HEALTHY EATING SUMMER CAMP FOR KIDS


Objectives:
1. Students will be able to verbalize at least two class guidelines.
2. Students will introduce themselves to the rest of the class and observe as others do the same.
3. Students will be introduced to the Food Guide Pyramid.

<table>
<thead>
<tr>
<th>METHODS</th>
<th>LESSON CONTENT</th>
</tr>
</thead>
</table>
| Introduction: (25 min) | • Introduce Instructors and Assistants.  
|                   | • Introduce Course –What we plan to learn in the upcoming five weeks.  
|                   | • Explain rules and guidelines of the course.  
|                   | • Q&A                                                                                 |

| Activity 1: (15 min) | Ice Breaker | • Have pre-made paper name plates ready for students in a bag.  
|                      |             | • Pick a name plate from the bag and call out the name, asking the student to stand up.  
|                      |             | • Have the student state their name, and a favorite food that begins with the same letter as their first name, and the grade they are in.  
|                      |             | Ex: “Hi my name is Bob, I like bananas, and I am in the 4th grade.” |

| MATERIALS | • Pre-made paper name plates for students.  
|           | Bag                                                                 |
### Activity 2: (65 min)

<table>
<thead>
<tr>
<th>Folders</th>
<th></th>
</tr>
</thead>
</table>
| • Have Teacher Assistants (TA) pass out Food Guide Pyramid (FGP) handouts to all the students, and at the same time draw a FGP on the board. Go through each food group, and have students draw and label parts of the FGP following the instructor’s example on the board. Explain an overview of each food group, and make this as interactive with the students as possible.  

• Pass out plain folders to the students, and have them decorate with their name, grade and food guide pyramid.  
  - These folders will be sent home with the student each Friday.  

• Have students clean up for the last five minutes of the activity. |  |
| • Folders  
• Crayons  
• Markers  
• Pencils  
• Glue  
• Tape  
• Food Guide Pyramid handout |  |
| Handout taken from: http://www.chosenmyplate.gov/kids/index.html |