



Food is Fuel

Overview: Nurse Diane comes to class to speak with the “Can Do” Kids about what they are eating. She tries an approach that she thinks will help the children begin to see food in a different light. She talks about food as fuel that their bodies need to feel good, do well in school, in sports, and recreational activities.

Activity 1: It's breakfast time! Why is breakfast important? What are good foods to eat and drink that give you a good start to the day? These are some of the questions asked in this activity. The child doing the activity is also asked to write about what he or she eats for breakfast. These questions can start a discussion on good breakfast eating habits.

Activity 2: This activity asks about lunch. If you bring a lunch from home, what do you usually have for lunch? If you get lunch in school do you eat what is good for you or just what you like? It also asks the children to take an inventory of how many times a week they eat certain foods. This activity is about eating foods that are good for you and taste good too.

Activity 3: Grandma Hattie has lots of food in her refrigerator. The challenge here... pick out five foods and say whether you would eat them for breakfast, lunch, dinner or snack. This activity is a good lead into a talk about why eat these foods and if they are good for you.

