

## Nutrition News



In order to maintain a healthy diet, students need the recommended amount of each of the food groups. Children need to be taught the importance of eating healthy, which they can get from their understanding of the food guide pyramid. Actually tasting the foods that keep them healthy can also be a great way for students to try new foods.

### You will need:

Nutrition label (for an example)  
Different food containers with nutrition labels (8 or 9)  
Pencils  
Paper

### How to:

1. Ask children to name the different food groups. After the food groups are named, ask children why nutrition is important for us to know.
2. After reading the book, ask children various nutrition questions that allow them to recall information from what they read. Hold up the nutrition label you have and talk with children about how to read it.
3. Make sure you explain the activity to them as you are setting out the food containers.
4. Children will get into groups of 3 or 4 and examine the nutrition facts of their food label. They will write down various information that you ask them to look for, such as serving size, calories, or vitamin and mineral facts. Also get children to decide on what food group they would classify their food in.
5. After discussing information amongst their groups, children can share what they found out about their food with the class.

### Suggested Books:

*The Edible Pyramid: Good Eating Every Day* by Loreen Leedy  
*Janey Junkfood's Fresh Adventure!* By Barbara Storper  
*The Monster Health Book* by Edward Miller