Stephanie Watson: Kindergarten Learning Center

**Lesson Title:** Making Healthy Lifestyle Choices (Focusing on Healthy Eating)

**Grade Level:** Kindergarten Social Studies (You and Your World)

**Topic:** Healthy Lifestyles

**Objectives:** Students will learn about healthy lifestyles as per Outcome K.2.2 Students will be expected to identify and explain types of activities that support a healthy lifestyle (New Brunswick Department of Education, 2005, p. 36).

**Materials:**

* Flash cards with pictures of foods
* Rainbow picture with different colored paper and markers

**Procedure:**

Start off by introducing the topics and say what we will be learning today.

Ask: What contributes to a healthy life style? Or What do you think a healthy lifestyle (being healthy) means? **(2 minutes)**

* Prompt: Activities that we do and foods that we eat
  + Examples walking to school or driving, eating fruits and vegetables or chips and chocolate. Talking about the drinks that we drink (water and milk vs. Pop and juice)

Ask: How do good foods make us feel? How do bad foods make us feel? **(30 seconds)**

Ask: What do we know about healthy foods or healthy eating? **(45 seconds)**

Explain foods that would be everyday foods (healthy) and sometimes foods (unhealthy). It is okay to have treats sometimes as well. **(30 seconds)**

Once they have an understanding for this show the flash cards. Children will then say healthy food or sometimes food. **(45 seconds)**

Show the rainbow

Ask: What do you think it means to eat from the rainbow? Then explain what it means. (**1 minute)**

Brainstorm fruits and veggies that they know and the colors of them and put them on the color of the rainbow it is either coloring or drawing- goal is for us to have every color of the rainbow **(2 minutes)**

Wrap up: Show the poster. Talk about one thing they would like to change in their daily routine that can be a healthier lifestyle change. Either food or activity **(1 minute)**

If there is time**:** Get children to draw and write one thing they would like to change in their daily routine that can be a healthier lifestyle change.

**Post- Learning Center Extension Ideas:**

* Make a bulletin board in the classroom with the pictures of one thing they would change in their daily routine.
* Talk about getting healthy foods like a rainbow into their school with projects such as a school community garden. These projects are happening in many schools such as Eel Ground First Nation. It teaches children about healthy lifestyles and provides students with easy access to these foods when parents might not be able to provide it for them.
  + <https://kidsgardening.org/create-sustain-a-program-starting-a-community-garden-on-school-grounds/>
  + <https://canadianfeedthechildren.ca/the-feed/feeding-minds-bodies-and-spirits-with-school-gardens/>
* Great Resource about eating with a rainbow diet in mind for many different age groups!
  + <http://healthy-kids.com.au/wp-content/uploads/2016/06/FVMBooklet2014Complete.pdf>