

Lesson Plan: "Healthy Plate, Happy Tummy: Discovering Nutritious Foods for Growing Bodies"

Age Group: 5-8 years

Duration: 30-45 minutes

Objective:

Students will learn about the different types of nutritious foods and their benefits. They will understand how to build a healthy plate with fruits, vegetables, proteins, fats, carbohydrates, and hydration to support their growth and overall well-being.

Materials Needed:

- Video Tutorial: "Healthy Plate, Happy Tummy: Discovering Nutritious Foods for Growing Bodies"
 - Food flashcards or images (fruits, vegetables, proteins, fats, carbs)
 - Chart paper or whiteboard
 - Markers
 - Paper plates and cut-out food images for a "Healthy Plate" activity
 - Water bottles
 - Simple recipe cards (optional)
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Introduction (5-10 minutes):

1. Greeting & Introduction:

- Start with: "Today, we're going to learn how to eat healthy and discover the best foods to keep our bodies strong and happy!"

2. Discuss the Importance of Nutrition:

- Explain why eating nutritious foods is important for growth and energy.

Main Activity (20-30 minutes):

1. Watch the Video (5-7 minutes):

- Play the video tutorial "Healthy Plate, Happy Tummy: Discovering Nutritious Foods for Growing Bodies."
- Encourage students to pay attention to the different food groups discussed.

2. Healthy Plate Activity (15-20 minutes):

- **Food Groups Discussion:**
 - Show food flashcards or images and discuss each food group: fruits, vegetables, proteins, fats, and carbohydrates.
 - **Activity:** Create a "Healthy Plate" using paper plates and cut-out food images. Have students arrange the images on their plates to create a balanced meal.
- **Build a Balanced Plate:**
 - **Colorful Choices:** Discuss the importance of eating a variety of colors from fruits and vegetables.
 - **Powerful Proteins:** Talk about different sources of protein and their benefits.
 - **Fantastic Fats:** Explain healthy fats and their role in the body.
 - **Super Carbs:** Discuss whole grains and their energy benefits.
 - **Hydration Station:** Emphasize the importance of drinking water.
- **Interactive Discussion:**
 - Ask students to share their favorite healthy foods and why they think they're good for their bodies.
 - **Activity:** Have students draw or write about their favorite healthy foods and why they like them.

3. Hydration & Healthy Habits:

- **Drink Water:** Discuss the benefits of staying hydrated.

- **Activity:** Provide water bottles and encourage students to drink water throughout the lesson.
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Conclusion (5-10 minutes):

1. **Recap Key Points:**
 - Review the importance of each food group and how to build a healthy plate.
 2. **Q&A:**
 - Invite students to ask questions about nutrition and healthy eating. Answer in an age-appropriate manner.
 3. **Healthy Eating Challenge:**
 - Encourage students to try incorporating different food groups into their meals at home and share their experiences.
 4. **Prizes or Stickers:**
 - Hand out small prizes or stickers for participation and enthusiasm.
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Extension Ideas:

- **Healthy Recipe Creation:** Have students come up with their own healthy recipes using the food groups learned.
 - **Food Tasting:** Organize a simple tasting session where students can try different fruits, veggies, or healthy snacks.
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This lesson aims to promote healthy eating habits by making nutrition fun and interactive, helping students understand how the right foods can support their growth and well-being.