



MAKE GOOD FOOD CHOICES

Grade Level: Elementary



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LESSON GUIDE: MAKE GOOD FOOD CHOICES

GRADE LEVEL: ELEMENTARY

Materials Needed:

- Crayons, and lots of orange crayons, for whole class
- Scissors for class
- Glue for class
- Printable booklet, printed for each student
- Two books, depending on grade level
 - The Bee Book by Charlotte Milner
 - How Did That Get in My Lunchbox? The Story of Food by Chris Butterworth
- Snack: Cut-up apples and cheese cubes
- Snack: Nature Nate's Raw & Unfiltered honey bottle
- Nature Nate's Honey Packets for each student

Objective:

- Students learn that food choices make an impact on long-term health.
- Students learn that foods we eat come from plants or animals.
- Students learn the role of the honey bee and how best to care for their environments.
- Students learn to plan a grocery list in order to make good food choices at the store.
- Students learn to choose minimally processed food items at a grocery store.
- Students learn to reflect on their decisions.

WHAT'S GOOD FOR YOUR BODY?

Materials Needed:

Page 1 of printable booklet

B&W version: Option to color the plate sections

Talking Point:

By putting real foods that come from the earth in your mouth, you're making good choices for your body as you grow.

To choose the right foods to eat with every meal, fill up each section of the plate with the right type of food. See the portion sizes? Be sure to:

- Include a small amount of fruit.
- Choose a large amount of vegetables.
- Choose a large amount of grains (like whole-wheat bread).
- Drink milk.
- Dip your veggies in raw honey.



All of these foods give us nutrients we need to grow big and strong.

[WORDS TO LEARN: Read them out loud.]

Watch for these words so we can learn what they mean.

MATCHING GAME: WHERE DO EACH OF THESE FOODS COME FROM?

Materials Needed:

Snacks

Page 2 of printable booklet

B&W version – colors optional

Talking Point:

Some foods are real. Some are not. Real means that it comes from the earth and has nothing added to it. From the earth means that it came from a plant or an animal.

Match Game:

Draw a line from the word to the picture of where the food came from.

[Option to do the first one together. Salmon -> Fish]

[Hand out snacks to enjoy while you read to them: apples and cheese cubes with honey (squeeze out of bottle) to dip in. Disclaimer: do not feed honey to babies under the age of one]

Let's read more about where real foods comes from.

[Read book: How Did That Get in My Lunchbox? The Story of Food by Chris Butterworth]

WHY REAL FOODS?

Materials Needed:

Page 3 of printable booklet

Colors

Talking Point:

Real food that comes from the earth has vitamins and antioxidants in them that you need to grow up healthy. Oranges and most fruits have vitamin C. Carrots, potatoes and spinach do too! Honey has vitamins and antioxidants in it. Iron is also important. You can get that from sweet potatoes and XX. Bananas have potassium. You can sick if you don't have enough of all of these things!



Did you know? Pirates often got sick with scurvy because they were out at sea so long and couldn't get fruits that grow on trees or vegetables that grow in the dirt. If this pirate had eaten fruits and vegetables more often, he wouldn't have gotten sick!

Color the page and give your pirate a name!

WHAT FOODS ARE NOT REAL?

Materials Needed:

Page 4 of printable booklet

Talking Point:

Anything that has had lots of things added to it is not real. Watch out for high-fructose corn syrup! This is a liquid processed from corn that sweetens foods and drinks. Choose real foods instead of processed. Soda, French fries, and juice with sugar added are all examples of things we shouldn't eat very often.

MAKE A GROCERY LIST

Materials Needed:

Page 5 of printable booklet

Talking Point:

Using what you've learned, make a grocery list of everything you want to buy at the grocery store. It's important to plan ahead so you can take the list with you to the store and be sure to get everything you need.

[For class to discuss] What foods on the list have lots of protein?

Possible answers: Quinoa, spinach, kale, meat, chicken, beef, pork, steak, tofu, sweet potato, chickpeas

Did you get everything you need for your body to stay healthy? Use the plate on page one to make sure you got something for every spot on the plate.

[Opportunity to talk more about portion sizes.]

MAKE A GROCERY LIST

Materials Needed:

Page 6 of printable booklet

B&W version – colors optional



Talking Point:

We can't all go to the farms to get our food, but don't worry: Farmers and other food manufacturers send real food to the grocery stores for you to buy. Not everything in the grocery store is real. Here's how to find good food to put in your basket and body.

See something you like at the store? Read the label first.

[Hold up real honey bottle. Analyze label together]

100% pure means that nothing has been added. The ingredients list tells us this too. We can see that the only thing in this bottle is real honey that bees made.

Raw tells us that it's real and natural.

Look over the apple juice label. [Students to analyze juice bottle on their own.]

Do you think you should add this to your cart? Circle yes or no.

Circle the parts of the label that helped you decide this.

Answer: Yes. 100%, No added sugar, Vitamin C should all be circled.

[Discuss what 100% means with class.]

TIME TO SHOP

Materials Needed:

Page 7 of printable booklet

Scissors

Talking Point:

Cut out the shopping cart on the dotted line.

CHOOSE REAL FOODS

Materials Needed:

Page 8 of printable booklet

Scissors

Glue

B&W version – colors optional

Talking Point:

Cut the real, 100% pure foods out off the shelves and put them in your basket. Be sure to leave the other stuff behind.



Answer: Students should cut these out:

- Bread
- 100% juice
- Honey
- Yogurt
- Cheese
- Milk
- Banana
- Broccoli
- Apple
- Fish
- Chicken

WHAT DID WE LEARN? ESSAY QUESTION

Materials Needed:

Page 9 of printable booklet

Writing utensil

Nature Nate's Honey Packets

Book: The Bee Book

Talking Point:

What foods are you happy you chose and why do you think choosing real foods is important?

Write in complete sentences.

[When the students are finished writing, hand out Nature Nate's honey packets for kids to take home to mom. Give extra to the student who is willing to read what they wrote out loud. Let them all eat one while you read The Bee Book out loud.]

Teacher: We value you! for a chance to win a gift card, show us pictures of the baskets they made with their bottle of Nature Nate's in the basket! Use hashtag #teacherschoosereal and tag us in your Instagram pictures!

For this free lesson plan and printable booklet for students, please visit naturenates.com.

