

Get Textbooks on Google Play. Rent and save from the world's largest eBookstore. Read, highlight, and take notes, across web, tablet, and phone.

Thank you for your input. Materials and preparation Various healthy and unhealthy food cutouts from magazines, total Glue sticks, 1 per student Red apple cutouts on red construction paper Orange cutouts on orange construction paper Purple grape cutouts on purple construction paper Yellow banana cutouts on yellow construction paper Strips of red, orange, purple, and yellow tissue paper Good Enough to Eat: I Like Vegetables by Lorena Siminovich Learning objectives Students will be able to identify healthy and unhealthy foods. Introduction Tell students that today they will be discussing healthy and unhealthy foods. Assess prior knowledge by asking the class who ate something healthy today. Show students various plastic healthy and unhealthy foods and invite them to come up one by one and identify if they think the food they selected is healthy or unhealthy. One column should be labeled "healthy" and one column should be labeled "unhealthy. Then, call students up one by one to select magazine cutouts of different foods and decide whether they are healthy or unhealthy. When they choose one, discuss with the class why they think that is correct or incorrect. Then, help students tape them to the right side of the chart. Continue until each student had a turn or until you have used all of the pictures. Give them the choice of either an apple, a banana, an orange, or grapes. Have students identify the color of the fruit they chose and to find the correct corresponding color tissue paper. Independent working time Ask the students to tear the strips of tissue paper into small squares. Invite students to glue the squares onto the fruit cutout that they selected. Give students the Create a Healthy Lunch! To review healthy foods, place various fruits and vegetables on the table. Have students sort them by color. Explain that all of these items are healthy foods. Assessment Give students a sheet of blank white paper. Ask students if they think celery is healthy or unhealthy. Give the students paint and allow them to use celery stalks to paint a picture. Review and closing Read Good Enough to Eat: Related learning resources Workbook Letter Formation Build a better writer with this series of tracing and fine motor exercises. Small hands will get strong drawing curvy and diagonal lines, and zigzags, plus real letters.

Chapter 2 : Fourth Grade (Grade 4) Health and Medicine Questions for Tests and Worksheets

Our cross-curricular resources on health and nutrition will engage your students with fun and informative lessons, printables, and activities on their well-being. Teach them about illness, physical education, and balanced diets so they have the knowledge to make healthy choices.

Books open up new worlds to both kids and adults, spark the imagination and inspire adventure. Which is why books are so wonderful for encouraging healthy eating habits in our students and children. These 11 books for elementary-aged students are funny, entertaining, moving, or just plain silly—but they also get kids to open their minds to a broader, healthier view on food and encourage healthy eating habits. Gregory, the Terrible Eater by Mitchell Sharmat Gregory is a goat who loves fruits, vegetables, eggs and fish, rather than typical goat fair of tires, cans, and t-shirts. But how did that delicious food get there? From planting wheat to mixing dough, climbing trees to machine-squeezing fruit, picking cocoa pods to stirring a vat of melted bliss, here is a clear, engaging look at the steps involved in producing some common foods. Health tips and a peek at basic food groups complete the menu. Amazon Description A part of making healthy food choices is understanding where food comes from. This book does that in a colorful fun way. True Food Facts from Around the World and Throughout History by James Solheim After reading this book, even your pickiest eater students will think meatloaf and mashed potatoes sounds pretty good. Boys especially will love this wacky book on some of the crazy things people from around the world eat. After jumping over mountains and splashing through lakes, he goes on to perform superhero good deeds and convinces others to indulge in the delicious green veggie, only to find out that they become filled with super powers as well. Find out what happens next when Baxter finds himself in a bit of trouble! But if the market is closed, the world becomes your grocery store. This deliciously silly recipe for apple pie takes readers around the globe to gather ingredients. First hop a steamboat to Italy for the finest semolina wheat. Then hitch a ride to England and hijack a cow for the freshest possible milk. A simple recipe for apple pie is included. I picked up Green Eggs and Ham for him a few weeks ago and last night for dinner, he requested a fried egg and then asked for an encore for breakfast this morning. The power of books! The Peanut Pickle by Jessica Jacobs Part of healthy eating is understanding that not every body is the same. Because so many classrooms are now Nut-Free zones, I included in this list this cute story about a boy with peanut allergies. Told in a playful way, students will understand the severity of allergies while also seeing kids in the class with allergies as normal peers. Alternating between story and fact, this lovingly crafted picture book follows a mother and son to the weekly market. As they check off items on their shopping list, the reader learns how each particular food was grown or produced, from its earliest stages to how it ended up at the market. She also blogs at www. Posted by Rachel Randolph.

Chapter 3 : Free Kids Nutrition Printables - Worksheets, My Plate, Food Groups

On a whiteboard or chalkboard, make two columns. One column should be labeled "healthy" and one column should be labeled "unhealthy." Put a smiley face next to the word healthy and a sad face next to the word unhealthy to help students understand the chart.

Chapter 4 : Being Healthy: Grade 4 - Harcourt Brace Jovanovich - Google Books

Unit 1 - Food and Nutrition. Lesson 1 Being Healthy The students will plan and practice strategies to promote health, safety and wellbeing. View Lesson.

Chapter 5 : Kids Games + Activities free online nutrition and health games

4th and 5th grade teachers A complete detailed lesson plan with opening activities, nonfiction text, and closing activity. All printables included for an engaging health lesson on communicable and non-communicable diseases!

Chapter 6 : Physical and Health Education 4 | Building Student Success - BC's New Curriculum

This crossword puzzle, " Healthy Eating Grade 4, " was created using the Crossword Hobbyist puzzle maker.

Chapter 7 : 11 Fantastically Fun Children's Books That Teach Healthy Eating Habits - WeAreTeachers

The characteristics of a healthy person include a high level of high-density lipoprotein cholesterol, a low resting heart rate, balanced muscular strength, a high level of cardiovascular fitness and being happy in work and home life. Together, these factors lower the risk of heart attack, cancer.