



Educator guide: Food=fuel lesson

Recommended for grades:

Kindergarten

Time:

3 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. Identify breakfast as the most important meal of the day.

Lesson description:

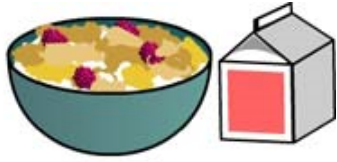
The Food=fuel lesson teaches students that healthy foods fuel their bodies throughout the day. Students will learn the importance of eating breakfast every day.

Pre and post-test question:

Use the question on the following page with your students in any way that you see fit. You may choose to combine questions from various lessons and activities that your students participate in.



1. Which meal is the most important meal of the day? (circle one picture)



Breakfast



Lunch



Dinner

Supplemental activity: What's for breakfast?

Objectives:

After completing this activity students will be able to:

- Identify that breakfast is the most important meal of the day.
- List at least two healthy foods that can be eaten for breakfast.

Materials needed:

- SMART board, whiteboard or chalkboard

Time required:

15 minutes

Instructions:

Review with students the importance of breakfast, focusing on the following:

- Your body goes all night with no fuel (food), so your body needs fuel in the morning.
- Breakfast gives us the energy to do all kinds of things, like go to school, learn and play.
- Choose any healthy foods for breakfast. It doesn't have to be traditional breakfast foods like eggs or cereal.

Ask students to name breakfast foods that they don't like. Ask them to explain why they don't like a particular food. Write those foods in a column labeled "Yuck!" Next, create a "Yum!" column. Ask students to think of alternate foods that they could list to replace the foods they don't like. For example, if a student doesn't like bananas, an alternative could be an apple or applesauce. Or, if a student doesn't like scrambled eggs and toast, an alternative could be a peanut butter sandwich. Remind students that it doesn't have to be eggs and cereal every day. Maybe they would prefer a sandwich or even leftovers from dinner the night before. As long as it's a healthy choice, it will give your body the fuel it needs in the morning.



Transcript

Slide 1

Food equals Fuel!

Slide 2

Do you know what fuel is? It gives you energy to keep going. The fuel that your body needs is food. Besides tasting good, food has all kinds of healthy things in it to make your body go.

Slide 3

Look at Zach. As he eats enough healthy foods, his energy meter goes from empty to full!

Zach: Now that I've eaten, I'm ready to jump around! Are you ready to jump with me? Go ahead – stand up. Count aloud with me and jump ten times. Ready, set, jump! 1, 2, 3, 4, 5, 6, 7, 8, 9, 10! You guys are awesome!

Slide 4

Now Carly needs something to eat. Click on the foods to see what happens.

Slide 5

Sofia knows that food is fuel for the body. Three meals a day will help give her all the energy she needs. Eating breakfast, lunch, and dinner will keep her from getting extra hungry, and make her feel good. Sometimes she eats healthy snacks, too. Breakfast is the most important meal, because you haven't eaten all night while you were sleeping! Raise your hand if you ate breakfast this morning. Eating breakfast gives Sofia the energy to learn and play at school.



Slide 6

But Sofia doesn't really like breakfast foods.

Sofia: Scrambled eggs, yuck!

So, she eats something that she likes in the morning, like a cheese-and-tomato sandwich!

Sofia: Mmm, yum!

Slide 7

Which meal is most important? Click on the pictures below to find out.

Breakfast - Breakfast is the most important meal. It gives your body energy in the morning. It helps you learn and play.

Lunch - Lunch gives you energy in the middle of the day, but it's not the most important meal. Which one is?

Dinner - Dinner gives you energy in the evening, but it's not the most important meal. Try again.

Slide 8

Good job!

Acknowledgements

Children's Wisconsin gratefully acknowledges the contributions and support provided by the following organizations for the research, development and delivery of Nutrition and physical activity lessons and activities:

Children's Wisconsin – NEW Kids™ Program

Children's Research Institute

Medical College of Wisconsin

Wisconsin Department of Public Instruction





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