

ThinkHealthy

I know what being healthy means.

Healthy Steps for Me

17 ACTIVITY

GRADE LEVEL:
Primary

TIME:
20 minutes

GROUPING STRUCTURE:
Whole group

SUBJECTS:

Health

Science

English Language Arts
– listening, writing, and
speaking



Objective

Students will set a personal goal for nutrition and physical activity.



Materials/Preparation

➔ Classroom Materials

- Sticky notes or index cards
- Blank paper (one sheet/student)



➔ Downloadable Materials

www.nestleusa.com/healthysteps

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



➔ Before the Activity

- Write the mystery word **HEALTHY** on the board in large visible letters. Cover each letter with an index card or sticky note.



Opening the Activity

1. **Draw students' attention to the mystery word on the board.** Point out that the word has seven letters and that it is a topic that is very important to know about.
2. **Have students guess the mystery word.** Give students a clue about the word and invite one guess. If the guess is incorrect, uncover a letter and invite another guess. Continue to alternate uncovering letters and providing clues until a student guesses the word.

Mystery Word Clues:

- The word you see here is a word for something that you are and something that you want the people that you care about to be.
- This word completes the blank in the sentence I am about to say. I am _____ because I brush my teeth every day.
- There are many things you do to be this way, like eating breakfast every day or riding your bike every day.
- Being this way helps our bodies grow.



- This is something that people are always saying to you, "Be _____".
- Adults and people who care about you want you to be this way.

3. **If all letters are uncovered and no one has guessed the word then count to three and have the students read it together.**

4. **Tell students that they're going to learn about important steps for being, eating, and moving healthy.**



Leading the Activity

5. **Ask students what they think of when they see the words BE HEALTHY.**

- Ideal responses: Eating right; Being physically active; Getting enough sleep; Drinking water; Frequent hand washing; Brushing teeth regularly; Wearing sunscreen; Wearing helmets when riding bikes or scooters.

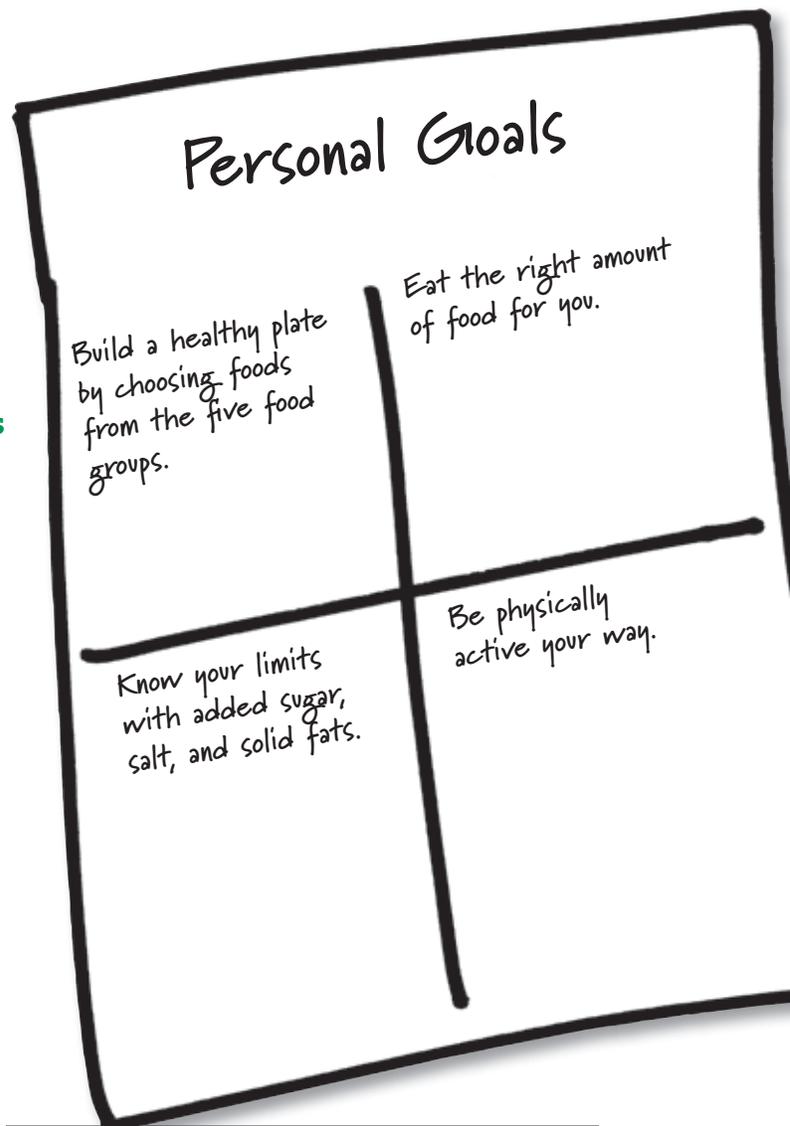
6. **Introduce the Healthy Steps for Healthy Lives MyPlate poster.**

- 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).

7. **Explain the pictures, symbols, and messages on the poster** using the Taking a Closer Look: Healthy Steps for Healthy Lives MyPlate Poster Discussion Points.

8. **On blank paper divided into four squares, have students set a personal goal for the following Healthy Steps for Healthy Lives MyPlate poster messages.**

- Build a healthy plate by choosing foods from the five food groups.
- Eat the right amount of food for you.
- Know your limits with added sugar, salt, and solid fats.
- Be physically active your way.





Closing the Activity

- Students share one of their goals with the rest of the class.



Modifications

For younger students, make this activity less challenging by having students draw pictures of their goals rather than write sentences.



Taking a Closer Look: Healthy Steps for Healthy Lives MyPlate Poster Discussion Points

THINK HEALTHY

- Symbol/Pictures:** MyPlate icon
- Message:** Before you eat, think about what goes on your plate or in your cup or bowl.

The MyPlate icon shows us how to build a healthy plate. The healthy plate we see on the poster is made of different colored portions. The colored portions represent the five food groups and remind us to build our healthy plate at each meal by choosing foods from the five food groups.

Healthy steps to build a healthy plate:

- Make half your plate fruits and vegetables
- Switch to skim or 1% milk
- Make at least half your grains whole
- Vary your protein food choices

EAT HEALTHY

- Symbol/Pictures:** MyPlate icon and pictures of foods from the five food groups
- Message:** You can build a healthy plate by choosing foods from 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. A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains.

Know the food groups, know yourself, and know your plate:

Vegetables

- Fresh, frozen, and canned vegetables, or 100% vegetable juice all count
- Remember to eat red, orange and dark green vegetables
- Eat 2 ½ cups every day

Fruits

- Fresh, frozen, canned, and dried fruits, or 100% fruit juice all count (choose fruits canned in their own juices and not in heavy syrup which adds extra calories)
- Use fruits as snacks, salads or desserts
- Eat 1 ½ cups every

Dairy

- Milk, yogurt, and cheese all count
- Low-fat or fat-free dairy foods have the same amount of calcium and other nutrients, but less fat and calories
- Get 2 ½ cups every day

Grains

- Choose foods that name a whole grain first on the ingredients list
- Choose 100% whole grain cereals, breads, crackers, rice and pasta
- Eat 6 ounces every day

Protein

- Keep meat and poultry portions small and lean
- Twice a week, make seafood the protein on your plate
- Eat 5 ounces every day

Oils

- Not a food group
- Provide essential nutrients; we do need some healthy oil every day
- Most people get enough oil in the foods they eat, like nuts, fish, cooking oil, and salad dressings
- Get 4 teaspoons every day
- Foods with solid fats are not sources of healthy oils

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Taking a Closer Look: Healthy Steps for Healthy Lives MyPlate Poster

Discussion Points (continued)

➔ **Symbol/Pictures:** Different sized color sections on the MyPlate icon and ChooseMyPlate.gov

➔ **Message:** Eat the right amount of food [calories] for you.

Another hint on the MyPlate icon is the different sizes of each food group portion on the plate and in the cup. This hint reminds you to eat the right amount of food [calories] for you. We need to eat different amounts of each food group every day.

- A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains
- Make skim or 1% milk the beverage with your meal or add other fat-free or low-fat dairy products
- Think about how you can adjust the portions on your plate to get more of what you need
- Avoid oversized portions
- The right amount of food for you depends on factors about you – such as your age and physical activity level
- Get your personal daily intake amounts at www.ChooseMyPlate.gov

➔ **Symbol/Pictures:** Nutrition Facts Label

➔ **Message:** Know your limits with added sugar, salt, and solid fats.

Use the nutrition facts label and ingredient list to be a nutrition detective. You are on the case to find the best foods to eat.

- Choose water instead of sugary drinks
- Look for 100% juice when choosing fruit juice
- Make sure foods that are high in solid fats (i.e., cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs) are occasional choices, not everyday foods
- Look out for salt (sodium) in foods you choose – it all adds up

MOVE HEALTHY

➔ **Symbol/Pictures:** Pictures of active kids

➔ **Message:** Be physically active your way.

Aim to be active for 60 minutes or more every day.

- Pick activities you like and do each for at least 10 minutes at a time
- Choose moderate and vigorous activities
- Health benefits increase as you spend more time being active
- Avoid being sedentary for long periods of time

Note: Daily intake amounts are based on a 1,800-calorie pattern

