisements.

**8. Give each student a food card.** Students will pretend to be the food on the card they receive.

**9. Read the *Healthy Town Post* classifieds to the class.** Discuss one job description at a time. Ask students if they think the food they are pretending to be should apply for the job.

**Health Benefits**

- Carbohydrates give us energy.
- Calcium builds strong bones and teeth.
- Protein builds muscle.
- Fiber helps us feel full and helps the food we eat move through our bodies.
- Vitamins help us stay healthy in many ways.
  - Vitamin A helps keep our skin healthy.
  - Vitamin C helps our wounds heal.
  - Vitamin D helps our bones stay strong.
- Minerals help convert the food we eat into energy.
  - Iron is a mineral that helps carry oxygen in our blood.
  - Potassium is a mineral that is good for our hearts by helping to lower our blood pressure.

# The Healthy Town Post

Volume 40 • Classifieds • Section A

## Executive Chief of Staff Vitamins and Minerals Division

V&M Corporation seeks a full-time food or drink that is filled with vitamins and minerals. Can be fresh, frozen, or canned. Must be ready to go with any meal. Experience as a fruit or vegetable is required. Call 1-800-VEG-4YOU for more information.

## Protein Production Assistant

Protein Plus is looking for a protein production assistant. Responsible for building muscle in human bodies. Must have experience in Dairy or Protein Food Group. 40 hours per week. Send resume to protein.com.

## Iron Technician

Iron International needs full-time food to fill our iron technician vacancy. Job requires carrying oxygen in blood. Must have experience in the Protein Food Group. Apply within.

## Calcium Recruiting Specialist

Calcium Recruiter sought. Dairy Good Company is looking for a full-time food or drink that is rich in calcium. Must want to help bones. Experience with the Fruit or Dairy Group is required. Individual will work under the direction of the human body. Apply at dairygoodfoods.com.

## Fiber Stylist

Fabulous Fiber Salon is seeking a full-time fiber stylist. Must be comfortable helping other foods move through the human body. Grains and vegetables are strongly encouraged to apply. Great benefits. Apply within.

## Carbohydrate Counselor

Carb Max is seeking a carbohydrate counselor to help turn other foods into energy. Must work well with others. Grains Group members are encouraged to apply. Need excellent references. Fax resume to 304-CARB.

 **EatHealthy**  
I eat (and drink) the best foods for my body every day.

**22** ACTIVITY

## Broccoli, "You're Hired!"

continued

10. Have students choose the job they think their food should be and write the name of the job on a blank piece of paper.
11. Have students draw and color a picture of their assigned food doing the job they chose. Add funny details such as uniforms, equipment, or actions (e.g., giving a presentation).



### Closing the Activity

12. Students share pictures with the rest of the class.
13. Ask students to share one new thing that they have learned about a food or food group.



### Modifications

For older students, make the activity more challenging by having students complete an application and partner interview process using Student Activity Sheet 5 (provided at [www.nestleusa.com/healthysteps](http://www.nestleusa.com/healthysteps) and [www.neahin.org/healthysteps](http://www.neahin.org/healthysteps)). Give each student a copy of the *Healthy Town Post* classifieds to read independently. Have students select a job and complete the application. Students can conduct mock interviews with a partner and decide if their foods should be hired for the jobs.







# Picking the Best Food for the Job

# The Healthy Town Post

Volume 40 • Classifieds • Section A

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# Picking the Best Food for the Job

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Fill out the job application.

**Application for Employment**

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

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

Photo I.D. (draw a picture of your food)

**Experience**  
What food group are you in? (circle one)

Grains    Dairy    Fruits    Vegetables    Protein

**Skills**  
Name one way you can help a person be healthy:

\_\_\_\_\_

What is one reason that people like you?

\_\_\_\_\_

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## Partner interview

Tell your partner why you are the best food for the job you applied for. Show your partner your job application.

You're Hired!

\_\_\_\_\_  
(Interviewer's initials)

