



Healthy Eating

Grade Level: 1, 2, 3

Subject: Health/Nutrition

Objective: Identify foods that are nutrient rich for our bodies in comparison to "junk" foods by using the stop light method.

Materials needed: Construction paper to make a stop light (black for the background, red, yellow, and green), glue, scissors, Velcro or tape, and food pictures and labels.

Procedure:

1. Demonstrate stop light by discussing each color, and what they mean: Red means "stop", yellow means "slow down", and green means "go". Show pictures of foods for each color based on how they provide nutrition or lack of nutrition for our bodies.
 - RED: (stop) These are the junk foods, which include cookies, cakes, soda, chips, ice cream, candy, etc. mainly processed snack and sweet foods.
 - YELLOW: (slow down) these are foods that when consumed in moderation give our body important nutrients to keep us healthy and growing. These foods include: meats, soy foods (tofu, soymilk, soynuts,), low fat milk, low fat cheese, whole grains, peanut butter, nuts, pasta (mac and cheese), and starchy vegetables like potatoes, corn, peas, and beans.
 - GREEN: (Go) These include all the colorful fruits and vegetables.
2. Have kids practice with the tools. Ask them where a food would fit based on the stoplight method.