# HEALTHY EATING SUMMER CAMP FOR KIDS

## Lesson Plan:
**Day 21: 7/26/2010 – Overview**

### Objectives:
1. Students will review the course work presented to them within the five weeks.
2. Students will create the final product of the dance they have been working on throughout the five weeks in order to perform on the day of the banquet.

## METHODS

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<td>Post Test: (20 min)</td>
<td>• Pass out post-test for students to complete.</td>
<td>• MyPyramid for Kids poster&lt;br&gt;• Food Guide Pyramid handout&lt;br&gt;Handout taken from: mypyramid.gov</td>
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| Review: (50 min)  | • **Hang the MyPyramid for Kids poster (full-text side) where everyone can see it.** Pass out the black-and-white MyPyramid for Kids handout to each student. Review the food groups and messages with your students. Have students follow along and write the name of the food groups on the handout.  
  • Some points to discuss with students (Remember to include the unique food items which were introduced throughout the course, such as ugly fruit, kale, etc., in your discussion.):  
    o **Grains.** Whole grains are higher in fiber and some nutrients than other grains. When looking at the ingredients of bread bags and cereal boxes, the first thing it |
should say is “whole wheat.” It should be the first thing listed. Ask your students whether they can name other grains (oats, rye, corn). Most grains are ground into flour, then made into grain foods like cereals, bread, and tortillas. Remind them that popcorn is a whole grain too.

- **Veggies.** Ask student to name some of the unique veggies you went over in class. Vegetables have vitamins and minerals that are important for a healthy body.
  - Remind them of the nutrition color wheel.
- **Fruits.** Variety is important. Fruits have vitamins and minerals that are important for a healthy body.
  - Remind them of the nutrition color wheel.
- **Milk.** Discuss the important vitamin and mineral in milk products. Remind them that milk products are important for their bone growth. Ask them to name other milk products (cheese, yogurt, ice cream). Check the labels for fat content.
- **Meats & Beans.** Protein is needed for growth. Remind the students about healthy vs. unhealthy sources.
- **Physical activity.** Remind students the importance of physical activity. Ask students whether they get at least 60
minutes of physical activity per day now?
  o Ask student to explain moderation, variety, balance, and physical activity.

- **Other items to include in the review: Getting the most nutrition from your food:**
  o Ask students if they know why the food group stripes are wider at the bottom of the Food Guide Pyramid. Explain that in each food group there are foods that they should eat more of compared to other food items. These healthier food items from each food group are represented at the bottom of the food groups, where the stripes get wider. Examples include: a slice of whole-wheat bread, a piece of fruit, steamed vegetables, fat-free milk, or a baked chicken breast. Tell your students that these food choices are much healthier and will provide more nutrients for their bodies.
  o The narrower portion of the food group stripes represents the foods with higher amounts of solid fat and added sugar. At this point, remind students about the importance of moderation.

| Activity 1: (30 min) Exercise time! | Have the students go outside with the TAs to warm up for exercise time. |