

## Children's Connection Curriculum

Session Topic: Healthy Lifestyle

Developmental Level: Elementary and Middle School

Purpose: To encourage students to have a healthy lifestyle by looking at what they eat, how much they eat, and by creating daily eating plans.

Materials Needed: Healthy lifestyle worksheets

Description of Session: The worksheets can be used in any order. They include many different activities to teach students healthy ways of eating. Have students share about the type of foods they eat. You can bring in items with nutrition labels to compare and determine the healthy choices. You may also bring in different types of fruits and vegetables and have the students try them.

Discussion Questions: Ask questions related to the worksheet to gather more information about what types of food students eat, their knowledge about healthy foods, and the importance of healthy eating.

Reference: Children's Connection Counselors