



Lesson #16

Healthy School Lunches

Time Table

Total Time: 30 minutes

10 minutes: Introduction and explanation of the lesson

10 minutes: PowerPoint Presentation

10 minutes: Activity & take-home assignment

Goal: To help students learn about the components of a healthy school lunch and how to use this knowledge to help to prepare and/or buy a lunch

Objectives:

Students will:

- Learn how to make healthy lunch choices, both when buying and packing lunches
- Participate in an activity that helps them learn about the components of a healthy lunch
- Receive a list of healthy and nutritious lunch ideas to take home and make with their parents

Materials:

- PowerPoint: *Fit4Kidz Healthy School Lunches* presentation
- Activity:
 - *Fit4Kidz "What Makes up a Healthy Lunch?"* worksheet
 - Pencils, crayons, colored pencils or markers
- Take home: *Fit4Kidz 10 Fun and Nutritious Lunch Ideas* take-home handout

Instructions:

1. Introduce the lesson with a review of last week's lesson on exercise. Ask the students what fun physical activities they participated in last week.
2. Tell the students that this week's lesson will focus on healthy school lunches.
3. Ask the students what they think makes up a healthy lunch? A healthy lunch should follow the same rules we learned in the lessons about the food pyramid and servings. Include all of the following food groups to make up a healthy, nutritious lunch.
 - Whole grains
 - Protein
 - Fruit
 - Vegetable
 - Milk or dairy
4. What are some unhealthy lunch choices? Examples: nachos, fries, chicken nuggets, chips, ice cream, soda, etc.
5. How can we make these lunches better for us?



Grades 3-5

- Add a piece of fruit
- Add a salad or veggies
- Drink low fat milk or water instead of juice or soda
- Choose a sandwich instead of chicken nuggets or pizza
- Fill up on the good stuff, such as fruits and vegetables, before reaching for the chips and ice cream

Activity:

Pass out the *Fit4Kidz "What Makes up a Healthy Lunch?"* worksheets. Have students write in or draw what they had (or are having) for lunch that day. Ask them what they would you add or take away to make this a better, healthier lunch? Have them draw or write in examples of how they can make their own lunch healthier. Have each student store his or her worksheet in the *Fit4Kidz* folders.

Take Home:

Pass out the *Fit4Kidz 10 Fun and Nutritious Lunch Ideas* take-home handout for the students to give to their parents. Explain that these are healthy lunch options they can help their parents make to bring to school.

For further reference, students and families can visit www.fit4kidz.us.