



27 ACTIVITY



EatHealthy

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

Healthy Heroes

GRADE LEVEL:
Primary

TIME:
30 minutes

GROUPING STRUCTURE:
Whole group

SUBJECTS:
**Health
Science
English Language Arts –
listening, speaking, and
writing**

Objective
Students will recognize healthy foods and identify the food groups they belong to.

Materials/Preparation

Classroom Materials

- Overhead projector and pen

Downloadable Materials

www.nestleusa.com/healthysteps

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



Before the Activity

- Copy Student Activity Sheet 9
- (one copy/student)
- Print Student Activity Sheet 9 as an overhead transparency



Opening the Activity

1. Write the words “healthy hero” on the board and tell students that for today’s activity they are going to be creating healthy heroes. Ask students what they think you mean and discuss.

- Sample responses: A healthy hero is someone who helps us to be healthy; A healthy hero is a very healthy person.
- Those answers are correct, but for today’s mystery activity, the word hero is a synonym and we are using one of the other meanings of the word.
- Prompt: Has anyone ever eaten something called a hero?
- Ideal response: A hero also means a sandwich or a sub.
- Today we will be learning about healthy ingredients that we can use to create our own creative healthy heroes.





Leading the Activity

2. 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).

3. Introduce the MyPlate icon.

- MyPlate illustrates the five food groups using something we see at mealtimes, a place setting.
- MyPlate tells us, "Before you eat, think about what and how much food goes on your plate or in your cup or bowl."
- MyPlate shows us how to build a healthy plate by choosing foods from the five food groups.
- MyPlate reminds us that we need to eat foods from all food groups every day at every meal.

4. Introduce the five food groups.

- The food groups are represented by different colored portions on the plate and in the cup.
- In the cup: the blue portion is for Dairy.
- On the plate: orange is for Grains; green is for Vegetables, red is for Fruits, and purple is for Protein.

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

6. Tell students that they're going to create hero sandwiches using foods from the five food groups. Explain process to students.

- Students will be given a Food Card.
- Students must use the food on the card that they are given as an ingredient in their hero sandwiches.
- Students must use at least one ingredient/food from four of the five food groups.



- Ingredients can be fresh, canned, or cooked – but they should attempt to use ingredients with limited amounts of added sugars and solid fats so that their hero sandwiches are as nutrient rich as possible.
- When listing ingredients, note any way in which the food is cooked or prepared (e.g., grilled chicken breast or roasted turkey breast). Roasting, grilling, and broiling are healthier cooking options than frying.
- Students will draw pictures of their hero sandwiches.
- The final step will be to name your hero sandwich.

NAME: _____ DATE: _____

Student Activity Sheet 9

My Healthy Hero Sandwich

1 Record the food that was on the card that you were given by your teacher: BANANAS

2 List the ingredients from each food group

• You must use the food on the card that you were given as an ingredient in your hero sandwich.

• You must have at least one ingredient from four of the five food groups.

Tell what is on your hero sandwich.	
Grain	TOASTED WHOLE GRAIN BREAD
Fruits	BANANAS
Vegetables	BEAN SPROUTS
Dairy	
Protein	PEANUT BUTTER

Oil: _____
Other: _____

Suggested healthy beverage: GLASS OF COLD MILK

3 Draw a picture of your hero sandwich.

4 Write the name of your hero sandwich.

THE NUTTY MONKEY

Student Activity Sheet 9 page 1

NEA Health Information Network
Healthy Steps
Healthy Lives
part of
Nestlé Healthy Kids
Global Programme

7. Discuss: What's in a name?

- Have any students ever been to a restaurant where dishes and sandwiches are named after famous people or locations, historical figures, or other funny things?



- It is fun to read names on the menus. In fact, another name for hero sandwiches is subs, which is short for submarines because of the way the sandwich looks when put together.
- Another example is Texas toast. Do students know what Texas toast is? It is a really large piece of bread. It is called Texas toast because Texas is one of the largest states in our country and it is known for its size.

8. Model the process for the students by completing an overhead transparency of Student Activity Sheet 9.

Teacher Think-Aloud

"My food card is bananas, that means I have to use bananas on my hero sandwich."

- Record bananas for step 1 on Student Activity Sheet 9 overhead transparency.

"Bananas are in the Fruit Group, which means I need to choose ingredients from three other groups."

- Record bananas for the Fruit Group for step 2 on Student Activity Sheet 9 overhead transparency.

"My goal is to have at least one food from every food group on my hero sandwich. From the Grains Group, I can use bread. I know that whole grain bread is more nutrient rich. I like my bread toasted so my Grains Group ingredient will be toasted whole grain bread"

- Record toasted **whole grain bread** for the Grains Group for step 2 on Student Activity Sheet 9 overhead transparency.

"Now I need a vegetable, I think a wonderful fresh and crunchy taste on my hero sandwich would be bean sprouts."

- Record **bean sprouts** for the Vegetable Group for step 2 on Student Activity Sheet 9 overhead transparency.

"I think my hero sandwich needs something smooth and creamy. I know, for the Protein Group, I will add peanut butter to my sandwich, but not too much because some peanut butter does have added sugars and oil. We do need some healthy oil every day – so peanut butter is a healthy choice when used in moderation. "

- Record **peanut butter** for the Protein Group for step 2 on Student Activity Sheet 9 overhead transparency.



"Ok, now I want to suggest a drink to go with my Hero Sandwich. My hero sandwich does not have any foods from the Dairy Group, so I am going to suggest a glass of low-fat cold milk on the side."

- Record glass of **cold milk** for the suggested healthy beverage for step 2 on Student Activity Sheet 9 overhead transparency.

"Now my healthy hero sandwich needs a great name. Well, bananas make me think of a monkey and peanut butter makes me think of nuts. I think a funny name for my sandwich would be The Nutty Monkey."

- Record The Nutty Monkey as the hero sandwich name for step 4 on Student Activity Sheet 9 overhead transparency.

9. Student Activity Sheet 9: Students create their own Healthy Hero Sandwiches.

10. Students introduce their Healthy Hero creations to the rest of the class.

Closing the Activity

11. After listening to each other's Healthy Hero creations, have each student share which classmate's sandwich that they would like to try and the healthy reason why.

Modifications

To integrate Writing instruction, add the step of teaching students how to compose an explanatory essay. Assemble essays into a class cookbook. Consider hosting a classroom cooking show. Invite guests and have students prepare their hero sandwiches in front of other classes and/or other parents. If allowed by school policy, follow-up the demonstration with a tasting.



My Healthy Hero Sandwich

1

Record the food that was on the card that you were given by your teacher: _____

2

List the ingredients from each food group

- You must use the food on the card that you were given as an ingredient in your hero sandwich.
- You must have at least one ingredient from four of the five food groups.

Tell what is on your hero sandwich.

Grain	
Fruits	
Vegetables	
Dairy	
Protein	

3

Draw a picture of your hero sandwich.

Oils:

Other:

Suggested healthy beverage:

4

Write the name of your hero sandwich.

