



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: <http://www.cdc.gov/healthyschools/sher/standards/index.htm>

Eating a nutritious lunch helps give kids the energy they need during the day, while helping them grow and stay healthy. The following activities will help your students start to recognize healthy lunch choices.

## Related KidsHealth Links

### Articles for Kids:

#### School Lunches

[KidsHealth.org/en/kids/school-lunches.html](http://KidsHealth.org/en/kids/school-lunches.html)

#### Go, Slow, and Whoa! A Kid's Guide to Eating Right

[KidsHealth.org/en/kids/go-slow-whoa.html](http://KidsHealth.org/en/kids/go-slow-whoa.html)

#### MyPlate Food Guide

[KidsHealth.org/en/kids/pyramid.html](http://KidsHealth.org/en/kids/pyramid.html)

#### Why Drinking Water Is the Way to Go

[KidsHealth.org/en/kids/water.html](http://KidsHealth.org/en/kids/water.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What kinds of foods are healthy to eat for lunch?
2. What drinks are healthy to have at lunchtime?
3. Why is it important to eat a healthy lunch?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### MyPlate for Lunch

#### Objectives:

Students will:

- Explore healthy foods recommended by experts at ChooseMyPlate.gov
- Identify foods in the fruits, vegetables, grains, proteins, and dairy groups

#### Materials:

- Magazines, paper plate for each student
- Computer with Internet access
- “MyPlate for Lunch” handout
- Pencils, markers, paper, glue, scissors

#### Class Time:

- 45 minutes

#### Activity:

Let’s read the KidsHealth article “MyPlate Food Guide” (“Food Guide Pyramid Becomes a Plate”) together. Then each of us will name some things we had for lunch in the last few days, and I’ll write those foods on the board. Then we’ll name each food on the board and you can tell me which group each food belongs in: fruits, vegetables, grains, protein, or dairy.

Next, I’ll give everyone a paper plate. Now go through the magazines and cut out foods to glue to your plates. Then we’ll take turns holding up our plates and naming the food groups of each food.

Finally, I’ll give you a blank handout with the names of the food groups for you to fill out! [Note to instructor: Younger kids can just draw foods; ask older kids to write the name of each food under their drawings.]

#### Extensions:

1. Go with your parents the next time they go food shopping. Ask if you can help choose some healthy foods to pack for your lunch.
2. Invite a registered dietitian to visit the class to talk about healthy lunch choices.



## Go, Slow, Whoa! Lunchtime Traffic Light

### Objectives:

Students will:

- Learn the difference between Go, Slow, and Whoa! foods

### Materials:

- Computer with Internet access
- “Go, Slow, Whoa! Lunchtime Traffic Light” handout
- Crayons or markers; glue, tape, or stapler

### Class Time:

- 30 minutes

### Activity:

Today we’re going to make posters to help all the students in our school know how to make healthier choices for lunch, whether they’re packing or buying. After reading a KidsHealth article together – “Go, Slow, and Whoa! A Kid’s Guide to Eating Right” – each of you will make a poster showing lunch items that are Go foods, Slow foods, and Whoa! foods. Remember, Go foods are things you can eat or drink most of the time, like fruits, vegetables, water, and fat-free or 1% milk. Slow foods are things you can eat sometimes, like peanut butter, pretzels, or 100% fruit juice. Whoa! foods are things you only have once in a while, like French fries, chocolate, or soda. Using the list of foods on page 2 of the article “Go, Slow and Whoa! A Kid’s Guide to Eating Right,” fill in the “Go, Slow, Whoa! Lunchtime Traffic Light” handout with foods that belong in each area. Make sure to use some green in the Go area, yellow in the Slow area, and red in the Whoa! area to help kids remember which is which. Then we’ll attach the three handout pages together to make a poster for our hallway! [Note to instructor: Have younger kids draw foods in each area of the traffic light using crayons or markers, and have older kids write the names of the foods.]

### Extensions:

1. The next time you have a family lunch at home or at a restaurant, help your siblings and parents identify Go, Slow, and Whoa! foods.
2. Have your class, grade, or school collect some healthy Go foods to donate to a local food bank.

## Reproducible Materials

### Handout: MyPlate for Lunch

[KidsHealth.org/classroom/prekto2/personal/nutrition/school\\_lunch\\_handout1.pdf](http://KidsHealth.org/classroom/prekto2/personal/nutrition/school_lunch_handout1.pdf)

### Handout for Teachers: MyPlate for Lunch

[KidsHealth.org/classroom/prekto2/personal/nutrition/school\\_lunch\\_handout2.pdf](http://KidsHealth.org/classroom/prekto2/personal/nutrition/school_lunch_handout2.pdf)

### Handout: Go, Slow, and Whoa! Lunchtime Traffic Light

[KidsHealth.org/classroom/prekto2/personal/nutrition/school\\_lunch\\_handout3.pdf](http://KidsHealth.org/classroom/prekto2/personal/nutrition/school_lunch_handout3.pdf)

### Quiz: School Lunch

[KidsHealth.org/classroom/prekto2/personal/nutrition/school\\_lunch\\_quiz.pdf](http://KidsHealth.org/classroom/prekto2/personal/nutrition/school_lunch_quiz.pdf)

### Answer Key: School Lunch

[KidsHealth.org/classroom/prekto2/personal/nutrition/school\\_lunch\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/prekto2/personal/nutrition/school_lunch_quiz_answers.pdf)

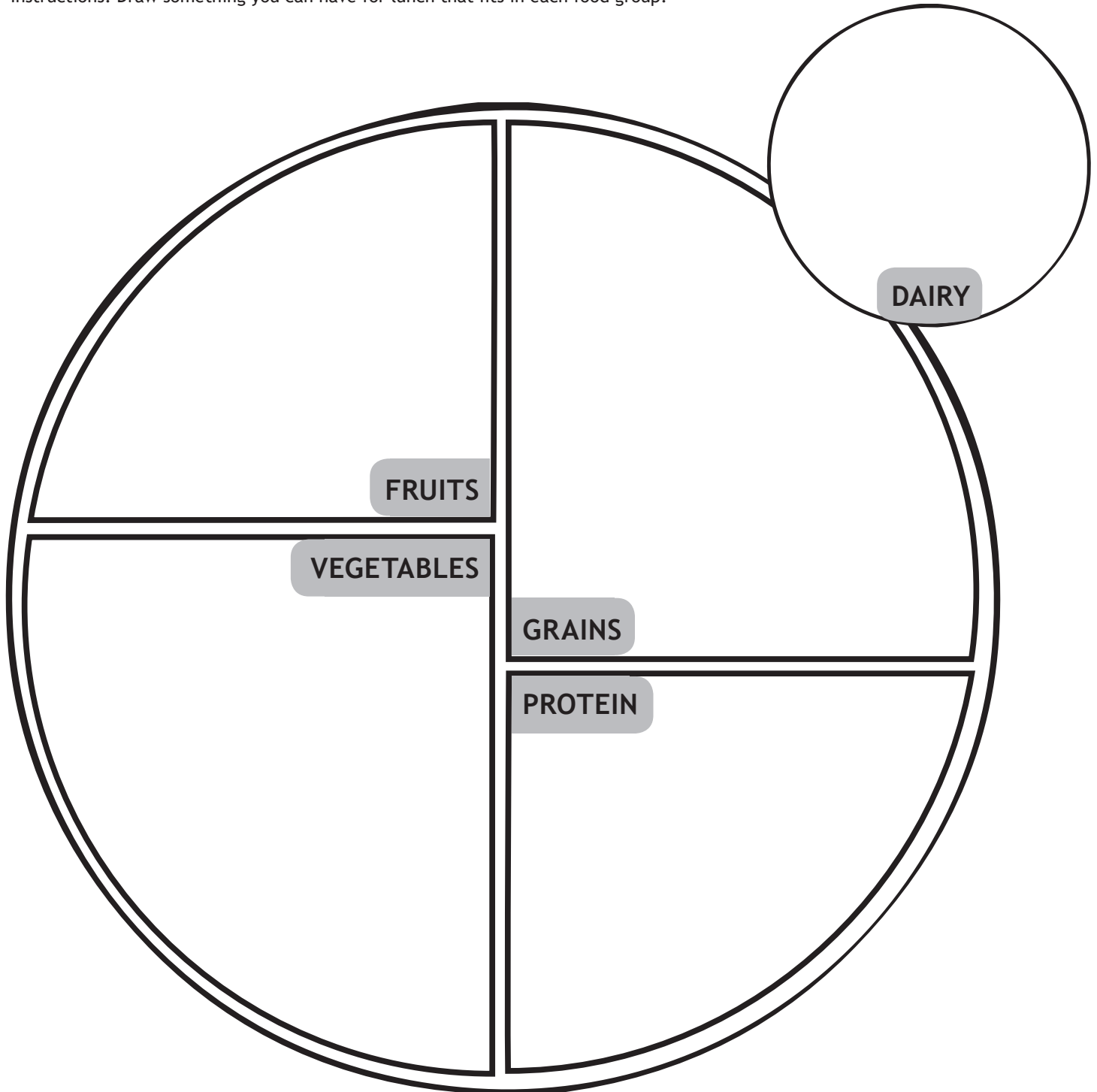


Name: \_\_\_\_\_

Date: \_\_\_\_\_

## MyPlate for Lunch

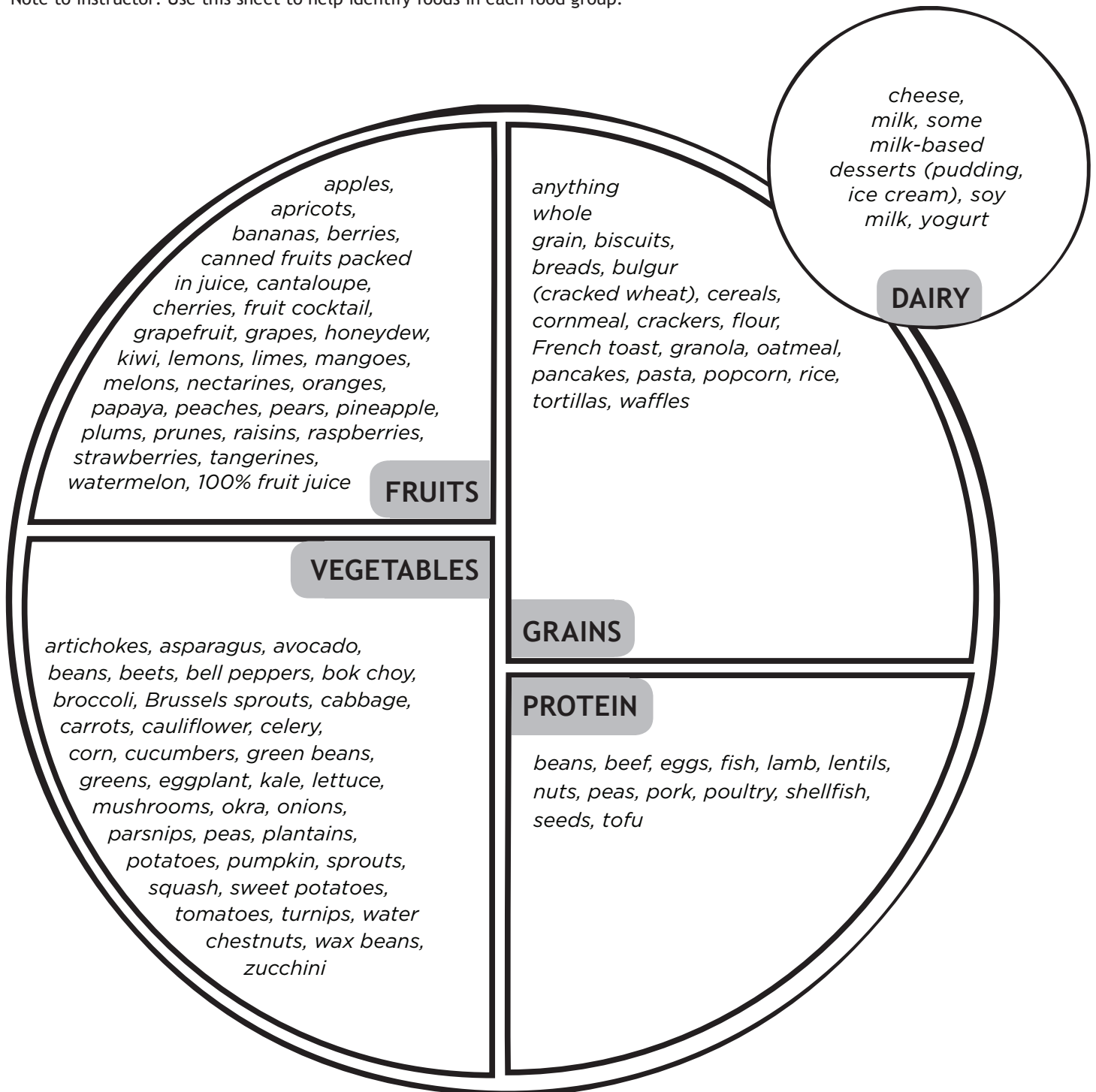
Instructions: Draw something you can have for lunch that fits in each food group.





## MyPlate for Lunch

Note to instructor: Use this sheet to help identify foods in each food group.

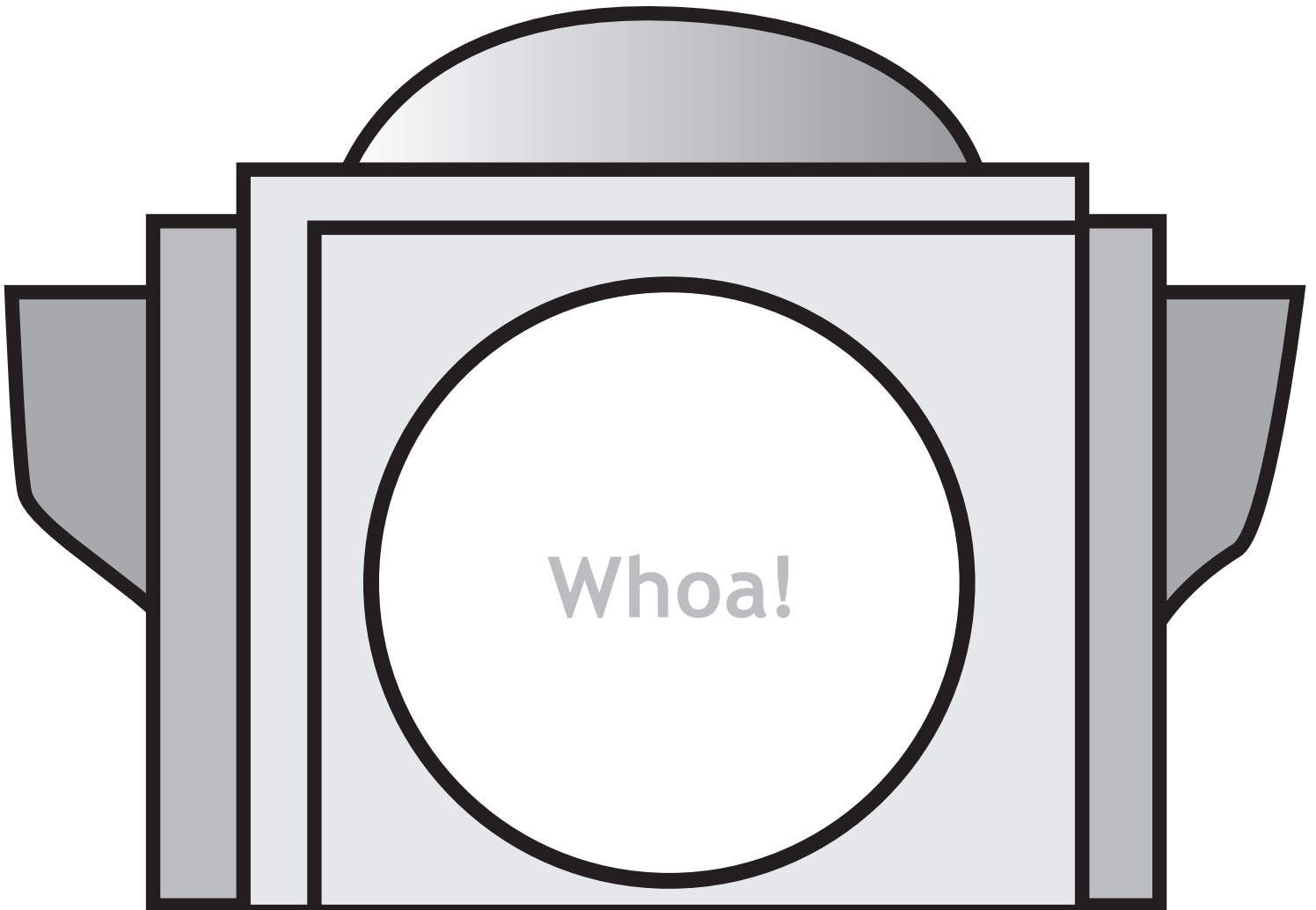




Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Go, Slow, Whoa! Lunchtime Traffic Light

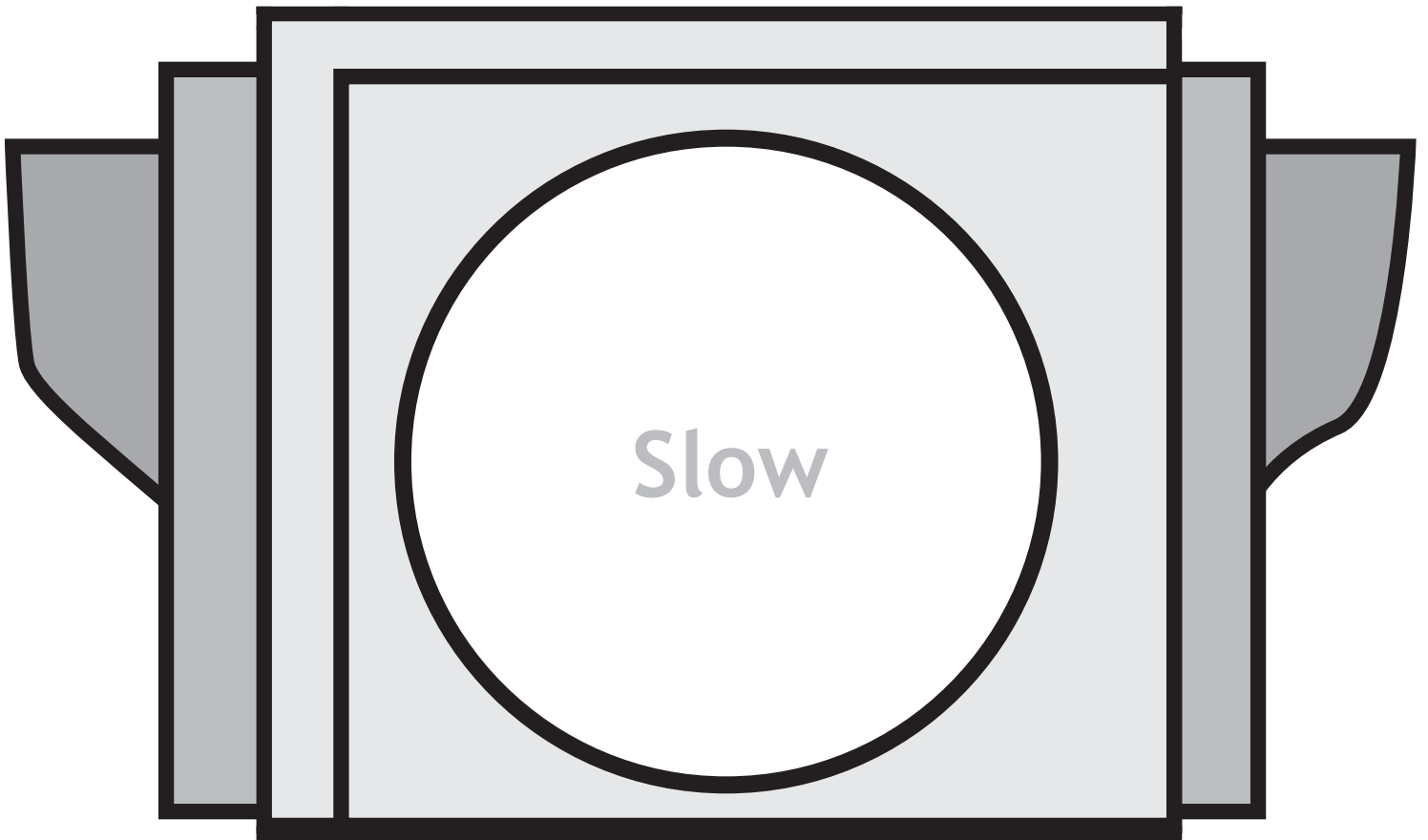




Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Go, Slow, Whoa! Lunchtime Traffic Light

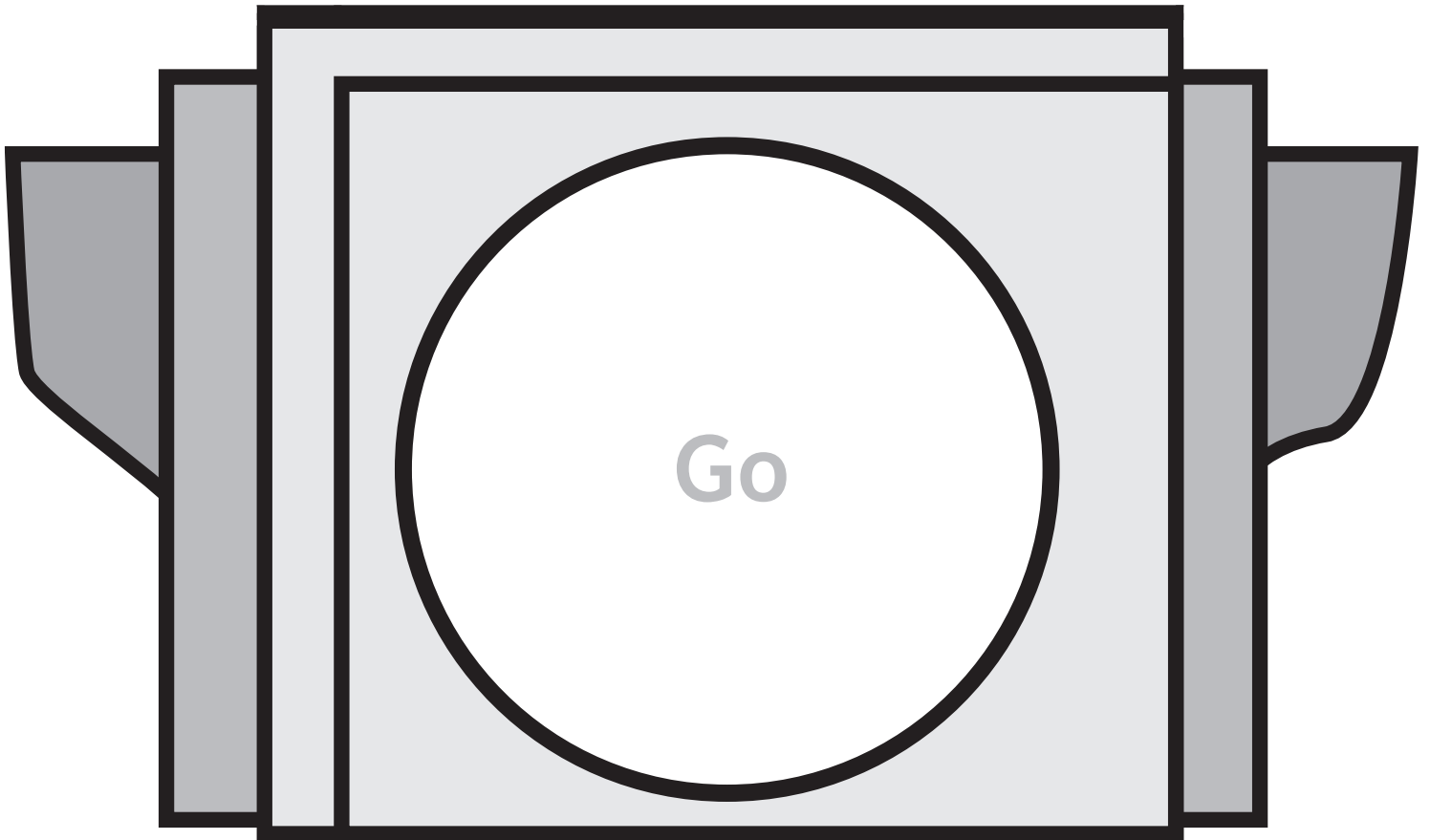




Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Go, Slow, Whoa! Lunchtime Traffic Light







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

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question (questions can be dictated to preliterate kids and answers may be given orally).

1. True or false: Water and low-fat milk are healthy drinks to have for lunch.
2. True or false: Everyone should eat more **Go** foods than **Whoa!** foods.
3. True or false: A hot dog, French fries, ice cream, and soda is a healthy lunch.
4. Name one fruit:

\_\_\_\_\_

5. Name one vegetable:

\_\_\_\_\_

6. Name one grains food:

\_\_\_\_\_

7. Name one protein food:

\_\_\_\_\_

8. Name one dairy food:

\_\_\_\_\_

9. Name one **Go** food:

\_\_\_\_\_

10. Name one **Whoa!** food:

\_\_\_\_\_



## Quiz Answer Key

1. True or false: Water and low-fat milk are healthy drinks to have for lunch.
2. True or false: Everyone should eat more **Go** foods than **Whoa!** foods.
3. True or false: A hot dog, French fries, ice cream, and soda is a healthy lunch.

4. Name one fruit:

*See "MyPlate for Lunch" teacher handout*

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5. Name one vegetable:

*See "MyPlate for Lunch" teacher handout*

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6. Name one grains food:

*See "MyPlate for Lunch" teacher handout*

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7. Name one protein food:

*See "MyPlate for Lunch" teacher handout*

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8. Name one dairy food:

*See "MyPlate for Lunch" teacher handout*

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9. Name one **Go** food:

*See page 2 of "Go, Slow, and Whoa! A Kid's Guide to Eating Right"*

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10. Name one **Whoa!** food:

*See page 2 of "Go, Slow, and Whoa! A Kid's Guide to Eating Right"*

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