I Eat Right Lesson Plan (IER1) – Introduction

Focus: Today introduce the “I Eat Right” LifeStar Healthy Habit and discuss the importance of eating healthy.

Remind them that our goal as a group today is to learn about the importance of eating right. We also want to be active.

1. Engage/hook/activate (5 minutes):
   ✴ Ask: What does it mean for you to eat right (healthy)? If they struggle coming up with answers, here are some ideas to get them going:
     ✴ Helps us grow up to be strong and healthy
     ✴ Helps your body get better faster when you’re sick
     ✴ Brain power – eating healthy helps our brain be able to learn more
     ✴ Helps your body and muscles become strong
     ✴ Gives you energy so you can play and do the activities you love (like running around, playing soccer, etc.)

   ✴ Review with the kids that one of the LifeStar Healthy Habits is “I Eat Right!”

2. Review (5 minutes):
   ✴ Ask the kids what can happen when you don’t eat healthy?
     ✴ You can get sick more often and you’ll have less energy.
   ✴ Ask the kids what they ate for snacks/meals in the last day?
     ✴ Depending on the response, ask if they think that they could replace any unhealthy items that they had mentioned with a healthy one. Ask for a specific example (like cucumbers or bell peppers instead of fries, or an apple instead of cookies)
   ✴ How does eating healthy help your body?
     ✴ Refer to the list above for reasons to switch to healthier items to eat
   ✴ In future lessons we will learn what it means to eat healthy.

3. “I Am Active!” Time (30 minutes):
   ✴ Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?
   ✴ Remember to stretch before and after being physically active.
   ✴ Choose an activity for the kids to play from the list in the Activity Section or pick an activity of your own. Don’t forget to lead them in an “I Can Do It” “cheer before starting.
4. Wrap-up (5 minutes):
  ✴ Gather the kids in a group. Remind them that you talked about the importance of eating healthy and tell them:
  ✴ Eating healthy is about balance, treating sugary foods as occasional treats.
  ✴ Name 3 things that happen to you when you eat right? (Use list above as reference)
  ✴ What are some healthy snacks you can choose?
  ✴ Invite them to set up a goal for themselves and write it down. Goal setting is important to maintain a healthy lifestyle.
  ✴ What goal can you set for this week or weekend regarding eating right? (example: I will eat one more vegetable every day, I will drink water instead of sugary drinks, I will eat no more than one treat a day).
  ✴ Write down your goal (print the “Introductions - Goal Setting printable” and have them use it to keep track of their goals).

Finish the lesson with an “I Am Active! I Eat Right! I Can Do It!” cheer.

Healthy Habit of the Day
Half or my plate, at every meal, is fruits and vegetables.

Lesson #IER1
I Eat Right Lesson Plan (IER2) – The 5 Food Groups

Focus: Today introduce the “I Eat Right” LifeStar Healthy Habit and review the five food groups and recommended daily servings.

Remind them our goal as a group today is to learn about the five food groups we need for a healthy body and mind. We also want to be active today.

1. Engage/hook/activate (5 – 10 minutes):

* Ask the kids, if they can name the 5 food groups?

TEACH: Introduce the 5 Food Groups, what they are, why they are important, and review how many servings they need of each per day.

* **Fruits** – Helps keep you from getting sick, helps heal cuts. Fruits are rich in vitamins, minerals and fiber, which help prevent disease, fiber aids in digestion. **2-4 Servings**

* **Vegetables** – give you healthy skin and eyes! Vegetables are rich in vitamins, minerals and fiber, which help fight disease. Fiber aids in digestion. **3-5 Servings**

* **Dairy (low-fat milk, cheese and yogurt)** – provides calcium, which you need to build strong teeth and bones. **3 Servings.**

* **Grains (items made with flour, such as breads, pasta, crackers, tortillas).** Grains also include cereal, oats, brown rice. Whole grain cereals and whole wheat pasta, or whole-grain bread are great options, choose darker color grains – gives vitamins, minerals and energy to learn and play! Provides fuel for your body and brain. It’s just like gasoline you have to put in your car for it to go! **4-6 Servings**

* **Protein (Nuts/Beans/Lean Meat/Fish/Eggs)** – gives you healthy muscles and bones! Protein provides the building blocks for bones, muscles, skin and blood. **2-3 Servings**

Tell them each food group is important and provides different nutrients that your body needs for good health. Try and eat a variety of foods each day from all these food groups to get your body the nutrients it needs to grow strong and be healthy.

2. Review (5 minutes):

* Ask the kids, “what are the five food groups?” Tell them it’s important to try and eat a variety of foods each day from all these food groups to get your body the nutrients it needs to grow strong and be healthy.

* Ask “what are your favorite foods in each group?”

* We can occasionally have a sweet treat, soda pop or chips – just not every day and in small portions!
3. “I Am Active!” time (30 minutes):
   - Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?
   - Remember to stretch before and after being physically active.
   - Choose an activity for the kids to play from the list in the Activity Section or pick an activity of your own. Don’t forget to lead them in an “I Can Do It” cheer before starting.

4. Wrap-up (5 minutes):
   - Gather the kids in a group. Remind them that you talked about the five food groups and ask:
     - Name the 5 food groups?
     - Who can make a goal to eat foods from these five food groups tomorrow, every day?
     - If they struggle to come up with a goal answer, ask: What foods are you going to eat that you are not getting enough of? (example-Vegetables). How many vegetables are you going to eat? (3-5 servings)

Finish the lesson with an “I Am Active! I Eat Right! I Can Do It!” cheer.

Healthy Habit of the Day

I will eat a variety of foods each day from the 5 food groups

Lesson #IER2

Also see Other Resources section for Food Group activities you can do using Food Models. Download Food Models at https://www.nationaldairycouncil.org/content/2019/nutrition-education-with-visual-food-models.

Build on this lesson by teaching What Does a Healthy Meal Look Like during your next session.
I Eat Right Lesson Plan (IER3) – What Does A Healthy Meal Look Like?

Focus: Today review the “I Eat Right” LifeStar healthy habit and teach the kids what a healthy meal/plate looks like.

Note for Teacher/coach
When using this lesson, be sure to review the five food groups, define what they are and why they are important (such as nutrients they provide- for example we need fruits and vegetables because they provide vitamins and minerals which help heal cuts, help us see, keep our skin healthy, help with digestion). see IER #2 Five Food Groups. Re-emphasize to kids that each food group contains different kinds of nutrients, it’s important to eat a variety of food groups at each meal to get all the nutrients your body needs to grow strong and healthy. Emphasize whole grains instead of refined ones, and nuts and beans, eggs as part of the protein family.

Remind them that our goal as a group today is to learn what a healthy meal looks like. We also want to be active today.

1. Engage/hook/activate (5 minutes):
   ✴ Ask the kids:
   ✴ Who can remember the Five food groups that we discovered in another lesson? Have students list out…respond with Yes, those are correct!
   ✴ Let’s do a quick review of what those food groups are and why they are important.
   o Answer: Vegetables; Fruits; Grains (define grains--items made with wheat/wheat is ground into flour) --Examples would include breads, pastas; cereals, oats, rice are also grains; Protein such as nuts, beans, eggs, chicken, fish or meat; Don’t forget the Dairy (milk, cheese or yogurt).
   ✴ Discuss what a healthy meal/plate should look like? Well let’s talk about what healthy meal/plate should look like, introduce the following.

2. Teach (10 minutes):
   ✴ Use the visual of My Plate (last page) and talk about what makes this plate healthy.
   o Say: This visual of MyPlate shows us what a healthy meal should look like.
   o A healthy meal/plate includes foods from all or most of the five food groups.
   o What's MyPlate All About? Or www.ChooseMyPlate.gov/myplate-graphic-resources for more resources
Ask the kids:
- How much of the plate should be fruits and vegetables? Answer-1/2
- What food groups should we try to have on the other half of the plate? ¼ of our plate should be grains; ¼ of our plate should be proteins. Don’t forget the dairy, milk, cheese or yogurt.
- Explain to the kids the difference between whole grains (usually dark color, such as whole grain breads, brown rice) and refined grains (usually white, such as white rice, white bread. Encourage kids to choose whole grains that are dark brown in color most often).
- What did you have for dinner last night?
  * Use their answers to turn their meal into a Healthy Eating Plate

Remind the kids of the five food groups, grains, protein, dairy, veggies and fruits. Review what a healthy plate/meal includes. Review that its important to eat a variety of food groups with each meal, each group contains different kinds of nutrients to help your body grow strong.

3. “I Am Active!” time (30 minutes)
- Ask, can we make a group goal for our activity? Everyone participate and play hard for the whole time? Who is going to play hard the whole time?
- Remember to stretch before and after being physically active.
- Tell the kids that they are now ready for “I Am Active!” time. Choose an activity such as running, jumping rope, fast walking, hula-hoop, jumping, playing a game of soccer or any other game.
- Don’t forget to lead them in an “I Can Do It” cheer before starting.

4. Wrap-up (5 minutes):
- Gather the kids in a group. Remind them that you talked about what a Healthy Eating Plate looks like and ask:
  * What did we learn about meals today?
  * What is a goal everyone can make for their meals? Can our goal be to try and follow the example of My Plate and have our meals/plates include foods from most of the food groups?

Finish the lesson with an “I’m Active, I Eat Right and I Can Do It” cheer.

Healthy Habit of the Day

Half or my plate, at every meal, is fruits and vegetables.

Lesson #IER3
Focus: Today review the “I Eat Right” LifeStar Healthy Habit and teach the kids why eating a healthy breakfast every day is important.

Note for the coach/teacher: Some of our kids do not get to eat a healthy breakfast. Use this lesson to encourage those who may not get to eat breakfast to eat the school-provided breakfast and lunch.

Remind them that our goal today is to learn about the importance of eating a healthy breakfast every day. We also want to be active.

1. Engage/hook/activate (5 minutes):
   ✴ Ask the kids:
   ✴ Who ate breakfast today?
   ✴ Make sure to high five or encourage the kids if they ate breakfast.
   ✴ Ask kids how they feel when they don’t eat breakfast, share how you feel.
   ✴ What happens when you don’t eat breakfast?
      ✴ If they struggle to come up with ideas, suggest:
         ✴ You don’t have energy to be able to run around and play!
         ✴ You can get a headache, tummy ache and feel sleepy!
         ✴ You don’t have the energy to learn in school
   ✴ Why is it so important for you to eat a healthy breakfast?
      ✴ If they struggle to come up with ideas, review:
         ✴ Think of your stomach like a car: it needs gas to start, right? Well so do you!
         ✴ Gives your brain energy and power to learn
         ✴ It prevents you from getting hungry later.
         ✴ You don’t eat while you sleep, so your body is ready for food!
         ✴ Helps you get the nutrients your body needs to grow strong

2. Review (5 minutes):
   ✴ Tell the kids the kids:
   ✴ Not only is it important to eat breakfast every day it’s important to fuel up with the right kinds of foods! Try to get a balance of whole grains (such as whole grain toast/cereals, corn tortillas); dairy (milk, cheese or yogurt), protein foods such as eggs, nuts, peanut butter, along with fruits and veggies to give your body a steady supply of energy throughout the morning
   ✴ Eating only higher sugar foods such as donuts, pastries, sugared cereals, sodas, pop tarts will give short burst of energy then you will crash, making you tired.
   ✴ Ask the kids, what is a better choice:
      ✴ A donut or a whole wheat toast with nut butter?
* A Pop Tart or eggs and beans?
* Oatmeal with milk, berries or a sugary cereal (give them examples).
* Biscuits and gravy or yogurt and granola?

We might get to have a donut or sweet treat once in awhile, occasionally, if you do have it, try to have milk and fruit with it for a better balanced breakfast meal. Remember that sweets in the morning will affect your energy during the day, giving you a rush of energy and quickly making you very tired.

The good news is that there are a lot of easy, healthy and delicious breakfast choices. Can anyone name a healthy breakfast item? If they need help with ideas:

* Non-sugary cereals – Oatmeal or Shredded Wheat (look for the low sugar options). You can always make it taste sweeter by adding banana, raisins, berries, cinnamon, or your other favorite cut-up fruits.
* A yogurt and sliced fruit popsicle – slice fruit, combine with yogurt and freeze overnight for a yummy breakfast
* Open-faced sandwich nut butter and banana. Try peanut/nut butter sandwich with berries or bananas, it is yummy!
* Whole wheat toast with avocado, or cheese, peanut/nut butter
* Fruit
* 100% juice (remember to keep juice to one small glass a day)
* Milk
* Cottage Cheese
* Tomato juice
* Hard boiled egg
* Scrambled eggs on whole grain toast with cheese
* String cheese
* Smoothie with yogurt, fresh, canned or frozen fruit, milk, splash of juice, ice, optional veggies such as spinach; blend in a blender and enjoy.

Can anyone tell me what a good healthy goal is for breakfast?

Answer: Aim for half of your breakfast to include fruits and veggies but make sure to also have dairy (milk, cheese or yogurt), protein and grains.

3. “I Am Active!” time (30 minutes):

Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?

Remember to stretch before and after being physically active.

Choose an activity for the kids to play from the list in the Activity Section or pick an activity of your own. Don’t forget to lead them in an “I Can Do It” “cheer before starting.
4. Wrap-up (5 minutes):
   ✴ Gather the kids in a group and ask:
   ✴ Why is it important to eat a healthy breakfast?
   ✴ What are some healthy breakfast options?
   ✴ What is a goal everyone can make for tomorrow’s breakfast?

Finish the lesson with an “I Am Active, I Eat Right and I Can Do It” cheer.

Healthy Habit of the Day

I eat a healthy breakfast every day.

Lesson #IER4
I Eat Right Lesson Plan (IER5) – Snacks Can Be Healthy Too!

Focus: Today review the “I Eat Right!” LifeStar Healthy Habit and teach the kids the importance of eating healthy snacks.

Remind them that our goal today is to learn about choosing healthy snacks. We also want to be active.

1. Engage/hook/activate (5 minutes):
   ✴ Ask the kids: What are some of your favorite snacks?
   ✴ It’s okay if they name some unhealthy choices right now.
   ✴ After they name some snacks, ask which ones they think are healthy and which ones are not so healthy?
   ✴ To be healthy, how many snacks should you eat each day?
     ✴ 1 – 2 snacks a day – you don’t want to fill up on snacks so much that you aren’t hungry for mealtime.
   ✴ Why eat a healthy snack? What does eating a healthy snack help you with?
     ✴ Gives you an energy boost in-between meals
     ✴ Gives you vitamins and healthy proteins to build a healthy body
     ✴ Helps keep your stomach from feeling empty while you wait for your next meal
   ✴ Try to eat snacks from the five food groups.
   ✴ Review--- Say-Do you remember the five food groups?
     ✴ Food groups (Protein-meats, eggs, beans, nuts; Fruits; Veggies, Dairy (milk, cheese yogurt), and Grains (whole grains recommended-dark brown in color).

2. Review (5 minutes):
   ✴ As a group, can the kids come up with some great ideas for some healthy snacks from the five food groups?
     ✴ Ants on a log – celery, peanut butter and raisins
     ✴ Apple slices topped with peanut butter
     ✴ Hummus or salsa with carrot/celery sticks (may need to tell them what hummus is-garbanzo beans-blended with spices)
     ✴ Cucumber slices, cheese cubes or slices
     ✴ String cheese and pretzels
     ✴ Whole grain crackers, or tortilla and cheese/beans, salsa, avacado
     ✴ Baby carrots, red, green pepper slices, with cheese sticks, slices
     ✴ Whole grain slice of bread with peanut butter, banana
     ✴ Almonds, walnuts
     ✴ Cottage cheese
     ✴ Yogurt
     ✴ Popcorn-plain or with cinnamon
     ✴ Milk
     ✴ Oatmeal cookies/bars
If they mention candy bars, chips or cookies, ask them to come up with some healthier alternatives.

If they struggle with healthy alternatives, fruit and granola are great alternatives without added refined sugar.

What can you do to make sure that you eat healthy?

Ask your mom if you can help preparing some healthy snacks that you could take to school.

Help your mom pick healthy snacks when she goes food shopping.

3. “I am Active!” time (30 minutes):

Ask: Can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?

Choose an activity for the kids to play from the list in the Activity Section, or pick an activity of your own. Don’t forget to lead them in an “I Can Do It!” cheer before starting.

4. Wrap-up (5 minutes):

Gather the kids in a group. Remind them that you talked about eating healthy snacks and ask:

Why are healthy snacks important?

Can anyone remember some of the healthy snacks we talked about?

What is a goal everyone can make for tomorrow’s snack?

Finish the lesson with an “I Am Active! I Eat Right! I Can Do It!” cheer.

Healthy Habit of the Day

I choose healthy snacks.

Lesson #IER5
I Eat Right Lesson Plan (IER6) – A Healthier Lunch for a Healthier You!

Focus: Today review the “I Eat Right!” LifeStar Healthy Habit and teach the kids about the importance of eating a healthy and balanced lunch.

Remind them our goal as a group today is to learn about healthy lunches. We also want to be active.

1. Engage/hook/activate (5 minutes):
   - Ask the kids: What did you have for lunch today (or yesterday if the session is run in the morning)? Did it include all five food groups?
   - How important is it to have a healthy lunch?
     * Answer – Really important, right!
   - Think of your stomach like a gas tank: what happens when a car runs out of gas?
     * Answer – The car stops until you put more gas in it.
   - So, we have been working all day on the fuel we put in during breakfast. Now we need to stop and refuel. What would happen if we allow our body to run out of gas? Encourage the kids to come up with some answers. If they struggle:
     * We lose all our energy and can’t work anymore.
     * Usually makes you grumpy, doesn’t it? – I know that when I don’t eat, I get really grumpy! (You can play it up and act all grumpy when explaining that to the kids)
     * It is harder to pay attention in class.
     * I might even get a headache!
   - How does eating a healthy lunch help you?
     * Reenergizes your body for the rest of the day so you can study, go out and run around, and have fun! And so you can energize your brain to learn more!

2. Review (5 minutes):
   - Ask the kids:
     * Now that we know that lunch is very important, what are some simple things you can do to make sure you eat a healthy lunch?
       * Eat food from all food groups.
       * Remember the healthy plate, half your plate should be fruits and veggies.
       * Choose a fruit instead of an unhealthy food like chips or cookies
       * Drink water instead of sugary drinks that make you tired!
       * Remember that your school may provide a healthy lunch.
     * Since a lot of you eat the school lunch, what can you do to make sure that you eat as healthy as possible? What should you eat first and most?
       * See what ideas they come up with and include these if they struggle:
         * Eat the fruits and vegetables first. We want to fill up on the healthy items first.
         * Eat the protein (meat, peanut butter) and be sure to drink your milk!
         * If you go for seconds, eat another fruit or vegetable
3. “I Am Active!” time (30 minutes):
   ✴ Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?
   ✴ Remember to stretch before and after being physically active.
   ✴ Choose an activity for the kids to play from the list in the Activity Section or pick an activity of your own. Don’t forget to lead them in an “I Can Do It” cheer before starting.

4. Wrap-up (5 minutes):
   ✴ Gather the kids in a group. Remind them that you talked about the importance of eating a healthy lunch and ask:
   ✴ What are some healthy choices you can make when you eat lunch?
   ✴ What is a goal everyone can make for tomorrow’s lunch?
     ✴ If they struggle, here are some ideas:
       ✴ More beans less rice (brown rice is better)
       ✴ Corn tortilla vs. flour
       ✴ Fruits and veggies
       ✴ Whole grain bread vs. white bread
       ✴ Avoid sugary drinks

Finish the lesson with an “I Am Active! I Eat Right! I Can Do It!” cheer.

Healthy Habit of the Day
I will not skip meals and eat breakfast and lunch every day

Lesson #IER6
I Eat Right Lesson Plan (IER7) - The Power of Gulps - The Healthiest Drink WATER!

Focus: Today review the “I Eat Right!” LifeStar Healthy Habit and teach the kids about the importance of water.

Remind them our goal as a group today is to learn about the importance of water. We also want to be active today.

1. Engage/hook/activate (5 minutes):
   ✧ What would happen if you didn’t water a plant?
     ✧ It would shrivel up.
   ✧ Why is it important for us to drink water? Would we get sick if we didn’t drink enough water?
     ✧ Our body is kind of like a plant, we need lots of water to stay alive and healthy.
   ✧ Ask the kids how much of your body is made up of water?
     ✧ Answer is about 75%
   ✧ Ask the kids what happens to some of that water when we exercise?
     ✧ We sweat it out.
   ✧ So because we sweat out some of the water that’s in our body, what do we need to do?
     ✧ Drink more water!
   ✧ Because of that, ask them if they think it’s really important to drink a lot of water?
     ✧ Yes
   ✧ Gulps of water are a great way to stay hydrated before, during and after we play.
   ✧ Water is the best thing to drink! Avoid sugary drinks, like soda, Gatorade and Powerade, energy drinks, as they do not help us to hydrate.

2. Review (5 minutes):
   ✧ Have the kids set a short-term goal for the rest of the week:
     ✧ 3 gulps of water before they start playing
     ✧ 3 gulps every 10 minutes – while playing / being active
     ✧ And obviously throughout the rest of the day when they’re thirsty – remember, you don’t want to wilt away like a plant that you forget to water!

3. “I Am Active!” time (30 minutes):
   ✧ Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?
   ✧ Remember to stretch before and after being physically active.
   ✧ Choose an activity for the kids to play from the list in the Activity Section or pick an activity of your own. Don’t forget to lead them in an “I Can Do It “cheer before starting.
4. **Wrap-up (5 minutes):**
   ✴ Gather the kids in a group. Remind them that you talked about gulps of water and ask:
   ✴ Why is it important to drink water?
   ✴ How many gulps? And how often or when?
   ✴ What is their short-term goal for the week?

Finish the lesson with an “**I Am Active! I Eat Right! I Can Do It!**” cheer.

**Healthy Habit of the Day**
I drink water before, during and after physical activity.

**Lesson #IER7**
I Eat Right Lesson Plan (IER8) – Eat Your Way Through the Alphabet

Focus: Today review the “I Eat Right” LifeStar Healthy Habit and teach the kids about the different varieties of fruits and vegetables.

Remind them our goal as a group today is to learn about different fruits and vegetables. We also want to be active.

1. Engage/hook/activate (2 minutes):
   ✴ Ask the kids if they know the alphabet?
   ✴ If not, sing the alphabet song with them to jog their memories
   ✴ If it’s an older group, see if they can do the alphabet backwards to keep it fun
   ✴ Now ask if they know the names of lots of different fruits and vegetables?

2. Review (5 – 10 minutes):
   ✴ Can anyone remember why fruits and vegetables are healthy choices?
     Answer—they provide our bodies with lots of vitamins, minerals, fiber and other nutrients that our bodies need in order to grow and stay healthy. Plus they taste good!
   ✴ We are going to see if we can name one fruit or vegetable for each letter of the alphabet in order?
   ✴ Do you think we can do that together?
     ✴ Make sure you get an enthusiastic yes from the group
   ✴ Ask the kids to raise their hands if they can think of an answer when you say a letter. For example:
     ✴ Who knows a fruit or vegetable with the letter “A”? Apple, Avocado
     ✴ Ask kids to raise their hands to answer (not blurt out answers)
     ✴ Here is a sample list you can use:

<table>
<thead>
<tr>
<th>Avocado</th>
<th>Eggplant</th>
<th>Iceberg Lettuce</th>
<th>Mango</th>
<th>Quince</th>
<th>Ugni</th>
<th>Yam</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana</td>
<td>Fig</td>
<td>Jicama</td>
<td>Nectarine</td>
<td>Radish</td>
<td>Vine Tomato</td>
<td>Zucchini</td>
</tr>
<tr>
<td>Carrot</td>
<td>Grape</td>
<td>Kiwi</td>
<td>Orange</td>
<td>Strawberry</td>
<td>Watermelon</td>
<td></td>
</tr>
<tr>
<td>Date</td>
<td>Honeydew</td>
<td>Lemon</td>
<td>Plum</td>
<td>Tomato</td>
<td>Xigua</td>
<td></td>
</tr>
</tbody>
</table>

✴ Make sure that you describe any fruit or vegetable they don’t know
✴ As they name the fruits and vegetables, see who has already tried them?
✴ OPTIONAL FOOD ACTIVITY- ask the kids to vote on a new fruit or veggie they would like to taste. Bring in a sample and have kids taste it during the next lesson. You will be surprised how many kids have not been exposed to a variety of fruits and veggies. Tasting allows them exposure to new, healthy foods that they may add to their diet in the long-term.
3. “I Am Active!” time (30 minutes):
   ✴ Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?
   ✴ Remember to stretch before and after being physically active.
   ✴ Choose an activity for the kids to play from the list in the Activity Section, or pick an activity of your own. Don’t forget to lead them in an “I Can Do It” cheer before starting.
   ✴ If the kids are running laps or performing something multiple times, every lap you could ask them to shout out a fruit or veggie.

4. Wrap-up (5 minutes):
   ✴ Gather the kids in a group. Remind them that you talked about the different types of fruits and veggies and ask:
   ✴ What short-term goal are you setting for the week? Or who can set a goal to ask their mom if they can try a new fruit or veggie?
     ✴ You can also prompt some others to ask how they can eat more fruits and veggies.
   ✴ If they don’t answer, then say “well how about trying (choose a fruit or veggie)?” Or what about adding fruit to your cereal for breakfast; or having fruit or vegetables as your snack in the afternoon or evening.

Finish the lesson with an “I Am Active, I Eat Right and I Can Do It” cheer.

Healthy Habit of the Day
Half or my plate, at every meal, is fruits and vegetables.

Lesson #IER8
I Eat Right Lesson Plan (IER9) - A Healthier Way to Eat Out

**Focus:** Today review the “I Eat Right” LifeStar Healthy Habit and teach the kids how to eat healthy when dining out.

**Remind them** our goal as a group today is to learn about how to eat healthy when eating out. We also want to be active today!

1. **Engage/hook/activate (5 minutes):**
   - Dining out, going out to eat, can be a special treat! When dining out, ask the kids:
     - What’s your favorite place to eat out?
     - What do you usually eat when you go out?
   - Can anyone think of some ways to make eating out healthier?
     - At the restaurant or drive through, what are some healthy foods we can order?
   - If they struggle with answers, here are some examples to share:
     - Instead of ordering French fries, ask for apple slices or a salad (or share a small order of fries and have apple slices or salad too)
     - Turkey burger is a great alternative for a regular burger or hot dog
     - A grilled chicken sandwich instead of chicken nuggets or fried chicken sandwich
     - Ordering water or milk instead of a soda
     - Limit soda, lemonade, juice refills, sip your drinks slowly so they don’t fill you up!
     - Using mustard instead of mayonnaise.
     - Try an English muffin egg sandwich.
     - Try a yogurt parfait.
     - Try a fruit smoothie.
   - Remember that sometimes the amount of food at a restaurant is HUGE! You can always take some home or order one meal and share it!

2. **Review (5 minutes):**
   - Sometimes it is hard to eat healthy when you go to a restaurant!
   - Now that we know this, ask:
     - Think about your favorite restaurant - who can tell me something healthy you can order the next time you go out to eat? What can you do to make your meal healthier?
     - Who can think of a goal to eat healthier the next time they go out to eat?

3. **“I Am Active!” time (30 minutes):**
   - Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?
   - Remember to stretch before and after being physically active.
Choose an activity for the kids to play from the list in the **Activity Section** or pick an activity of your own. Don’t forget to lead them in an “I Can Do It” cheer before starting.

4. **Wrap-up (5 minutes):**
   - Gather the kids in a group. Remind them that you talked about how to eat healthy when eating out and ask:
   - What are some healthy foods we can order when we go out to eat?
   - What is a goal you can set next time you eat out? Be specific, prompt
     - If I want a small order of French fries, I will share half of them!
     - I will order a fruit or salad with my meal!
     - I will drink water or milk with my meal- limit soda pop, sugary drinks!

Finish the lesson with an “I’m Active! I Eat Right! I Can Do It!” cheer.

**Healthy Habit of the day:**
I will eat and drink slowly, and really enjoy, taste my food.

**Lesson #IER9**
I Eat Right Lesson Plan (IER10) – Why Water and Ways to Make It Taste Good

Focus: Today review the “I Eat Right” LifeStar Healthy Habit and teach the kids about drinking water and ways to make water taste good without added sugar! And also, be active today.

Remind them our goal as a group today is to learn about why it is important to drink water and ways to make water taste good without added sugar. We also want to be active today!

1. Engage/hook/activate (5 – 10 minutes):
   * Ask the kids “why water is so important for your bodies?” If they struggle to come up with answers, suggest:
     * Helps fight illness – Keeps you from getting sick!
     * Water helps digest the food in your tummy
     * Helps your brain concentrate more – easier to learn and get smarter
   * “If you don’t get enough water, what can happen to your bodies?”
     * Headaches
     * Tummy aches
     * Feel tired
     * Feel dizzy
   * When was the last time you drank a glass of water (or several gulps of water)? Do you like cold or warm water? Do you like the taste of water? Do you ever flavor your water? With what?
   * Explain to kids we can flavor our water with things that don’t have added sugar—such as fresh or frozen fruit (strawberries, raspberries, blueberries, peach slices, mangoes, lemon, lime and orange slices). Also vegetables, such as sliced cucumber, and herbs such as fresh mint. Also can add splash of 100% fruit juice or tea bags.
   * OPTIONAL FOOD ACTIVITY IF TIME; provide a variety of the above flavored items, along with a pitcher of plain water and cups, and have kids experiment with creating their own flavored water mix.

2. Review (5 minutes):
   * Have the kids make a short-term goal to drink 5 – 7 glasses of water a day for the rest of the week. Or who thinks they can flavor their water? With what?
   * Ask the kids what goal they can set about drinking water tomorrow? Here are some suggestions:
     * 5 glasses for 5 – 8 yr olds
     * 7 glasses for 9 – 13 yr olds
3. **“I Am Active!” time (30 minutes):**
   ✴ Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?
   ✴ Remember to stretch before and after being physically active.
   ✴ Choose an activity for the kids to play from the list in the Activity Section or pick an activity of your own. Don’t forget to lead them in an “I Can Do It” cheer before starting.

4. **Wrap-up (5 minutes):**
   ✴ Gather the kids in a group. Remind them that you talked about how to make water taste good and ask:
      ✴ What they learned today about water and their body?
      ✴ What will they try to drink? And how much?

Finish the lesson with an “I Am Active! I Eat Right! I Can Do It!” cheer.

**Healthy Habit:** I drink water before, during, and after I am active!
I limit my sugary drinks or treats to one a day.

**Lesson #IER10**
I Eat Right Lesson Plan (IER11) – Colors of the Rainbow

**Focus:** Today review the “I Eat Right” LifeStar Healthy Habit and teach the kids how the different colors of fruits and vegetables keep us healthy.

**Remind them** our goal as a group today is to learn about fruits and vegetables through a variety of colors. We also want to be active today!

1. **Engage/hook/activate (5 – 10 minutes):**
   - Fruits and vegetables contain many different nutrients that help keep our bodies healthy and strong.
   - Different colors of fruits and vegetables help our bodies. Can you think of different colors? As the kids say the colors, tell them.
     - **Red – Help keep our hearts healthy**
       - Ask the kids what are some red fruits and veggies?
         - Apples, cherries, grapes, bell peppers, tomatoes
     - **Orange/Yellow – Help fight off disease and keep us from getting sick**
       - Ask the kids what are some orange fruits and veggies?
         - Oranges, apricots, carrots, cantaloupe, corn
     - **Blue/Purple – Help with your memory**
       - Ask the kids what are some blue fruits and veggies?
         - Blueberries, blackberries, plums, raisins
     - **Green – Help keep you from getting sick**
       - Ask the kids what are some green fruits and veggies?
         - Spinach, green apples, lettuce, cucumber, grapes
     - **White – Help keep our stomachs and heart healthy**
       - Ask the kids what are some white fruits and veggies?
         - Cauliflower, bananas, mushrooms, garlic
       - Ask the kids, can you think of other colors?

2. **Review (5 minutes):**
   - Ask the kids to name different fruits and vegetables in each color category.
   - What color fruits and vegetables did they eat today?
   - Who can make a short-term goal for fruits and vegetables for tomorrow?

3. **“I Am Active!” time (30 minutes):**
   - Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?
   - Remember to stretch before and after being physically active.
   - Choose an activity for the kids to play from the list in the Activity Section or pick an activity of your own. Don’t forget to lead them in an “I Can Do It!” cheer before starting.
If the kids are running laps or performing something multiple times, every lap you could ask them to shout out a fruit or veggie in the colors you talked about.

4. Wrap-up (5 minutes):

- Gather the kids in a group. Remind them that you talked about different colors of fruits and veggies and ask:
- Why eat different colored fruits and vegetables?
  - Think about what we said when we started: what do the different colors of fruits and vegetables mean? If they struggle, give them some examples (i.e. red help keep our hearts healthy)
  - What short term goal are you setting for the week? What fruit or vegetable could you eat at school lunch tomorrow? Or “Who can set a goal to eat something red and orange and green”?

Finish the lesson with an “I'm Active! I Eat Right! I Can Do It!” cheer.

Healthy Habit of the day:

I choose healthy snacks.

Lesson #IER11
I Eat Right Lesson Plan (IER12) – Healthier Beverage Choices

**Focus:** Today review the “I Eat Right” LifeStar Healthy Habit and teach the kids about choosing healthier drinks and understanding why sugary drinks are not healthy for us!

**Remind them** that our goal today is to learn about choosing better drinks. We also want to be active.

1. **Engage/hook/activate (5 minutes):**
   ✴ Many drinks offer few or no nutrients and are high in sugar.
   ✴ Ask the kids:
     ✴ How much sugar is in a can of soda? Any guesses?
       ✴ 9 ½ teaspoonfuls
     ✴ So is soda good for us?
       ✴ Not a healthy choice, lots of sugar but not any other nutrients
   ✴ What other drinks have a lot of sugar?
     ✴ Gatorade, sports drinks, energy drinks
     ✴ Kool-Aid
     ✴ Sunny D
     ✴ Most juices
   ✴ How much sugar is in one glass of Kool-Aid?
     ✴ About 12 teaspoonfuls
     ✴ So is Kool-Aid really good for us?
   ✴ What happens when you drink sugary drinks?
     ✴ You’re actually thirstier so you end up drinking even more sugar!
   ✴ Why is drinking so much sugar not healthy?
     ✴ Sugary drinks fill you up but the drinks don’t have any nutrients or very small amounts of vitamins or minerals (juice) that are good for a healthy body.
     ✴ Drinking only sugary drinks gives you a short burst of energy but then you crash, feel tired later
     ✴ They might make you shaky or give you a headache; many sugary drinks like sodas, energy drinks have caffeine, caffeine may keep you awake at night, which may mean you are not getting good sleep to do well in school.
     ✴ it makes your liver and pancreas work over time.
     ✴ Cavities form when there is too much sugar in our mouths.
   ✴ Our bodies need lots of water! (refer to other lesson)
2. **Review (5 minutes):**
   - What should we drink more of?
     - Water
     - Milk
     - 100% fruit juices-limit to 4-6 ounces a day!
   - What is a short-term goal you can make for limiting sugary drinks tomorrow?
     - Drink more water!
     - Mix a little fruit juice with mostly water for a healthier drink
     - Rinse your mouth with plain water and / or brush your teeth after drinking sugary drinks to help so cavities don't form.

3. **“I Am Active!” time (30 minutes):**
   - Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?
   - Remember to stretch before and after being physically active.
   - Choose an activity for the kids to play from the list in the *Activity Section* or pick an activity of your own. Don’t forget to lead them in an “I Can Do It” cheer before starting.

4. **Wrap-up (5 minutes):**
   - Think about what kind of drinks you have at home, with snacks and at school. Think about how you could replace unhealthy choices with healthier choices.
   - Gather the kids in a group. Remind them that you talked about why sugary drinks are not healthy and ask:
     - How much sugar is in a can of soda?
     - Why is it important to avoid sugary drinks?
     - What’s healthy to drink?
     - What do you drink at school and at home? How could you replace unhealthy choices with healthier choices? What short-term goal are they setting for the week?

Finish the lesson with an “I Am Active! I Eat Right! I Can Do It!” cheer.

**Healthy Habit of the day:**
I limit my sugary drinks or treats to one a day.

**Lesson #IER12**