

Grade 1 – Health Unit

Healthy Eating Unit

Organizing Idea

A lifetime of optimal well-being and physical wellness is supported by prioritizing nutrition and healthy eating.

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Preview of 70 pages from this product that contains 115 pages total.

Skill and Procedures

Pages

HE1.1

Differentiate between whole foods and processed foods.

6-51

HE1.2

Examine decision making in food selection.
Identify foods that contribute to the growth and development of the body.

52-83

NAME: _____

HEALTHY EATING



A World of Whole Foods

What Are Whole Foods?

Whole foods are foods that come from nature! That means they grow from the ground, like plants, or come from animals. Whole foods are fresh and full of good things your body needs. Some examples of whole foods are fruits, vegetables, nuts, and grains.

Why Are Whole Foods Important?

Whole foods help us grow strong and stay healthy. When we eat whole foods, we get vitamins and minerals that help us feel good, play, and learn better! Whole foods are not changed by machines or mixed with other stuff, so they are fresh.

Whole Foods You Should Try

Here are some great whole foods you can eat to stay strong and healthy:

- Apples
- Carrots
- Rice
- Almonds
- Beans



Name: _____

7

True or False

Is the statement true or false?

1. Whole foods come from nature.	True	False
2. Apples are an example of whole foods.	True	False
3. Machines make whole foods.	True	False
4. Whole foods are mixed with other stuff.	True	False
5. Whole foods are fresh and healthy.	True	False

Draw If you could grow a garden, what three whole foods would you grow?

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Question

How does eating whole foods help kids like you?

Activity – Colourful Whole Foods

Objective

What are we learning about?

Students will identify and draw a whole food that matches a specific colour and learn about the benefits of eating that food.

Materials

What you will need for the activity.

- Worksheet with 12 colour boxes
- Crayons, coloured pencils, markers



Instructions

How you will complete the activity.

1. Each student will receive a worksheet with 12 colour boxes (e.g., red, yellow, green, orange, purple).
2. Look at each colour and think of a whole food (fruit or vegetable) that is that colour.
3. Once you have decided on a food for each colour, draw the whole food in the matching colour box on your worksheet.
4. Use crayons, markers, or coloured pencils to colour your drawing.
5. After drawing, write the name of the whole food under your picture.
6. Next to each drawing, write one benefit of eating that food. You can ask for help if you are unsure!

Handout**Reference sheet on the different whole foods and their benefits**

Whole Foods	Colour	Benefits
1) Apple	Red	Good for your heart and full of fibre
2) Carrot	Orange	Helps your eyes and skin stay healthy
3) Broccoli	Green	Makes your bones strong and keeps you healthy
4) Banana	Yellow	Gives you lots of energy
5) Blueberry	Blue	Full of antioxidants that help your brain
6) Spinach	Green	Makes your muscles strong and keeps you healthy
7) Tomato	Red	Good for your heart and immune system
8) Sweet Potato	Orange	Full of vitamins that help you grow
9) Grapes	Purple	Packed with vitamins for your heart
10) Strawberry	Red	Helps fight colds and gives you energy
11) Cauliflower	White	It helps your heart and keeps your bones strong
12) Black beans	Black	Great source of protein and keeps you strong

Name: _____

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Curriculum Connection
HE1.1

**Colourful
Foods**

Draw a whole food that matches the given colour and
write a short benefit of eating it.



Whole Foods		Benefits
RED		<hr/> <hr/> <hr/> <hr/> <hr/>
ORANGE		<hr/> <hr/> <hr/> <hr/> <hr/>
GREEN		<hr/> <hr/> <hr/> <hr/> <hr/>

PREVIEW

Whole Foods		Benefits
PURPLE		<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
BLUE		<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
YELLOW		<div></div> <div></div> <div></div> <div></div> <div></div> <div></div>

PREVIEW

Exit Cards

Cut Out

Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Think of a whole food that starts with:

A	B
C	
O	

Name: _____

Think of a whole food that starts with:

A	B
C	G
O	P

Name: _____

Think of a whole food that starts with:

A	B
C	G
O	P

Name: _____

Think of a whole food that starts with:

A	
C	G
O	P

Whole Foods - Fruit

What Are Fruits?

Fruits are yummy, sweet foods that grow on plants and trees. You can eat them just the way they are! They are colourful and fun to eat, like apples, bananas, and berries. Fruits are a healthy snack and taste great!

Super Vitamins in Fruits

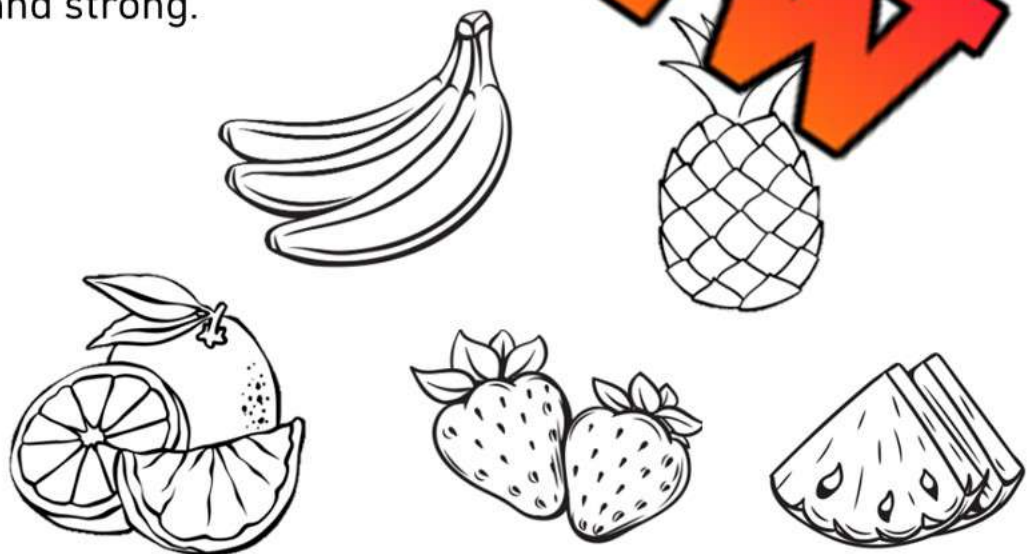
Fruits are full of vitamins that help you stay strong. One super important vitamin in fruits is Vitamin C. Vitamin C helps you fight off colds and keeps your skin healthy. Fruits also have fibre which helps your tummy feel good.

Why Are Fruits Good for You?

When you eat fruits, your body gets a boost of energy to help you run, play, and feel good. Fruits are also great for your skin and help your body stay healthy and strong.

Fruits to Try:

- Apples
- Bananas
- Oranges
- Strawberries
- Grapes



Fill in the Blanks

Circle the missing word.

1)	Apples, bananas, and _____ are fruits.	pizza	berries
2)	Fruits have _____ that helps your tummy.	fibre	salt
3)	Oranges are a great source of _____.	vitamins	sugar
4)	Bananas and _____ are yellow fruits.	grapes	pears
5)	Fruits _____ snacks.	healthy	unhealthy

Color _____ the fruits below.


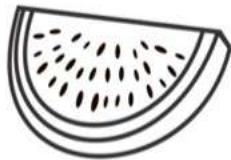
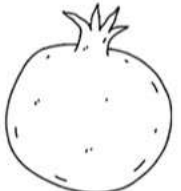


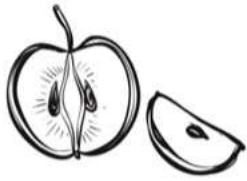

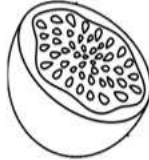





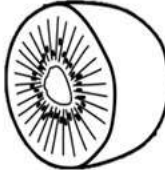
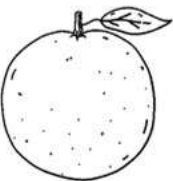



Question

How does Vitamin C help your body?

Fruit Matching

Match each fruit name to its whole fruit to its correct slice!

1	Strawberry		
2	Apple		
3	Watermelon		
4	Lemon		
5	Orange		
6	Passion Fruit		
7	Banana		
8	Kiwi		

Whole Foods - Vegetables

What Are Vegetables?

Vegetables are foods that come from plants, and they help you grow strong! They come in various shapes, sizes, and colours, like carrots, broccoli, and peppers. You can eat raw or cooked vegetables, which taste great in dishes!

Veggies Full of

Vegetables are rich in important things like vitamins and fibre. Vitamin A helps you see better, and calcium helps keep your bones strong. Veggies also have fibre, which is good for your tummy and helps you digest food.

Why Are Vegetables Good for You?

Eating vegetables every day helps you grow tall and stay healthy. They keep your body running smoothly and help you feel great!

Vegetables to Eat:

- Carrots, spinach, broccoli, bell peppers, peas



Name: _____

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True or False

Is the statement true or false?

1. Carrots are a type of vegetable.	True	False
2. You can only eat vegetables raw.	True	False
3. Vegetables are not good for digestion.	True	False
4. Vegetables give you energy to play.	True	False
5. Fibre in vegetables helps your tummy.	True	False

Draw or write three vegetables that you eat.

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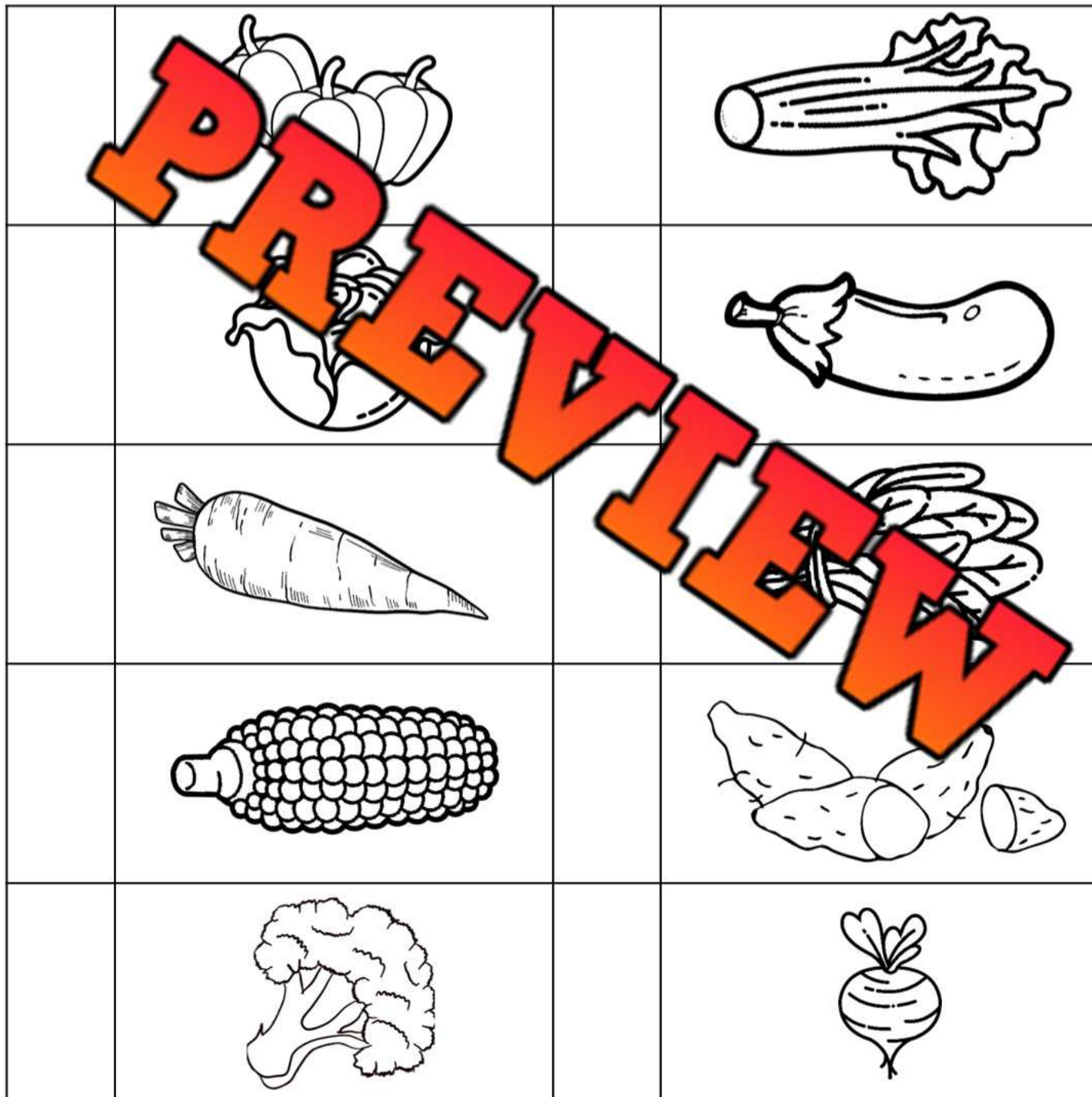
Question

Why are vegetables good for you?

Name These Veggies

Choose the name of the vegetables below.

a) Eggplant	b) Carrot	c) Sweet Potato	d) Broccoli	e) Bell Pepper
f) Corn	g) Celery	h) Cabbage	i) Spinach	j) Beet



Whole Foods - Legumes

What Are Legumes?

Legumes are special seeds that grow inside pods on plants! These little seeds are packed with good stuff that helps your body stay strong.

Some examples of legumes are beans, lentils, peas, and chickpeas. They are fun to use in soups, salads, and even on their own!

Power Up with

Legumes are full of protein, which helps your muscles grow big and strong! They also have fiber, which is good for your tummy, and iron, which helps give you energy to play.

Why Legumes Are Great for You

Eating legumes gives you the strength to run, jump, and grow healthy muscles. They also help your body stay full of energy, so you can be great and learn new things.

Legumes You Can Eat:

- Black Beans
- Chickpeas
- Green peas
- Lentils



Fill in the Blanks

Circle the missing word.

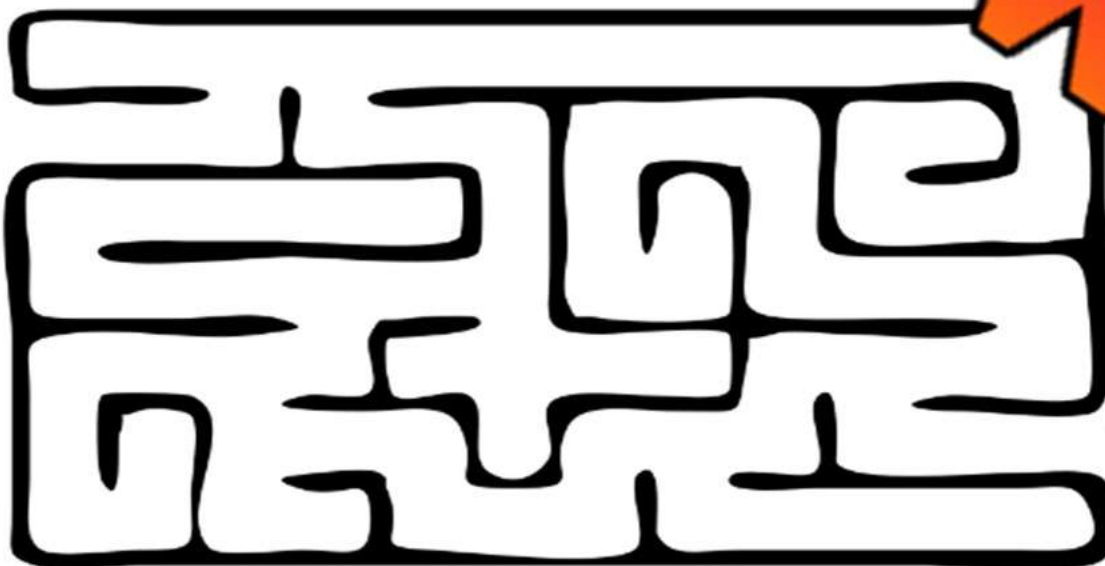
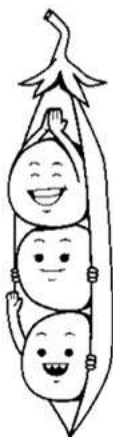
1)	Legumes are special seeds that grow in _____.	bags	Pods
2)	_____ are a type of legume.	Beans	Noodles
3)	Legumes give you lots of _____.	energy	sleep
4)	Legumes are full of _____.	fats	protein
5)	_____ is another type of legume.	Cheese	Chickpeas

Question

Do legumes help your muscles?

Legume Maze

Help the peas find their way to the pot!



Fill In The Boxes

Fill the boxes with different kinds of legumes.

black beans	chickpeas	green peas
kidney beans	split peas	string beans
Example: lentils		



Whole Foods - Nuts

What Are Nuts?

Nuts are seeds or fruits that grow on trees, and they are super good for you! They are crunchy, yummy, and packed with healthy things your body needs. Some examples of nuts are almonds, walnuts, cashews, and pistachios. You can eat them as a snack or sprinkle them on other foods.

Nuts Are Full of Stuff

Nuts are full of healthy fats that help your brain work better and your heart stay strong. They also have protein, which helps you grow big muscles, and Vitamin E, which is good for your skin!

Why Eating Nuts Is Great

When you eat nuts, they help you feel full and give you lots of energy to play and learn. They also help keep your brain sharp so you can think and solve problems!

Nuts to Try:

- Almonds
- Walnuts
- Cashews
- Pistachios





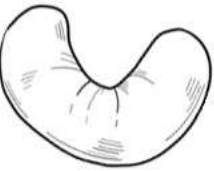
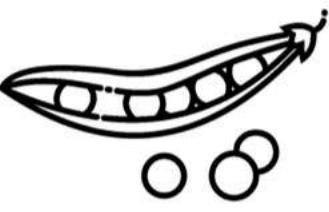


True or False

Is the statement true or false?

1. Nuts grow on trees.	True	False
2. Nuts are full of healthy fats.	True	False
3. You cannot eat nuts as a snack.	True	False
4. Nuts have no proteins.	True	False
5. Vitamin E in nuts is good for your skin.	True	False

Nut or Not?

Are these foods nut or not?




















NUT	NOT	NUT	NOT
			
NUT	NOT	NUT	NOT
			







Question

Do you eat nuts? Why or why not?

Nut Patterns

Say these nuts aloud and paste what comes next.

					
Almond	Cashew	Cashew	Almond	Cashew	
					
Walnut		Almond	Walnut		
					
Pistachio	Pistachio	Pistachio	Walnut		
					
Acorn	Acorn	Walnut	Acorn	Acorn	

					
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Whole Foods - Grains

What Are Grains?

Grains are tiny seeds that come from plants like wheat, rice, and oats. These little seeds are packed with good things that give your body lots of energy and strength. Grains are used to make foods like bread, cereal, and pasta!

Grains Are Good for You

Grains give your body carbohydrates, which are like fuel for your body! They also have fibre, which helps your body feel good, and B vitamins, which help your body turn food into energy.

Why Grains Are Good for You

Eating grains helps you stay full and gives you energy to play and learn all day. They also help your body with digestion to ensure everything runs smoothly!

Grains to Try:

- Whole Wheat Bread
- Brown Rice
- Oatmeal
- Quinoa



Fill in the Blanks

Circle the missing word.

1)	Grains give your body _____.	water	energy
2)	_____ helps your tummy feel good.	Fibre	Sugar
3)	Oatmeal, rice, and _____ are grains.	candy	quinoa
4)	Grains come from plants like _____.	wheat	trees
5)	Eating _____ helps you stay _____.	full	hungry

Question: _____ your favourite grain to eat? Why?

Word Search


Find the words in the wordsearch

Grains	Bread
Seeds	Cereal
Wheat	Pasta
Rice	Fibre
Oats	Energy

B F Q G X E H Y Q X L N Y L H Z
 V U R L I S J P R H S D N H O J
 A D R E G T W L U L D A D Z M W
 D X S O K E H B Z G E E W U A P
 A F T A K C D P U C E R E A L M
 T I U T G R A I N S S B J U Z D
 S B H S U Y G R E N E Y D Q X M
 A R H O K C W O L G S E C I R E
 P E T A E H W D X F C T I M T T

DrawDraw a food made from the given grains. **Example:** Corn to Popcorn

Wheat	Oats
Rice	Corn



Story: The Journey from Farm to Fork

Draw

Draw pictures that show the story

The Food Adventure

One sunny day, Sophie and her little brother Alex visited Grandpa's farm, where they grew up. They picked shiny red apples, fresh from the tree. "Wow!" Sophie said, biting into a crunchy apple. "These are delicious!"

PREVIEW

PREVIEW

Later, they walked into the kitchen with a basket full of apples. What can we do with these?" Alex asked. Grandpa smiled and said, "Let's turn them into applesauce!" Sophie watched as Grandpa cooked the apples. "See? Cooking changes the apples," Grandpa explained. "This is how we make applesauce—a type of processed food."

Next, Grandpa showed them some peas in the freezer. "These peas were picked just like the apples, but we froze them to keep them fresh." Alex felt the cold bag and giggled. "Frozen peas!"

They also tried some apple slices, turning them into chewy, sweet snacks. "Oh, apples keeps them yummy for a long time!"

Grandpa said.

PREVIEW

PREVIEW

Later that afternoon, Grandma came in with a jar of canned peas. "I made these last year by canning fresh tomatoes. Canning keeps them safe to eat for a long time!" she explained.

As they sat down to dinner, Sophie looked at her plate of peas and applesauce. "It's amazing how food changes, but it still tastes so good!" she said.

True or False

Is the statement true or false?

1. Cooking is a way to process food.	True	False
2. Whole foods are often canned.	True	False
3. Processed foods last for a long time.	True	False
4. Apples can only be eaten raw.	True	False
5. When the food is processed, it tastes the same.	True	False

Draw

Draw whole foods (like an apple) and their processed version (like an apple pie).

Question

How are processed foods different from whole foods?

Processed Foods - Cooked

What Is Cooking?

Cooking is when we use heat to change food, making it safer and yummier to eat. When you roast vegetables or bake bread, you're cooking! This is one way we process food to make it better for us.

What Happens When We Cook It?

Cooking food can sometimes cause it to lose a little bit of its nutrients, like vitamins. But it also makes food easier to chew and digest.

Good and Not-So-Good Things About Cooking

Cooking is important for some foods, like meat, to make them safe to eat. But sometimes, cooking can add extra fats or oils, which can make food be as healthy. Here are some common cooked foods:

- Baked bread
- Cooked meat
- Roasted vegetables
- Grilled fish



True or False

Is the statement true or false?

1. Cooking uses heat to change food.	True	False
2. Cooking food makes it harder to digest.	True	False
3. Cooking can make food lose some nutrients.	True	False
4. Cooking meat makes it unsafe to eat.	True	False
5. Eating raw food is always healthier.	True	False

Food Sort

Sort the food yellow if it is better cooked and green if it is better raw.

Carrots	Chicken	Broccoli	Fish
Apples	Potatoes	Onions	Lettuce
Beef	Peas	Bananas	Rice
Corn	Cucumber	Peppers	Eggs

Question

What happens to food when it is cooked?

Activity – Cooking Sequence

Objective

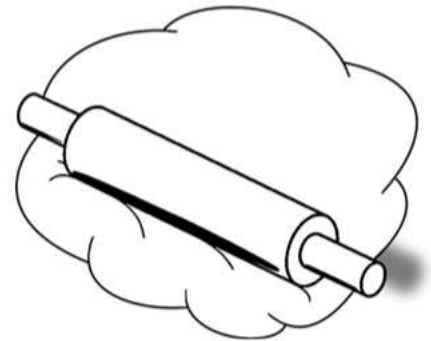
What are we learning about?

Students will learn that cooking is a way to process foods by arranging pictures of the bread-baking process correctly.

Materials

What you will need for the activity.

- Pictures of the bread-baking process
- Scissors
- Glue
- Worksheet or blank paper for sequencing



Instructions

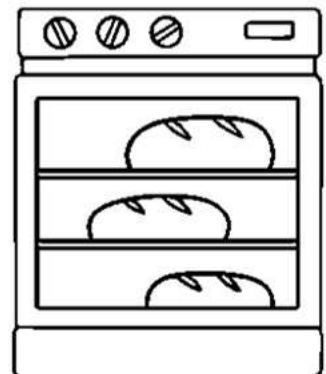
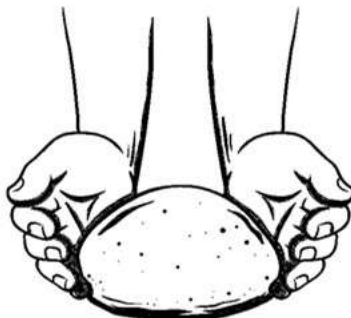
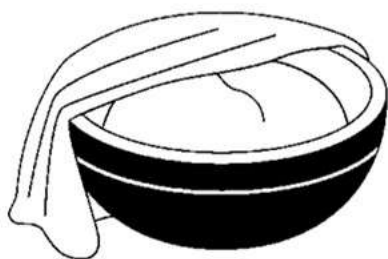
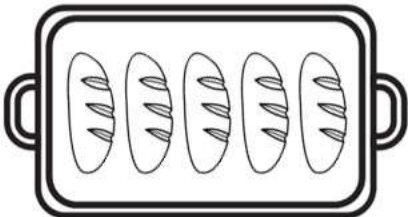
How you will complete the activity.

1. Hand out the pictures of the bread-baking process: mixing the dough, kneading, letting it rise, shaping, baking (baking).
2. Have students carefully cut out each picture.
3. Students will arrange the pictures in the correct order, showing how ingredients (like flour and water) are turned into baked bread.
4. Once students are confident in the order, they can glue the pictures onto a worksheet or blank paper.
5. Ask students to write a simple sentence under each picture explaining what is happening in that step (e.g., "Mix the dough" or "Let the dough rise").
6. Discuss with the class how cooking (like baking bread) is a type of processing food that changes the way the food looks and tastes.

Cooking Sequence

Use the steps for baking bread to arrange the pictures correctly.
Cut out the pictures and place them in the correct order.

1. **Mix the Dough** – Combine flour, water, yeast, and a little salt to make the dough.
2. **Knead the Dough** – Press and fold the dough to make it smooth and stretchy.
3. **Let the Dough Rise** – Cover the dough and let it sit so it can get bigger.
4. **Shape the Dough** – Form the dough into a loaf or roll shape, ready to bake.
5. **Bake in the Oven** – Put the dough in a hot oven to bake until it's golden brown.
6. **Cool the Bread** – Take the bread out of the oven and let it cool before eating.



Cooking Sequence

Glue the pictures in its correct order and describe each step.

1

2

3

PREVIEW

4	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
5	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
6	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

PREVIEW

Processed Foods - Canned

What Is Canning?

Canning is a way of keeping food fresh for a long time! We put food in jars or cans, then heat them to kill bacteria. This way, foods like beans, tomatoes, and fruits can stay good for months or even years!

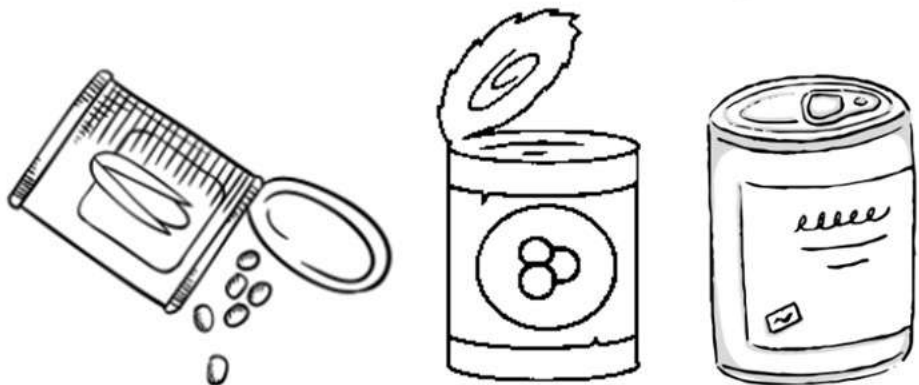
How Does Canning Change Food?

When we can food, it might change how they feel or taste. For example, canned peaches might be sweeter than fresh ones. Sometimes, people add sugar or salt to canned food, which can change its nutrition.

Why Are Canned Foods So Handy?

Canned foods are super easy to use! You just open the can and use the food. But they aren't always as fresh as whole foods, like fresh fruits and veggies.

- Canned beans
- Canned tomatoes
- Canned peaches
- Canned corn



True or False

Is the statement true or false?

1. Canning helps keep food fresh for a long time.	True	False
2. Canned food is always fresher than whole food.	True	False
3. Canning can change how food feels or tastes.	True	False
4. Canning adds extra sugar to all foods.	True	False
5. Canned foods last for years in jars or cans.	True	False

Identify

Check all food items that are better canned

<input type="checkbox"/> Tomato sauce	<input type="checkbox"/> Apples	<input type="checkbox"/> Carrots	<input type="checkbox"/> Coconut Milk
<input type="checkbox"/> Sardines	<input type="checkbox"/> Lettuce	<input type="checkbox"/> Beans	<input type="checkbox"/> Grapes
<input type="checkbox"/> Peppers	<input type="checkbox"/> Tuna	<input type="checkbox"/> Bananas	<input type="checkbox"/> Oranges
<input type="checkbox"/> Corn	<input type="checkbox"/> Spinach	<input type="checkbox"/> Strawberries	<input type="checkbox"/> Peaches

Question

How does canning help keep food safe?

Name: _____

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Curriculum Connection
HE1.1

Canned Food Art

Design and label your favourite canned food and share a brief description of why you like it.



Processed Foods - Frozen

What Is Freezing?

Freezing is a cool way to keep food fresh! When we freeze food, we make it very cold, so it doesn't spoil. Foods like peas, fruits, and even meals can be frozen to use later.

How Does Freezing Affect Food?

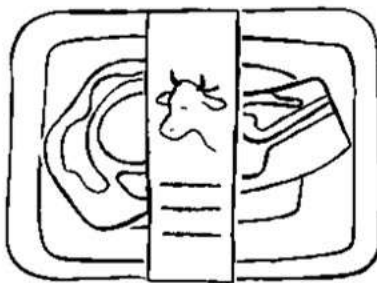
Freezing helps keep food full of nutrients, which is great for staying healthy. However, if a lot of preservatives are added to frozen food, it might not be as healthy. Fresh frozen fruits and veggies are usually frozen right after they are picked, which keeps their vitamins and minerals!

Why Frozen Foods Are Handy

Frozen foods are super convenient because they last a long time! You can keep them in your freezer and use them whenever you need them.

Here are some frozen foods you might have at home:

- Frozen peas
- Frozen strawberries
- Frozen pizza
- Frozen meat



Fill in the Blanks

Circle the missing word.

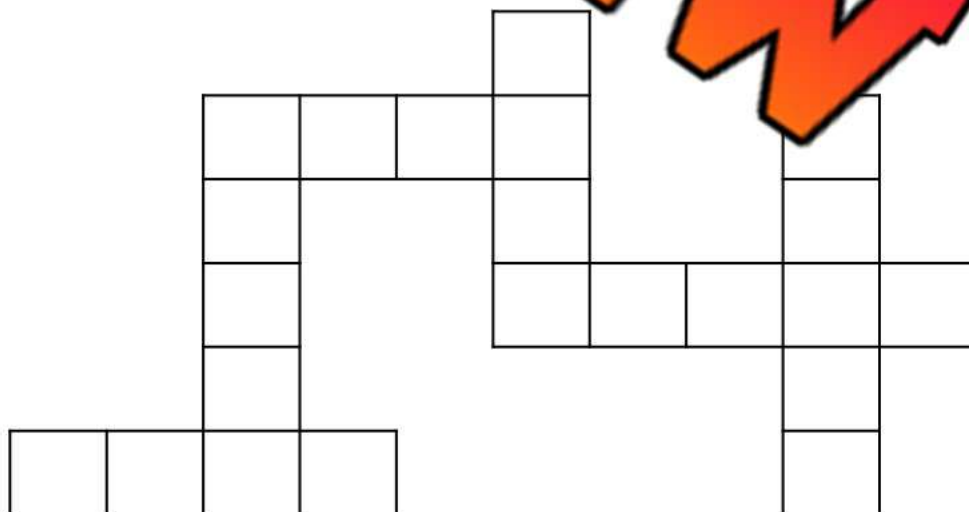
1)	Freezing helps food stay _____.	fresh	warm
2)	Frozen foods last a _____ time.	short	long
3)	Frozen fruits keep their _____.	nutrients	colour
4)	Freezing stops food from _____.	spoilage	growing
5)	Frozen _____ can be used _____.	immediately	later

Question _____ Are frozen foods healthy?

Word Fit

Fit these frozen foods in the puzzle.

PEAS
FRIES
PIZZA
FISH
MEAT
BREAD



Activity – Watch It Freeze

Objective

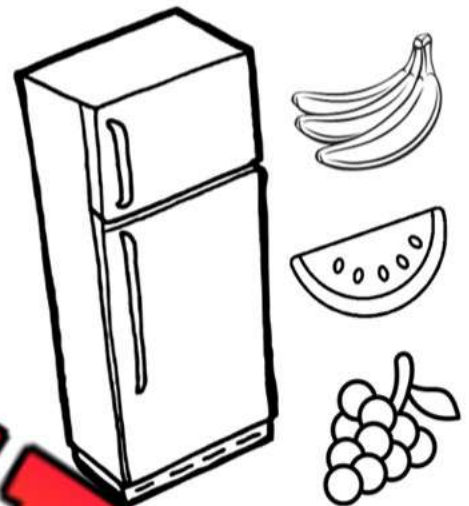
What are we learning about?

Students will observe how freezing affects the texture, taste, and appearance of a fruit or vegetable. They will understand how the freezing process changes whole foods and share their observations with the class.

Materials

What you will need for the activity.

- A small piece of fruit or vegetable (e.g., banana, berries, or peas)
- A freezer
- Plastic bag or container to hold the fruit/vegetable



Instructions

How you will complete the activity.

1. Choose a fruit or vegetable you would like to freeze (such as banana, berries, or peas).
2. Place the fruit or vegetable in a plastic bag or container.
3. Put the bag or container in the freezer.
4. Leave the fruit or vegetable in the freezer for 24 hours.
5. After 24 hours, take it out of the freezer and observe how it has changed in appearance, texture, and temperature.
6. Bring the frozen fruit or vegetable to class and share your observations with your classmates.

Observation Sheet

Complete this sheet after completing the activity

What food did you freeze?

How did it look before freezing? Was it soft, firm, colourful?

How did it look after freezing? Was it icy, or the same colour?

How did it feel after freezing?

- ☐ Soft
- ☐ Hard
- ☐ Icy
- ☐ Smooth
- ☐ Bumpy
- ☐ Other: _____

Did it taste different after freezing?

☐ Yes☐ No**Other Observations:** _____

Processed Foods - Dried

What Is Drying?

Drying is a way to keep food fresh by taking out all the water. Without water, food can last a long time without spoiling. Some examples of dried food are raisins, dried beans, and beef jerky!

How Drying Changes Food?

When we dry food, it makes the food sweeter, especially with fruits. This happens because the water is gone and the sugar becomes more concentrated. However, dried fruit does not have as many vitamins as fresh ones.

Why Dried Foods Are Handy

Dried foods are super easy to take with you! They last a long time, and you don't have to keep them in the fridge. But sometimes they have added sugars or salts that you should watch out for.

Common Dried Foods:

- Raisins
- Dried apricots
- Dried beans
- Jerky



True or False

Is the statement true or false?

1. Drying food removes the water.	True	False
2. Drying makes fruits sweeter.	True	False
3. Dried foods last longer than fresh foods.	True	False
4. Dried apricots are fresher than fresh apricots.	True	False
5. Drying food makes it last longer.	True	False

Draw

Draw a dried version of these foods.



Question

Why don't dried foods need to be kept in the fridge?

Story: Trying New Foods

The Surprise Bite

Sammy was a little nervous at dinner. Tonight, his parents had prepared some new foods to try: green kiwi, crunchy quinoa, and bright red peppers. Sammy loved apples and carrots but had never tasted kiwi or quinoa before.

Why don't you give it a try, Sammy? Mom said with a smile.

Sammy took a small bite of kiwi. It was sweet and tangy, and Sammy's eyes lit up. "Wow, that's so yummy!"



"Did you know that kiwi has more vitamin C than oranges?" Mom added. Sammy was excited now! Next, he tried the quinoa. It was nutty and tasted delicious with the peppers.

Sammy learned that trying new foods could be fun! By eating different fruits, vegetables, and grains, his body would get strong with vitamins and energy. Sammy decided that from now on, he'd always be ready for a new food adventure!

Fill in the Blanks

Circle the missing word.

1)	Sammy was _____ about trying new foods.	excited	nervous
2)	_____ has more vitamin C than oranges.	Kiwi	Banana
3)	Quinoa tasted a little _____.	nutty	sour
4)	Eating different foods gives you _____.	sleepiness	energy
5)	Sammy _____ that trying new foods is _____.	hard	fun

Draw

Draw

_____ is you haven't tried before that you would like to try.

--	--

Question

Why is it good to try new foods?

<hr/> <hr/> <hr/> <hr/> <hr/>

Activity – Colouring New Foods

Objective

What are we learning about?

Students will explore a variety of different foods through colouring. This activity encourages students to discuss which foods they have tried and which foods they would like to try in the future.

Materials

What you will need for the activity.

- Food-themed colouring pages (featuring fruits, vegetables, grains, proteins, and dairy)
- Crayons or coloured pencils








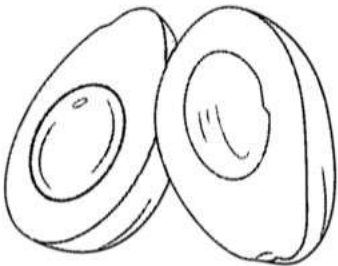





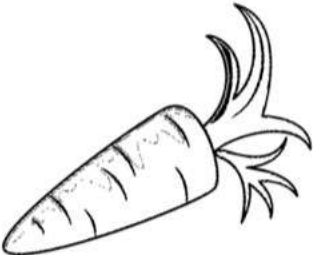









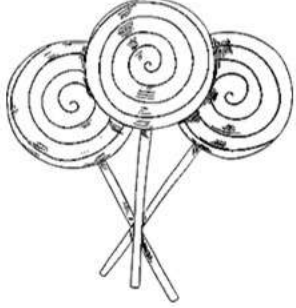





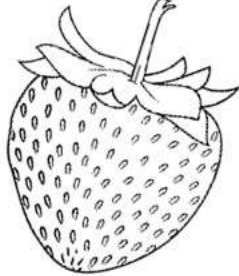




Instructions

How will we do this activity?

1. Hand out food-themed colouring pages to each student. Each page will include a variety of food groups: fruits, vegetables, grains, proteins (like meat, eggs, nuts), and dairy (like cheese and milk).
2. Provide students with crayons or coloured pencils to colour the different foods.
3. Encourage them to think about how these foods look and feel to choose colours that match.
4. While students are colouring, ask them to think about which of the foods they have tried before, and which ones are new to them.
5. Once students finish colouring, gather them together to discuss which foods they coloured and which ones they have tried before.
6. Ask students to choose one or two foods from their colouring page that they have never tried and would like to try in the future.
7. Discuss why they chose those foods.
8. After the discussion, students will complete reflection questions on a separate sheet of paper about their experience and thoughts on new foods.

Instructions

Colour all the foods below. Colour  if you have tried the food before and  if you have not but want to try it.

Newspaper Article: Energizing Foods

Energy Foods Help Soccer Team Win

Published on October 04, 2024

Yesterday, the Little Town Tigers surprised everyone by winning their soccer game, and it was all thanks to the new recipe they started eating! The team's coach introduced energy-boosting snacks like bananas and oatmeal before the game instead of sugary treats, and the results were amazing."

"I used to eat candy before games, but I'd get tired fast," said Liam, one of the star players. "Now, with bananas and whole grain crackers, I feel strong the whole time!" *Coach Daniels explained, "We wanted the team to have more*

lasting energy, so we tried switching to whole grains and fruits.

Foods like whole wheat bread and apples help them stay focused and

energized for the entire game."

Parents watching the game noticed the difference. "The kids looked full of energy even in the last few minutes," said a parent. "They were able to keep running and playing hard right until the final whistle, winning 3-1."

The team celebrated their victory, thanking their new snacks for helping them play their best.



Name: _____

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Curriculum Connection
HE1.2

True or False

Is the statement true or false?

1. The team switched to candy snacks before the game.	True	False
2. Liam said he felt tired after eating whole grains.	True	False
3. The Tigers' coach wanted them to have more energy.	True	False
4. Whole wheat bread helped the team feel energized.	True	False
5. Parents noticed the kids had less energy during the game.	True	False

Draw

any energizing foods mentioned in the story

--	--

Question

Why do you think Liam gets tired fast after eating candy?

Scenarios

Circle the correct answer: Does this give you energy? Yes or No

	Scenario	Yes	No
1	Eating a banana before playing soccer	Yes	No
2	Drinking juice during recess	Yes	No
3	Eating candy before running in gym class	Yes	No
4	Having oatmeal for breakfast	Yes	No
5	Eating a banana before going outside to play	Yes	No
6	Drinking water before a long run	Yes	No
7	Eating vegetables with dinner	Yes	No
8	Having an apple as a snack	Yes	No
9	Eating cookies before playing on a playground	Yes	No
10	Drinking chocolate milk after swimming	Yes	No
11	Eating whole grain crackers during snack time	Yes	No
12	Drinking soda at lunch	Yes	No
13	Eating nuts before a sports practice	Yes	No
14	Having a yogurt for a mid-day snack	Yes	No
15	Eating French fries before running outside	Yes	No
16	Having a smoothie after school	Yes	No
17	Eating carrots during a snack break	Yes	No
18	Drinking a milkshake before playing tag	Yes	No
19	Eating peanut butter on toast in the morning	Yes	No
20	Having a salad for lunch	Yes	No

Fun Food Facts



DID YOU KNOW?

- 1 Bananas are actually berries.
- 2 Carrots used to be purple, yellow, and white!
- 3 Strawberries are not real berries.
- 4 Cucumbers and pumpkins are fruits because they have seeds.
- 5 Pineapples grow on the ground, not in trees.
- 6 Tomatoes are actually fruits, not vegetables.
- 7 Avocados are also considered fruits because they have seeds.
- 8 Blueberries are one of the only true-blue foods in nature.
- 9 Watermelons are 92% water, which is why they are so juicy.
- 10 Broccoli is a flower that you can eat.
- 11 Apples float in water because they are 25% air.
- 12 Bell peppers can be red, yellow, orange, green, and even purple!
- 13 Kiwi has more vitamin C than oranges.
- 14 Spinach helps your muscles grow strong like in the Popeye cartoons!
- 15 Celery is made mostly of water, which is why it's so crunchy.

Fact or Fiction – Fun Food Facts

Objective

What are we learning about?

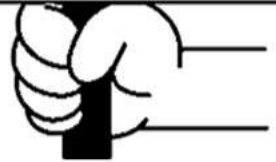
Students will learn about interesting and surprising food facts. They will engage in a fun activity where they determine if a statement about food is true (fact) or false (fiction).

Materials

What you will need for the activity.

- A list of fun food facts from the "Fun Food Facts" page.
- "Fact" and "Fiction" signs to mark the two sides of the room.
- Open space for students to move freely between "Fact" and "Fiction" areas.

**FACT
OR
FICTION**



Instructions

How you will complete the activity.

1. Your teacher will read a fun food fact from the list (like "Bananas are berries" or "Carrots used to be purple"). Think about whether you believe the statement is a fact or fiction.
2. If you think the statement is true, walk to the "Fact" side of the room.
3. If you think it's not true, go to the "Fiction" side.
4. Once everyone has chosen a side, your teacher will reveal if the statement is fact or fiction.
5. After learning the correct answer, return to your seat and get ready for the next round.
6. Continue the game with new food trivia statements. Have fun learning surprising facts about food and try to guess correctly!

Fact or Fiction

Read the statements to the class.

#	Statement	Fact or Fiction
1	Bananas are actually berries.	Fact
2	Carrots have always been orange.	Fiction
3	Tomatoes are vegetables, not fruits.	Fiction
4	Watermelons are 92% water.	Fact
5	Grapes sink in water because they are heavy.	Fiction
6	Pineapples grow on trees.	Fiction
7	Spinach gives you muscle strength.	Fact
8	Blueberries are one of the only naturally blue foods.	Fact
9	Apples float in water because they are light.	Fiction
10	Celery is mostly made of water, which makes it crunchy.	Fact
11	Cucumbers are vegetables.	Fiction
12	Avocados are considered fruits because they have seeds.	Fact
13	Bell peppers can only be green.	Fiction
14	Kiwis have more Vitamin C than oranges.	Fact
15	Carrots can only be purple.	Fiction
16	Strawberries are real berries.	Fiction
17	Broccoli is a flower you can eat.	Fact
18	Bell peppers can be red, yellow, orange, or purple.	Fact
19	Tomatoes are always green when they are ripe.	Fiction
20	Pineapples grow on the ground, not in trees.	Fact

Story: Water - Your Body's Super Fuel

The Power of Water

It was a hot summer day, and Noah was playing outside with his friends. They were running, jumping, and having so much fun! After a while, Noah started to feel tired. "Why am I so sleepy?" he wondered. His mom called from the house and said, "Noah, don't forget to drink some water!"

Noah took a big drink from his water bottle and felt better right away. Water helps keep our bodies strong because it keeps us hydrated. Did you know that our bodies are made of 60% water? Water helps our heart, brain, and muscles work properly. When we lose water, so we need to drink more to stay healthy.



Noah learned that he should drink water all day, not just when he's thirsty. "Water is like fuel for my body!" Noah said with a big smile as he went back to play with his friends. Now, he always keeps his water bottle close by!

Fill in the Blanks

Circle the missing word.

1)	Water keeps our bodies _____.	hydrated	dry
2)	Noah's mom told him to drink _____.	juice	water
3)	Noah felt _____ after drinking water.	better	worse
4)	When we sweat, we _____ water.	lose	gain
5)	Our bodies are made of _____ water.	60%	90%

Drink _____ a new number of glasses of water adults and children should drink each day.

CHILDREN	
ADULT	

Question

Why is it important to drink water when you sweat?

Activity – Water Keeps Us Going Song

Objective

What are we learning about?

Students will understand the importance of drinking water and staying hydrated throughout the day through a fun song.



Materials

What you will need for the activity.

- Song lyrics to "Water Keeps Us Going"
- A music player to play the song "Twinkle, Twinkle, Little Star"
- Open space for singing and moving

Instructions

How you will implement the activity.

1. Start by explaining to students why drinking water is essential for their bodies, especially when they are active and playing.
2. Introduce the lyrics to the song "Water Keeps Us Going" set to the tune of "Twinkle, Twinkle, Little Star."
3. Show the movements for each verse, such as pretending to drink water, stretching, and pretending to splash water on their face.
4. Play the song and sing it together while performing the corresponding movements.
5. Repeat the song a few times so students can become familiar with both the lyrics and the actions.
6. After the activity, gather the students to discuss how drinking water helps them feel better, stronger, and more active throughout the day.

Song: "Water Keeps Us Going"

(Tune: "Twinkle, Twinkle, Little Star")

(Verse 1)

Water, water, in my cup,
Keeps me going, fills me up.
Helps my body stay so strong,
Keeps me healthy all day long.

(Verse 2)

When I'm thirsty, I know why,
Water keeps me fresh the sky!
Water, water, so cool,
Makes me feel so wonderful!

(Verse 3)

Water, water, sip it slow.
Helps me learn and helps me grow.
Fills my muscles, fills my brain,
Gives me strength to play again!



Newspaper Article: Foods That Feel Great

Healthy Foods for Young Athletes

Published on October 06, 2024

At yesterday's Little Town Kids' Marathon, some runners noticed a big difference in how they felt after the race. Many young athletes who had eaten healthy snacks before the race were full of energy and smiles, while others who had sugary treats felt worn out.

"I had a banana and some whole grain crackers before the race, and I felt awesome!" said Jordan, one of the runners. "But my friend ate a lot of candy, and he felt really tired after

just a few minutes."

Coach Riley

explained

that whole

foods, like

fruits and

grains, help keep kids strong during

physical activity. "When you eat

healthy food, your body gets the fuel

it needs. Too much sugar or junk food

makes you feel slow and tired."

The marathon was a great lesson for

the kids about how important food is

for staying energized. Next time,

more runners said they'll be choosing

apples and nuts over candy for better

performance!



Name: _____

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Curriculum Connection
HE1.2

True or False

Is the statement true or false?

1. Some runners felt better after eating healthy snacks.	True	False
2. Healthy snacks give athletes more energy.	True	False
3. Coach Riley thinks sugary snacks are best before a race.	True	False
4. Eating too much sugar makes you feel tired.	True	False
5. Bananas are a healthy snack that helps during a race.	True	False

Draw

Draw a picture of a snack you ate for a snack today and write how it made you feel after.

List

List 3 healthy and 3 unhealthy foods.

Healthy	Unhealthy

Canada Food Guide

What Is the Healthy Food Plate?

The healthy food plate helps us know what kinds of foods we should eat and how much! The plate is divided into parts to show the different type of food we need.



Why Is the Plate Divided?

The plate shows us that some foods should be eaten more than others. Half of our plate is for fruits and vegetables, which give us vitamins and energy. One-quarter of the plate is for proteins like fish and beans, which help our muscles grow. The other quarter is for grains like bread and rice, which give us energy to play and learn!

What Foods Should We Eat More Of?

- **Fruits and vegetables:** Give us vitamins and help keep us strong.
- **Proteins:** Things like meat, fish, and beans help our muscles grow.
- **Grains:** Foods like bread and rice give us energy to play and learn.

Fill in the Blanks

Circle the missing word.

1)	Fruits and vegetables give us _____ to stay strong.	power	energy
2)	One-quarter of the plate is for _____ like meat.	protein	fruit
3)	Half of what we eat should be _____ and vegetables.	protein	fruits
4)	_____ help our muscles grow.	Grains	Proteins
5)	Bread _____.	grain	protein

Identify the food described in each statement.

1)	These gives us energy	g r _____ i _____ s
2)	They build muscles.	_____ t
3)	They are sweet and full of vitamins	_____ s
4)	They are yummy but unhealthy	_____ a _____

Question

Which food group do you need to eat more of? What could you eat?

Activity – Build Your Canada Food Guide Plate

Objective

What are we learning about?

Students will understand the structure of the Canada Food Guide and the importance of eating from all food groups.

Materials

What you will need for the activity.

- Printable food plate template
- Crayons or colored pencils
- Pencils and erasers



Instructions

How you will complete the activity

1. Begin by explaining the Canada Food Guide and the components of a healthy plate.
2. Hand out a printable food plate template to each student.
3. Ask students to think about foods they eat that belong in each section of the plate.
4. Instruct the students to draw their favourite foods in each section of the plate, making sure they place foods in the correct categories.
5. Encourage students to be creative with their drawings and to use different colours for the different food groups.
6. After students finish drawing, ask them to explain their choices for each section to a partner or in a group discussion.

Name: _____

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Curriculum Connection
HE1.2

Canada Food Guide

Healthy Food Plate

Eat plenty of _____
and _____

Eat _____ foods



Make _____
your drink of
choice

PREVIEW

Choose _____
_____ foods

Activity – Unhealthy Food Memory Game

Objective

What are we learning about?

Students will understand the concept of healthier food alternatives by matching unhealthy foods with their healthier counterparts.

Materials

What you will need for the activity.

- Pre-made cards with pictures of unhealthy foods (e.g., soda, pizza).
- Pre-made cards with pictures of healthier alternatives (e.g., water, nuts).
- Scissors (if cards need to be cut).
- A table or floor space for playing.



Instructions

How you will complete the activity

1. Begin by discussing examples of unhealthy foods and their healthier alternatives.
2. Spread out the memory cards face down in a grid.
3. Students take turns flipping over two cards. If they find a match (e.g., soda and water), they keep the cards.
4. If they do not find a match, they flip the cards back over, and the next student takes their turn.
5. Continue playing until all the cards have been matched.
6. After the game, discuss why each healthy alternative is better for their bodies.

Cards

List of unhealthy food and their alternatives

SODA



WATER



FRENCH FRIES



SWEET POTATO



CANDY



APPLE



ICE CREAM



FRUIT SMOOTHIE



Cards

List of unhealthy food and their alternatives

CHIPS



AIR-POPPED CORN



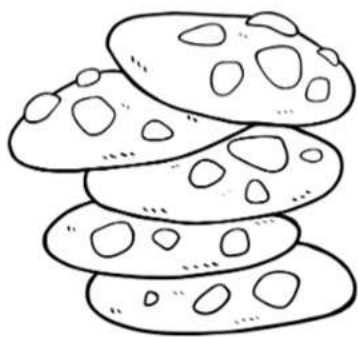
SUGARY CEREALS



OATMEAL



COOKIES



GRANOLA BARS



FRIED CHICKEN



ROASTED CHICKEN



Unit Test – Healthy Eating**Multiple Choice**

/10

1. Which is a whole food? a) Applesauce b) Raisins c) Tomato d) Bread	2. Which describes a whole food? a) Canned b) Cooked c) Frozen d) Fresh
3. Which vitamin from fruits helps you fight colds? a) Vitamin A b) Vitamin B c) Vitamin C d) Vitamin D	4. All are nuts EXCEPT: a) Peanuts b) Walnuts c) Cashew d) Almonds
5. Which food is less likely to be a whole food? a) Beans b) Tomatoes c) Meat d) Rice	6. Which is not a whole food? a) Bread b) Sugar c) Spices d) Peaches
7. Half of our food plate should be: a) Proteins b) Grains c) Fruits and Vegetables d) Candy	8. Nuts are packed with: a) Proteins b) Grains c) Fruits and Vegetables d) Candy
9. Which food gives you the least energy? a) Fruity cereals b) Carrot sticks c) Apple slices d) Potato chips	10. Which is a healthy alternative of donuts? a) Frosted cupcakes b) Whole grain muffin c) Pizza slice d) Sugary cereal bar

Define

What do the terms below mean?

Term	Definition – What does it mean?
Whole Foods	
Processed Foods	

Scenarios

In each situation, read the options and circle the best way to handle it

1) Tim always eats breakfast. What should he try for more nutrients?

- a) Fruits and vegetables
- b) Meat
- c) Rice
- d) Ice cream

2) How can Marko make his freshly harvested bananas last longer?

- a) Cook them into banana bread
- b) Freeze them to use later
- c) Can them to store in jars
- d) Dry them to make banana chips

3) Lila wants to feel strong after playing. What should she eat?

- a) A candy bar because it's yummy
- b) An apple to stay healthy
- c) A cupcake because it's sweet
- d) A bag of chips for a quick snack




Alberta Health & Wellness Healthy Eating Unit – Grade 1


3-Part Lesson Format

Part 1 – Minds On!

- Learning Goals
- Discussion Questions
- Quotes
- And More!









**A World of Whole Foods**
LEARNING GOAL

We are learning to **name and choose healthy, whole foods** so we can **stay strong and feel good every day.**



Where Does It Come From?
Drag each food to the correct box to show if it comes from animals or plants.

Animals	Plants




Part 2 – Action!


- Surveys/Polls
- Matching
- Drag and Drop
- Videos
- And More!

Part 3 – Consolidation!


- Exit Cards
- Quick Draw
- 3-2-1 Reflection
- One-Sentence Summary

**Consolidation – Quick Draw**

Think about what we learned today about whole foods.
Draw a quick picture of one food and drink that can help you feel strong and healthy.

 Keep it fun and simple!

Be ready to share and tell the class why you picked it.





Alberta Health & Wellness Healthy Eating Unit – Grade 1

Name That Vegetable!

Drag and drop the correct vegetable name under the right picture.

Action

Cabbage

Eggplant

Lettuce

Pepper

Potato

Broccoli

Celery

Onion

Ginger

Carrot

TRUTHS AND A LIE

Read the statements below and decide which one is the lie.

A) Canned food last a long time.	B) Canned beans are common.	C) Canned food grows on trees.
A) You can eat some canned food right away.	B) Canning keeps food fresh for years.	C) All canned food is cold and frozen.
A) Canned food is always better than fresh food.	B) Canned tomatoes come in jars and cans.	C) People sometimes add salt or sugar to canned food.
A) Canned peaches can be softer than fresh peaches.	B) Canned food must stay in the freezer.	C) You can open canned food with a can opener.

Sorting: Canned Foods

Action

Name each picture, then drag the check mark to the food that can be canned.

Radish	Ice cream	Tomatoes	Chicken
Fish	Corn	Bread	Beef



Alberta Health & Wellness Healthy Eating Unit – Grade 1

Power Me Up! Energy Food Sort

Drag the foods that give energy into the box to boost her battery!

Action

Sort the Water

Drag the safe water to the blue cup and the unsafe water to the red cup.

Action

Healthy or Unhealthy?

Drag the healthy food into the green basket and the unhealthy food into the red basket.

Action