



### Materials/Preparation

#### Classroom Materials

- Markers
- Crayons and/or colored pencils
- Large white construction paper (one sheet/student)



#### Provided in the Healthy Steps for Healthy Lives Kit

- MyPlate poster



#### Before the Activity

- Post poster

### Opening the Activity

#### 1. Ask students to think about their very best healthy day.

If they were going to have a day where they were as healthy as they could be, what types of things would they do?

- Ideal responses: Be active; Eat healthy; Sleep; Brush my teeth; Wash my hands; Be safe.

#### 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. Tell students that they're going to use pictures, symbols, and messages from the poster to help them plan their very best healthy day.

### Leading the Activity

#### 4. Explain the pictures, symbols, and messages on the poster

using the Taking a Closer Look: Healthy Steps for Healthy Lives MyPlate Poster Discussion Points on page 10 and 11.

## 5. Explain the word

**“moderation.”** It is important to eat foods with added sugar, salt, and solid fats in moderation.

### Vocabulary

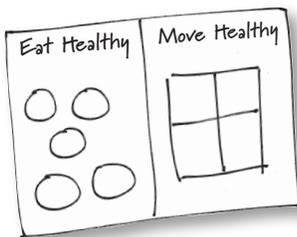
- **Moderation** – Being within reasonable limits; not excessive or extreme

## 6. Why is it important to eat foods with added sugar, salt, and solid fats in moderation?

- Ideal responses: Foods with added sugar, salt, and solid fats are less healthy; Hunger is a signal that our brain gives our body; We need healthy foods in order to grow and develop; If we fill up on foods or drinks with added sugar, salt, and solid fats and are no longer hungry, then our brains will tell our bodies that we are full before we eat the foods we really need. Added sugars and fats load foods with extra calories you don't need; Too much sodium may increase your blood pressure.

## 7. Students plan meals and snacks, physical activity, and other behaviors for one day.

Have students create a My Very Best Day Plan using a large sheet of construction paper.



- Place paper horizontally and fold in half. Unfold and draw a line over the crease.
- Label the left half “Eat Healthy” and the right half “Move Healthy”.
- Under “Eat Healthy,” draw five circles. Under “Move Healthy,” draw a square, divided into four smaller squares.
- The circles are plates. To build a healthy plate, draw three healthy meals and two healthy snacks. Don't forget to draw a cup next to each plate with a healthy drink. Look at the Healthy Steps for Healthy Lives MyPlate poster as you plan your meals. Use pictures and words to show your choices.
- The squares on the right are for bouts of physical activity. Try to accumulate the required 60 minutes of movement in bouts. Draw a picture; write the name and length of up to four physical activities.



- On the back, list three other healthy things that you plan to do.

## 8. Have students share their My Very Best Day Plans with a partner.

### Closing the Activity

## 9. Ask students to think of a goal for making every day their very best healthy day. Have students share their goals with the class.

### Modifications

Reduce the suggested time for this activity by having students use the planning template provided on Student Activity Sheet 2 (provided at [www.nestleusa.com/healthysteps](http://www.nestleusa.com/healthysteps) and [www.neahealthyfutures.org](http://www.neahealthyfutures.org)). Completing Student Activity Sheet 2 can replace step 7 for this activity. Students can tally the food groups and minutes of physical activity to evaluate their plans. To integrate math, use the numeric results on Student Activity Sheet 2 to create word problems (e.g., if you planned to eat two portions of vegetables and you needed five portions of vegetables, how many more vegetable portions would you need to eat in order to eat enough vegetables in one day?) For younger students, adapt this activity by completing it as a whole group. Make a transparency of Student Activity Sheet 2. Have students fill in their own copy as you complete one on the overhead projector.

