



Books

- “What Happens to a Hamburger,” Showers, Paul, Harper Trophy, 2001.
- “Gregory, the Terrible Eater,” Sharmat, Mitchell, Scholastic, 1989.
- “Good Enough to Eat,” Rockwell, Lizzy, Harper Collins, 1999.

Videos

- “The Magic School Bus: For Lunch,”
www.amazon.com.

Web sites

- Dole 5-A-Day,
www.dole5aday.com
- USDA,
www.mypyramid.gov
- Nutrition Explorations,
www.nutritionexplorations.org
- KidsHealth,
www.kidshealth.org

Eat to Live I

Suggested CHEC-out activities

1 Color your plate

Give each student a paper plate. Have each student draw a meal on the plate and talk about how the meal should be colorful. Brainstorm the variety of colors of foods. What foods are green? What foods are purple?

2 Go foods, slow foods posters

Give each student a large piece of construction paper with a line drawn down the middle. On one side of the line ask students to draw their favorite go foods and on the other side draw their favorite slow foods. Review with students that go foods give us energy and slow foods slow our bodies down.

3 Tasting passports

Have each student make their own “tasting passport”. Each student’s passport should include their name, photograph and a list of foods that they have never tried before. Each time they try a new food their passport gets stamped. Afterwards discuss which foods were liked and which ones were disliked.

4 If you’re feeling hungry song

Sing to the tune of “If you’re happy and you know it”.

If you’re feeling hungry have a healthy snack.

If you’re feeling hungry have a healthy snack.

Grab a veggie, fruit or whole grain.

Good for body and for brain.

If you’re feeling hungry have a healthy snack.

Tell sugar, salt and fat to stay away.

Tell sugar, salt and fat to stay away.

Eat from the bottom of the pyramid to be a healthy kid.

Tell sugar, salt and fat to stay away.