Making Healthy Choices

Grade Level: 4th – 6th

Program Description:

Approximately 66% of Americans today are overweight or obese. 16% or 9 million children are considered overweight or obese. In the start of the 2006-2007 school year, a new School Wellness Policy will be implemented targeting the following areas:

- Providing students with healthy and nutritious foods
- Encouraging the consumption of fresh fruits and vegetables, low-fat milk and whole grains
- Support healthy eating through nutrition education
- Encourage students to select and consume healthy components of the school meal

Making Healthy Choices provides an in-depth analysis of the revised "Food Guide Pyramid", provides quick and healthy food choices and awards the students the opportunity to distinguish between "healthy" (foods that you should eat frequently) and "unhealthy" (foods that you should eat once in a while) foods.

This program was developed for students grades 4th – 6th.

Approximate time required: 45 minutes – 1 hour.

Goals & Objectives

Goal #1: *To increase student's knowledge of the new Food Guide Pyramid.*

Objective #1: *Students will be able to correctly identify all aspects of the Food Guide Pyramid.*

Goal #2: *To increase students perceptions amongst healthy (foods that you should eat frequently) and unhealthy (foods that you should eat once in a while) foods.*

Objective #2: *Students will be able to identify (5) healthy and (5) unhealthy foods.*

Goal #3: *Students will learn about fast, healthy snacks.*

Objective #3: *At the end of the program, students will be able to list at least (3) quick, healthy snacks.*