

Children's Connection Curriculum

Session Topic: Healthy Food

Developmental Level: Elementary and Middle School

Purpose: To encourage children to make healthy food choices and try new foods and identify differences in nutrition

Materials: Choosing Healthy Food handouts

Description: 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 nutritional labels and 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 foods students eat, their knowledge about healthy foods and the importance of healthy eating.

Reference: Children's Connection Counselors