

## HEALTHY EATING SUMMER CAMP FOR KIDS

**Lesson Plan:** Day 20: 7/23/2010 – Game: Healthy Options

**Objectives:** 1. Students will be able to understand the difference between healthy and less healthy food options.

METHODS	LESSON CONTENT	MATERIALS
<p><b>Water Plant: (10 min)</b></p> <p><b>Overview: (15 min)</b></p>	<ul style="list-style-type: none"> <li>• Overview of week five, what will be expected.</li> <li>• Pass out open house flyers for parents</li> </ul>	
<p><b>Activity 1: (60 min)</b> Healthy Options</p>	<ul style="list-style-type: none"> <li>• On each of the PowerPoint slide present two food items. One of the food items should be a healthy choice, and the other food item should be a less healthy choice. On each slide you should also place an “A” for one of the food options and “B” for the other food option.</li> <li>• Prior to the class: Create signs for students using Popsicle sticks and paper. On one side of the sign write an “A” and on the other side write a “B.”</li> <li>• Divide class into four groups, and ask each group to designate a member to answer each question. As you go through each slide, ask the groups which food item presented is a healthier option. Give students time to discuss, and have the designated member of the group come up to the front of the class with their sign. Have</li> </ul>	<ul style="list-style-type: none"> <li>• PowerPoint Presentation</li> <li>• Signs</li> </ul>

	<p>the students in front of the class present their signs showing either “A” or “B.”</p> <ul style="list-style-type: none"> <li>• After the students have shown their signs, reveal the right answer, and discuss with students why the food item is either healthy or less healthy.</li> </ul>	
<p><b>Activity 2: (20 min)</b> Exercise time!</p>	<ul style="list-style-type: none"> <li>• Have TAs take the students out side and continue the dance routine that will be presented to all the parents on the day of the graduation banquet.</li> </ul>	<ul style="list-style-type: none"> <li>• Song Handout</li> </ul>