

Grade 2 – Health Unit

Healthy Eating Unit

Organizing Idea	A lifetime of optimal well-being and physical wellness is supported by prioritizing nutrition and healthy eating.	
Guiding Question	How can food impact well-being?	
Learning Outcome	Students examine internal and external factors that	
<div>Preview of 70 pages from this product that contains 121 pages total.</div>		
HE2.1	Discuss cues associated with hunger and thirst.	6-22
HE2.2	Explore recommendations from a variety of food guidelines to support nutritional decisions.	23-40, 46-65, 83-87
HE2.3	Examine personal food preferences. Identify personal food allergens.	41-45, 52-55-77
HE2.4	Discuss ways that food provides insights into various cultures, practices, and traditions.	78-82, 88-91

NAME: _____

HEALTHY EATING



Hunger and Thirst Cues

Hungry or Thirsty? Let's Find Out!

Ever wonder how your body tells you it's time to eat or drink?

Let's explore how we know when we're hungry or thirsty!



Stomach Grumbles: Time to Eat!

When your stomach grumbles, your stomach might make a funny sound called a grumble. This is your body's way of saying, "I need food!" Sometimes, you might also feel like you don't have much energy. That's because food gives us the energy to run and play. So, when your stomach grumbles, it's time to eat something yummy!

Dry Mouth: Time to Drink!

What about when you're thirsty? If your mouth feels dry, that's a big clue! Your body is telling you, "I need water!" You might feel thirsty after running around or playing. Water is super important because it helps you stay hydrated and feel good.

Taking Care of Your Body

Here are some tips to keep your body happy:

- Eat when your stomach grumbles to get energy.
- Drink water when your mouth feels dry to stay hydrated.
- Don't wait too long to eat or drink, or you might feel too tired or thirsty.



Remember, listening to your body's hunger and thirst cues helps you stay strong and healthy!

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True or False

Is the statement true or false?

1. A dry mouth means you need food.	True	False
2. Stomach grumbles are a hunger cue.	True	False
3. Food gives our bodies energy.	True	False
4. Water helps you stay hydrated.	True	False
5. Eating when hungry helps us play.	True	False

Draw

Draw and label parts of your body that help you know when you're hungry or thirsty.



Question

What happens if you wait too long to eat?

Activity – Hunger and Thirst Dance

Objective

What are we learning about?

Students will learn to identify the physical cues of hunger, thirst, and low energy through a fun and engaging song and dance activity.



Materials

What you will need for the activity.

- Song lyrics "I'm Hungry, I'm Thirsty"
- A music player to play the song "Row, Row Your Boat"
- Open space for dancing

Instructions

How you will complete the activity.

1. Begin by explaining to students how our bodies feel when we are hungry, thirsty, or need energy.
2. Teach the students the lyrics to the song "I'm Hungry, I'm Thirsty".
3. Demonstrate the movements for each verse: rubbing the stomach, pretending to drink, and yawning/stretching.
4. Play the music and sing the song together, performing the corresponding movements.
5. Repeat the song a few times so students become familiar with the cues and actions.
6. After the activity, gather the students to discuss what they learned about listening to their bodies.

Song: "I'm Hungry, I'm Thirsty"

(Tune: "Row, Row, Row Your Boat")

(Verse 1)

Growl, growl, goes my tum,

Time to have a treat! (*Rub your belly*)

Eatthy snacks to give me strength

I move my feet! (*March in place*)

(Verse 2)

My mouth,

I need a drink right now! (*Hand to drink*)

Water, water, cool and fresh

Makes me say, "Wow!" (*Pretend to raise your brow*)

(Verse 3)

Yawn, yawn, yawns my mouth,

I need some energy! (*Stretch and yawn*)

A snack or rest will help me out,

To keep me feeling free! (*Raise your arms and shake them*)

Reflection

Answer the questions below.

1) Draw two emojis that show what you were feeling before and after doing the Hunger and Thirst Dance.

2) What did you learn about how your body tells you when you are hungry or thirsty?

3) Which part of the Hunger and Thirst Dance was your favorite? Why?

4) Think about the other students in your class. Who do you think did the dance really well, and what made their dance special?

Activity – Hunger and Thirst in Action

Objective

What are we learning about?

To help students understand how physical activity affects their bodies and recognize the hunger and thirst cues that follow exercise.

Materials

What you will need for the activity.

- An open space for physical activity
- Stopwatch or timer
- Water bottle (one for each student)
- Healthy snacks (optional, such as fruit or crackers)



Instructions

How to complete the activity

1. Start by gathering the students and explaining that they will be doing a fun physical activity like running or jumping jacks. See how their bodies feel afterward.
2. Have the students do a warm-up by stretching for a few minutes.
3. Set the timer for 3 minutes. Instruct the students to perform jumping jacks for the entire 3 minutes.
4. Once the time is up, ask the students to stop and take a moment to notice how their bodies feel.
5. Have the students sit down and discuss how they feel. Ask them if they feel hungry, thirsty, or both. Encourage them to think about what their bodies are telling them.
6. Provide water and, if available, a small healthy snack. Explain the importance of replenishing their bodies with food and water after physical activity.
7. Allow the students time to eat and drink while discussing how they feel afterward.

Reflection

Answer the questions below.

1) What did your body feel like after you exercised?

2) What body notice that told you that you were hungry or thirsty?

3) Why is it important to eat or drink after exercising?

4) Draw a picture of what you might eat or drink after exercising.



Exit Cards

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

Name: _____

Is the statement true or false?

1) Your stomach grumbles when you are hungry.	Yes	No
2) A dry mouth means you need food.	Yes	No
3) It's okay to wait a long time before drinking water.		
4) Your body tells you when it needs something.	Yes	No

Name: _____

Is the statement true or false?

1) Your stomach grumbles when you are hungry.	Yes	No
2) A dry mouth means you need food.	Yes	No
3) It's okay to wait a long time before drinking water.	Yes	No
4) Your body tells you when it needs something.	Yes	No

Name: _____

Is the statement true or false?

1) Your stomach grumbles when you are hungry.	Yes	No
2) A dry mouth means you need food.	Yes	No
3) It's okay to wait a long time before drinking water.	Yes	No
4) Your body tells you when it needs something.	Yes	No

Name: _____

Is the statement true or false?

1) Your stomach grumbles when you are hungry.	Yes	No
2) A dry mouth means you need food.	Yes	No
3) It's okay to wait a long time before drinking water.	Yes	No
4) Your body tells you when it needs something.	Yes	No

Newspaper Article: Importance of Food and Water

The Power of Food and Water

Published on August 29, 2024

Yesterday at Maplewood Elementary, a surprising lesson was given during gym class when several students found themselves too tired to keep up. The culprit? Skipped breakfasts and forgotten water bottles.

Teachers quickly turned the situation into a teachable moment, highlighting how food and water fuel our bodies. "Think of food as your body's battery," explained Ms. Thompson, a dietitian who visited the school. "Without energy from food, it's hard to focus and stay active."

Students learned that food provides the energy and nutrients—like proteins and vitamins—needed to power through the day. On the flip side, water keeps everything running smoothly, from digesting food to staying cool during exercise. "I didn't realize how much food helps me feel good until I felt so tired in gym," admitted sixth-grader Emma Carter.

The day ended with students making a pact to never skip breakfast and to carry water with them every day. A small lesson in health, but one that made a big impact.



Fill in the Blanks

Complete the sentences below:

1. Students felt _____ during gym class.	tired	full
2. Food provides _____ for the body.	energy	rest
3. Food helps us _____ and stay active.	play	focus
4. Food is compared to a car's _____.	battery	gasoline
5. The student felt tired because they skipped _____.	lunch	breakfast

Directions

Draw a picture of food that you think a healthy breakfast should include.

Question

Why is breakfast considered the most important meal of the day?

Activity – Plant a Seed

Objective

What are we learning about?

To show the connection between water and growth, emphasizing the importance of hydration for plants and our bodies.



Materials You will need for the activity.

- Small pots (one for each student)
- Potting soil
- Seeds (e.g., sunflower, bean, or any growing plant)
- Watering cans or spray bottles

Instructions

How you will complete the activity

1. Explain that just like plants, our bodies need water to stay healthy.
2. Give each student a pot and have them fill it with soil.
3. Let students plant a seed in the soil and cover it lightly.
4. Water the soil gently until it's damp.
5. Place the pots in a sunny spot.
6. Over the weeks, have students water their plants and draw pictures of the growth stages.

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Draw

Draw what you see each week to illustrate the life cycle of a seed.

Week 1

Week 3

Week 4

Week 5

Week 6

PREVIEW

Questions

Answer the questions below.

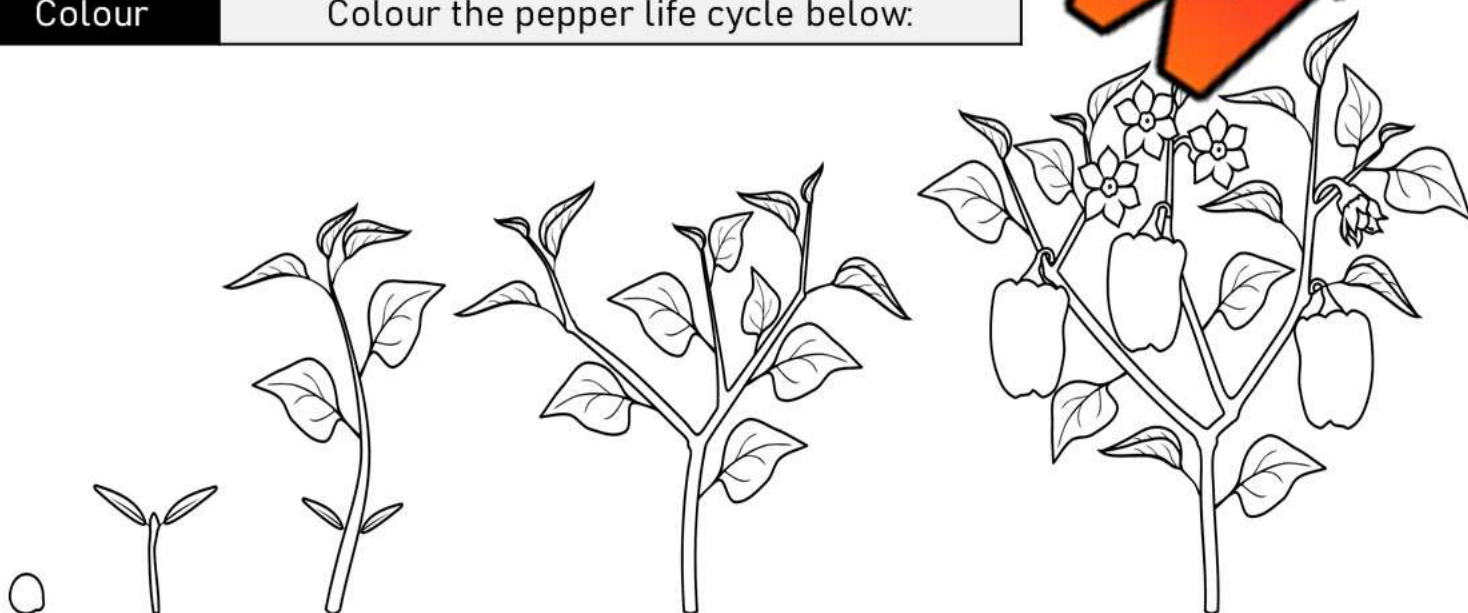
1) How did your plant change as it grew?

2) Why is water important for plant growth? What did you notice if you forgot to water your plant?

3) How does water help our bodies? How does it help plants?

Colour

Colour the pepper life cycle below:



Story: Treat Fest

The Festival of Treats

At the Great Treat Festival, Mia and Alex were excited to try all the yummy treats. There were all kinds of candies, and ice cream, but they also ate fruits and nuts.



Mia chose a small piece of cake with strawberries. Alex picked a candy bar but also grabbed an apple. They remembered the first lesson: Enjoy treats but also make healthy choices.

While eating, Mia wanted another piece of cake, but she remembered the second lesson: eating too much sweet food is not good. So, she chose a handful of nuts instead.

Before leaving, they saw a chocolate fountain. They both had a little because it is okay to enjoy treats sometimes. This was the third lesson: it is fine to indulge occasionally, as long as we mostly make healthy choices.

True or False

Is the statement true or false?

1) Mia and Alex only ate candy.	True	False
2) The festival had fruits and nuts.	True	False
3) Mia ate strawberries with her cake.	True	False
4) Alex only chose unhealthy treats.	True	False
5) Mia chose to eat more cake.	True	False

Fill in the Blank Write the missing word.

1)	Alex picked a _____ banana.	candy	cheese
2)	Mia remembered not to eat too _____.	cake	fruit
3)	They both enjoyed the _____.	late	water
4)	Eating too much _____ is not good.	sugar	protein
5)	It is okay to indulge _____.	occasionally	as

Question

Why is it important to balance treats with healthy choices?

Ideas

List of healthy treat options

Fruit Popsicles	Mixed Berry Fruit Salad
Yogurt with Honey and Nuts	Banana and Oat Muffins
Apple Slices with Peanut Butter	Whole Wheat Banana Pancakes
Homemade Granola Bars	Air-Popped Popcorn
Cheese and Crackers with Hummus	Cheese and Whole Grain Crackers

Draw

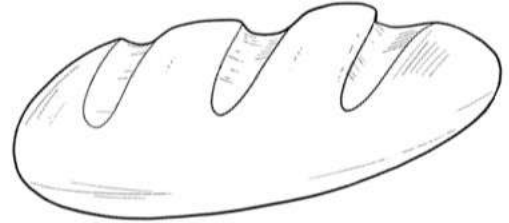
Draw a picture of your favourite healthy snack.

PREVIEW

The Time-Travelling Lunch

Lunch Through the Ages

Let's take a fun trip back in time to see how lunch has changed!



Long Ago Lunches

A long time ago, people ate very simple lunches, like bread and cheese. They didn't know much about healthy eating as we do now.

Learning and Growing

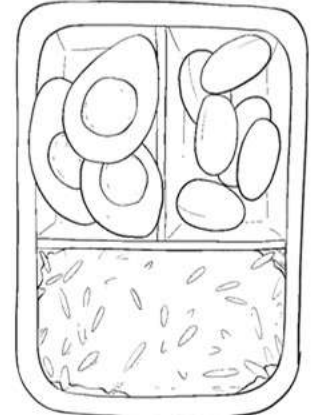
As time passed, people learned more about different foods and how they help our bodies. Lunches started to include fruits, vegetables, and whole grains.

Healthy Choices Today

Today, we know it is important to eat a variety of foods from all the food groups. Our lunches can have foods from all the food groups.

List of Healthy Lunch Items

- Fruits like apples
- Vegetables like carrots
- Whole grain bread
- Dairy like cheese
- Proteins like chicken



True or False

Is the statement true or false?

1. People always knew about healthy eating.	True	False
2. Bread and cheese was a lunch eaten long ago.	True	False
3. Fruits are important in lunches today.	True	False
4. Whole grains are a new discovery.	True	False
5. Protein and chicken are good for lunch.	True	False

Visualizing

Draw a picture of what you were picturing while you were reading. Explain the picture.

	_____

Question

Why is it important to eat different foods?

Scenarios

Circle the correct answer: Is this a healthy food choice or not?

Scenario	Healthy Choice	Unhealthy Choice
Choosing an apple over a cookie for a snack.	Healthy	Unhealthy
Eating candy for breakfast.	Healthy	Unhealthy
Having a sandwich with whole grain bread for lunch.	Healthy	Unhealthy
Drinking a glass of water.	Healthy	Unhealthy
Packing a carrot for a school snack.	Healthy	Unhealthy
Choosing fruit over baked beans.	Healthy	Unhealthy
Eating a salad with chicken and vegetables.	Healthy	Unhealthy
Skipping breakfast in the morning.	Healthy	Unhealthy
Snacking on yogurt with fruits.	Healthy	Unhealthy
Having a milkshake every day after school.	Healthy	Unhealthy
Drinking a glass of milk with dinner.	Healthy	Unhealthy
Eating a big bowl of ice cream before bed.	Healthy	Unhealthy
Choosing grilled chicken over fried chicken.	Healthy	Unhealthy
Having a large candy bar for a snack.	Healthy	Unhealthy
Eating a fruit salad for dessert.	Healthy	Unhealthy
Constantly snacking on cookies.	Healthy	Unhealthy
Making a smoothie with fruits and vegetables.	Healthy	Unhealthy
Only eating fast food for meals.	Healthy	Unhealthy
Eating a whole grain cereal for breakfast.	Healthy	Unhealthy
Eating a doughnut every morning.	Healthy	Unhealthy

Canada Food Guide

Canada's New Food Guide does not have 4 food groups. Instead, it recommends eating the following 3 food categories.

Food Category	Fruits and Vegetables	Whole Grains	Protein Foods
Servings/Day	$\frac{1}{2}$ (half) of your plate	$\frac{1}{4}$ of your plate	$\frac{1}{4}$ of your plate
Tip	<ul style="list-style-type: none">- Choose darker green vegetables- Drink juice with added sugar	<ul style="list-style-type: none">- Choose whole grain options instead of grains that have been processed	<ul style="list-style-type: none">- Select plant-based proteins and lean meats
Examples	<ul style="list-style-type: none">- Dark green vegetables- Don't add sugar	<ul style="list-style-type: none">- Bread, pita, oatmeal, cereal, rice, pasta, quinoa	<ul style="list-style-type: none">- Beans, lentils, nuts, seeds, lean meats and poultry, fish, shellfish, eggs

Have plenty of
vegetables and fruits



Choose
whole grain
foods

Your Canada Food Guide Plate

Think

Circle the foods that you enjoy from the different food groups below.

Proteins

1. Chicken nuggets	6. Grilled cheese	11. Cheese slices	16. Sliced ham
2. Hamburger	7. Scrambled eggs	12. Milk	17. Beef meatballs
3. Turkey	8. Peanut butter	13. Cottage cheese	18. Chicken soup
4. Hot dogs	9. Tuna sandwiches	14. Beans	19. Edamame
5. Fish sticks	10. Yogurt	15. Nuts	20. Baked beans

1. White rice	6. Pizza crust	11. Cornbread	16. Muffins
2. Sandwich bread	7. Tortillas	12. Popovers	17. Waffles
3. Oatmeal	8. Pancakes	13. Pretzels	18. French toast
4. Cereal	9. Crackers	14. Rice cakes	19. Pancakes
5. Pasta	10. Bagels	15. Pita bread	20. Mashed potatoes

Fruits and Vegetables

1. Apple slices	6. Cherry tomatoes	11. Blueberries	16. Peaches
2. Banana	7. Strawberries	12. Peas	17. Pears
3. Baby carrots	8. Orange wedges	13. Broccoli florets	18. Pineapple
4. Celery sticks	9. Grapes	14. Bell peppers	19. Kiwi slices
5. Cucumber slices	10. Watermelon	15. Spinach	20. Mandarin oranges

Name: _____

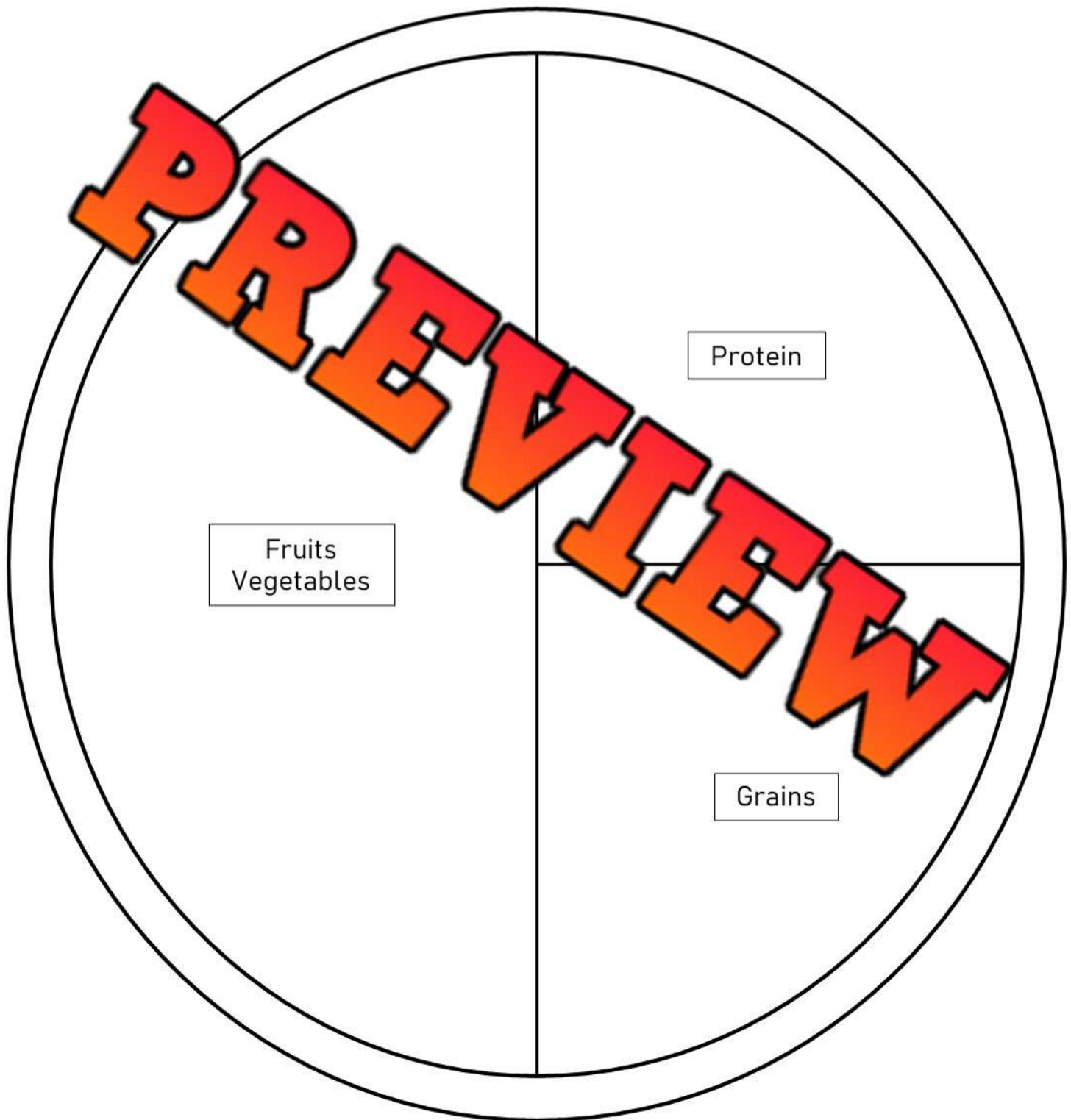
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HE2.2

Your Canada Food Guide Plate

Draw

Draw foods on your plate that you like that fit into the food groups:



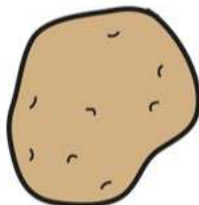
Eating Right with Canada's Food Guides

Think

Circle if the food is a fruit or a vegetable:



Fruit Vegetable



Fruit

Vegetable



Fruit

Vegetable



Fruit

Vegetable



Fruit

Vegetable



Fruit

Vegetable



Fruit

Vegetable



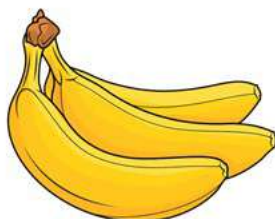
Fruit

Vegetable



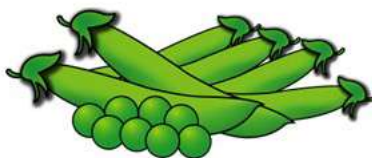
Fruit

Vegetable



Fruit

Vegetable



Fruit

Vegetable



Fruit

Vegetable

Eating Right with Canada's Food Guides

Think

Circle if the food is a grain or a protein:



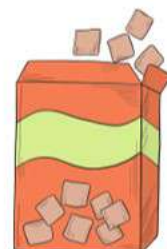
Gr

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Grain

Protein



Grain

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Grain

Protein



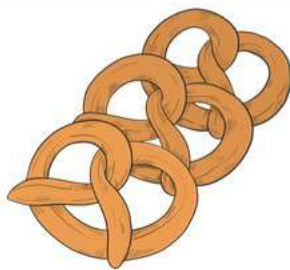
Grain

Protein



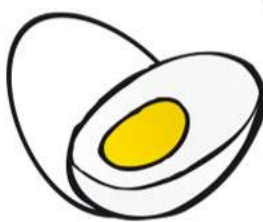
Grain

Protein



Grain

Protein



Grain

Protein



Grain

Protein



Grain

Protein



Grain

Protein



Grain

Protein

Activity – Healthy Lunchbox Challenge

Objective

What are we learning about?

To teach students about balanced nutrition and planning healthy meals according to Canada's Food Guide.



Materials

What you will need for the activity.

- Food items, copies of Canada's Food Guide, food magazines (optional)

Instructions

What you will do for the activity

1. Introduce Canada's Food Guide and the different food categories.
2. Explain the importance of a balanced diet and how it contributes to good health.
3. Divide the class into small groups and distribute materials.
4. Ask each group to design a menu for a week's worth of healthy meals, ensuring they include items from all food categories in Canada's Food Guide.
5. Encourage creativity and allow students to use food magazines for inspiration if available.
6. Once completed, have each group present their menu to the class, explaining their choices.
7. Discuss as a class the different menus and the variety of foods included.
8. Hang the menus around the classroom for ongoing reference and inspiration.

Plan

Plan lunches for the week below, choosing foods that you enjoy and that follow Canada's Food Guide.

Day	Lunches and Food Groups		
	Fruits/Vegetables	Proteins	Grains
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Reflection

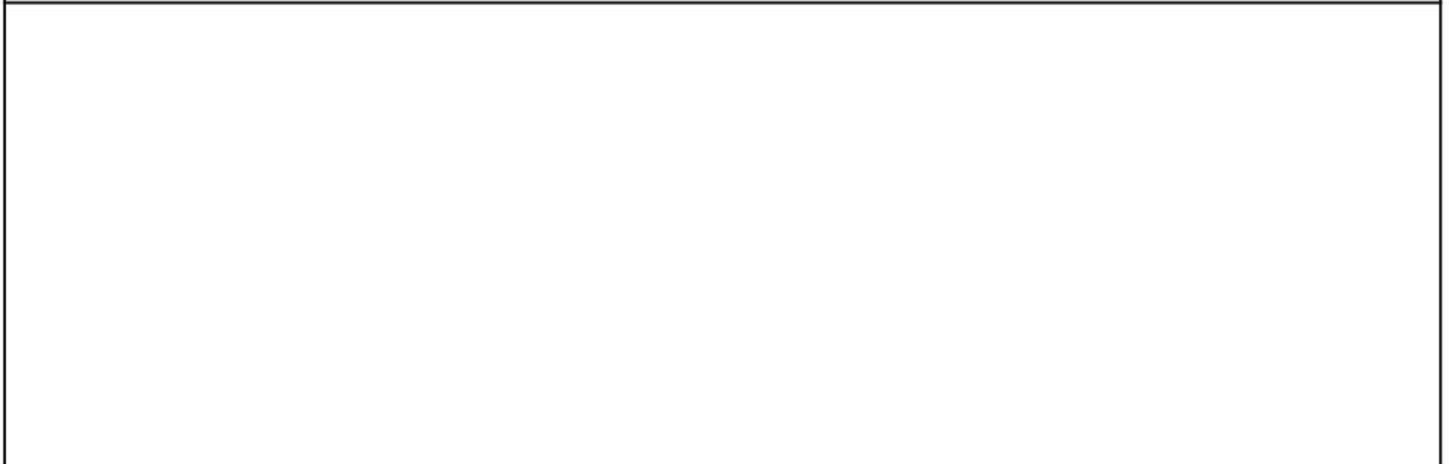
Answer the questions below.

1) Why is it important to include different types of food in your lunchbox?

2) How does the Food Guide help you plan your meals?

3) What was your favourite lunch idea and why?

4) Draw your favourite lunch for the week.



Story: Food Preferences

Lily's Tasty Adventure

Lily was excited for lunchtime at school. She loved eating her peanut butter sandwich every day. But one day, she noticed that her friend Maya was eating something different—a sushi roll!

Curious, Lily asked, "Maya, why do you eat sushi?"

Maya smiled and said, "I love sushi because it's part of our Japanese culture. We eat it at home all the time!"



Lily had never tried sushi before, but she knew it was important to respect Maya's food choice. "That's cool! Maybe I'll try sushi one day."

At the same table, another friend, Ethan, was eating a salad with lots of colourful veggies. "I like crunchy foods," Ethan said. "I eat it because it's fresh and tasty!"

Lily realized that everyone had different food preferences. Some people liked sweet foods, while others preferred salty or spicy dishes. She learned that it was important to respect what others liked to eat.

By the end of lunch, Lily understood that trying new foods could be an adventure, and respecting others' choices made everyone feel happy and included.

True or False

Is the statement true or false?

1) Lily eats a peanut butter sandwich every day.	True	False
2) Maya eats sushi because it's her favourite.	True	False
3) Ethan likes crunchy foods like salad.	True	False
4) Lily has tried sushi before.	True	False
5) Lily doesn't try to respect others' food choices.	True	False

Fill in the Blank Write the missing word.

1)	Maya was eating a _____.	sushi	bagel
2)	Sushi is part of Maya's _____.	Chinese	Japanese
3)	Ethan likes _____ foods like _____.	sweet	crunchy
4)	Lily thought trying new foods was an _____.	challenge	adventure
5)	Respecting others' food choices fosters _____.	understanding	friendship

Question

How do our food preferences show that everyone is unique?

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Activity – Energy Boosters

Objective

What are we learning about?

To teach students about energy needs and appropriate food choices at different times of the day.



Materials

What you will need for the activity.

- Clock face template and markers

Instructions

How you will complete the activity

1. Start by discussing with students what energy is and why our bodies need it.
2. Hand out clock face templates and markers to each student.
3. Ask students to draw a time on their clock face, representing different times of their day, such as morning, recess, or after school.
4. Students then choose foods they think would give them the most energy boost for that time.
5. Each student explains their choice to the class. For example, maybe after recess they choose a protein food to repair their muscles. Before recess, they could choose a fruit to give them an energy boost.
6. Discuss as a group how different foods provide energy at different times.
7. Wrap up by reinforcing the importance of balanced eating throughout the day.

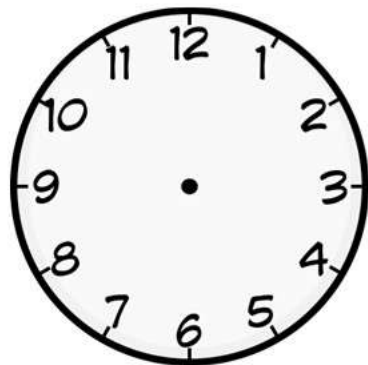
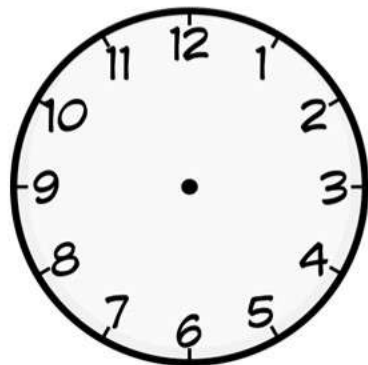
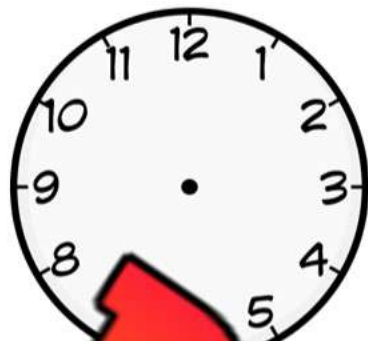
Name: _____

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Directions

Fill in the clock and then draw the foods you would eat at that time:



PREVIEW

Reflection

Answer the questions below.

1) Why did you choose those particular foods for your chosen time?

2) How do your foods help us get energy?

3) What have you learned about eating at different times of the day?

4) Draw your favourite foods to eat before exercise and after.

Before Exercise**After Exercise**

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Foods That Fight Germs

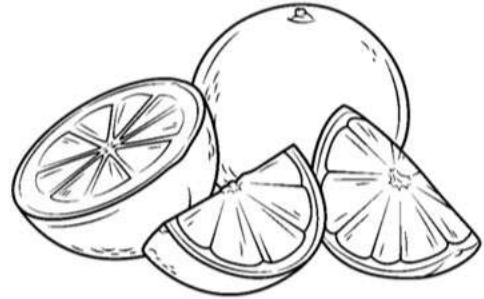
Super Foods for Super Health

Discover how some foods are like superheroes for our body!

Germs, Beware!

Certain foods help our bodies fight germs.

Oranges and spinach are packed with vitamins that keep our immune system strong.



Eat a Rainbow

Eating different coloured foods is healthy too! Each colour gives different nutrients. Strawberries, carrots and broccoli are all great choices.

Stay Strong and Healthy

It is important to eat these superfoods regularly to keep us strong. A healthy diet keeps us feeling good and ready for fun activities.

List of Superfoods

- Oranges
- Carrots
- Spinach
- Strawberries
- Broccoli
- Almonds
- Yogurt
- Sweet Potatoes



True or False

Is the statement true or false?

1. Spinach helps fight germs.	True	False
2. Eating different colours is unhealthy.	True	False
3. Oranges make our immune system strong.	True	False
4. Almonds are good for health.	True	False
5. Yogurt can help the body.	True	False

Visualizing

Draw a picture of what you were picturing while you were reading. Explain the picture.

Question

What does eating a rainbow mean?

Superfoods

Superfoods

Learn about the superfoods below and how they help our bodies

1. Carrots	Improves eyesight
2. Oranges	Fights colds
3. Spinach	Boosts muscle strength
4. Strawberries	Rich in antioxidants
5. Broccoli	Strengthens bones
6. Almonds	Good for heart
7. Yogurt	Digestion
8. Sweet Potatoes	Energy
9. Blueberries	Brain boosting
10. Tomatoes	Protects skin
11. Kale	Detoxifies the body
12. Walnuts	Brain-boosting nuts
13. Avocado	Healthy fats provider
14. Quinoa	Energy-packed grain
15. Salmon	Omega-3 rich
16. Eggs	Protein power
17. Garlic	Immunity enhancer
18. Ginger	Soothes digestion
19. Turmeric	Anti-inflammatory agent
20. Oats	Lowers cholesterol

True or False

Is the statement true or false?

1) Carrots help our eyes.	True	False
2) Almonds strengthen our bones.	True	False
3) Walnuts are brain food.	True	False
4) Eggs have protein.	True	False
5) Ginger is an energy-packed grain.	True	False

Draw

Jack wants to improve his health. Which foods should
Jack eat for each healthy benefit?



Help Eyesight

Fights Colds

Brain Food

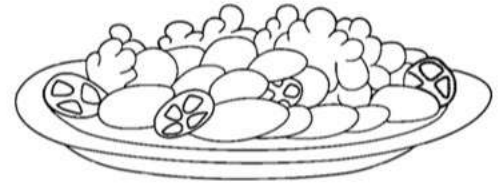
Help Digest Food

Strengthen Bones

Rainbow Foods Race

Colourful Eating

Welcome to the Rainbow Foods Race,
where each colour is a step to being healthy!



Colourful Eating

Each colour in a rainbow means it has different good things for our bodies.
Red apples, orange carrots and green broccoli are all important.

Variety is Key

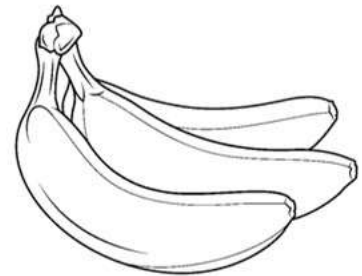
By eating different coloured foods, we get all kinds of
nutrients. This helps us grow strong, run fast and think smart.

Fun with Colors

It's fun to eat a rainbow! Try to have as many colours as possible on your
plate. This makes meals exciting and healthy.

List of Colourful Foods

- Red: Apples, Tomatoes - high in antioxidants
- Orange: Carrots, Oranges - good for your eyes
- Yellow: Bananas, Corn - great for energy
- Green: Broccoli, Spinach - full of vitamins
- Blue/Purple: Blueberries, Grapes - keeps your heart happy



True or False

Is the statement true or false?

1. Red foods are high in antioxidants.	True	False
2. Orange foods help our eyes.	True	False
3. Eating only one colour is best.	True	False
4. Green foods are low in vitamins.	True	False
5. It can be fun experimenting with different coloured foods!	True	False

Visualizing

Draw a picture of your favourite fruits and vegetables and colour it.

Question

Do you eat the rainbow? What foods could you add to eat more colours?

Activity – Rainbow Foods Art

Objective

What are we learning about?

To teach students about the importance of a colourful diet and the different nutrients found in various coloured foods.

Materials

What you will need for the activity.

- Coloured pencils or crayons
- White drawing paper
- Pictures of different coloured foods (fruits, vegetables)
- Glue sticks
- Scissors



Instructions

How you will complete the activity.

1. Begin by discussing the importance of eating a variety of coloured foods.
2. Show pictures of different coloured foods and talk about the nutrients they provide.
3. Distribute white drawing paper and coloured pencils or crayons to each student.
4. Instruct students to draw foods of different colours they enjoy eating.
5. Encourage creativity in arranging these foods to create a rainbow on their paper.
6. Once completed, ask students to cut out their drawings and use glue sticks to attach them to a larger class collage.
7. Display the class collage and discuss the variety of foods drawn.
8. Conclude with a discussion on how eating a rainbow of foods contributes to good health.

Name: _____

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Think

Write or draw foods that are each colour of the rainbow.



Red

Orange

Yellow

Green

Blue

Indigo

Violet

PREVIEW

Reflection

Answer the questions below.

1) What are your favourite-coloured foods and why?

2) How do your favourite coloured foods help our bodies?

3) Can you think of a new coloured food you want and why?

4) Draw a plate of food that has at least 3 different coloured foods



Exit Cards

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

Name: _____

Circle the correct answer.

1) High in antioxidants	Apple
	Corn
2) Great for energy	Tomatoes
	Banana
3) Good for your eyes	Carrots
	Spinach
4) Full of vitamins	Meat
	Broccoli
5) Keeps your heart happy	Grapes
	Corn

Name: _____

Circle the correct answer.

1) High in antioxidants	Apple
	Corn
2) Great for energy	Tomatoes
	Banana
3) Good for your eyes	Carrots
	Spinach
4) Full of vitamins	Meat
	Broccoli
5) Keeps your heart happy	Grapes
	Corn

Name: _____

Circle the correct answer.

1) High in antioxidants	Apple
	Corn
2) Great for energy	Tomatoes
	Banana
3) Good for your eyes	Carrots
	Spinach
4) Full of vitamins	Meat
	Broccoli
5) Keeps your heart happy	Grapes
	Corn

Name: _____

Circle the correct answer.

1) High in antioxidants	Apple
	Corn
2) Great for energy	Tomatoes
	Banana
3) Good for your eyes	Carrots
	Spinach
4) Full of vitamins	Meat
	Broccoli
5) Keeps your heart happy	Grapes
	Corn

Allergy Avengers

Understanding Allergies

Allergies are like a body's superpower alert system. Let's learn how to be safe!



Allergy Superpowers

Some people have allergies to foods like nuts, dairy, or eggs. When they eat a food they are allergic to, their body's immune system treats it like an invader. This leads to an allergic reaction. They may get a rash, have trouble breathing, or vomiting.

Safe Snack Choices

When choosing snacks, it is important to know what is safe for everyone. Read labels to check if a snack has common allergens like nuts or milk.

Being Allergy-Friendly

Always ask your friends if they have allergies before sharing snacks. This helps keep everyone safe and happy.

List of Allergy-Safe Snacks

- Fruit slices
- Veggie sticks
- Rice cakes
- Dairy-free yogurt
- Gluten-free cookies

True or False

Is the statement true or false?

1. All kids have the same allergies.	True	False
2. Some kids are allergic to nuts.	True	False
3. Dairy can be an allergen for some.	True	False
4. Reading labels is not important.	True	False
5. Fruit is a safe snack choice.	True	False

Visualizing

Draw a picture of what you were picturing while you were reading. Explain the picture.

Question

Why do some kids need special snacks?

Activity – Allergy Awareness Role-Play

Objective

What are we learning about?

To help students understand and respect food allergies through role-playing.

Materials

What you will need for the activity.

- Allergy awareness cards
- Pretend food items
- Tablecloth
- Plates



Instructions

How you will complete the activity

1. Spread a tablecloth and place pretend food items.
2. Divide students into pairs.
3. Give each pair a scenario card describing a food allergy situation.
4. One student in the pair acts as the person with an allergy, and the other as a friend or classmate.
5. They role-play the scenario, discussing the allergy and how to handle it safely.
6. Switch roles and repeat with a new scenario.
7. After each role-play, discuss as a class what was learned.
8. Encourage students to think of ways to make their school a safer place for those with allergies.

Scenarios

Cut out the scenarios below and give them to the students.

Alex is allergic to peanuts. At a picnic, Alex's friend offers a peanut butter sandwich.

Emma has a dairy allergy. During lunch, a classmate offers her a piece of cheese pizza.

Sam is allergic to eggs. At a birthday party, Sam is offered a slice of cake.

Olivia is allergic to shellfish. In the cafeteria, her friend asks if she wants to try some.

Noah has a gluten allergy. At snack time, a friend shares cookies that contain gluten.

Sophia is allergic to soy. In a cooking class, the recipe includes soy sauce.

Mason has a tree nut allergy. In the cafeteria, a classmate offers a trail mix with nuts.

Ava is allergic to wheat. At a bake sale, she's tempted by a wheat-based muffin.

Liam is allergic to strawberries. At a fruit stand, his friend is buying a strawberry smoothie.

Isabella has a latex allergy. In art class, a friend passes a plate to decorate.

Ethan is allergic to fish. At a school BBQ, a teacher offers him a fish burger.

Mia is allergic to sesame. At a cultural festival, a vendor offers a sesame seed-covered treat.

Lucas has a milk allergy. During a movie night, friends offer him buttered popcorn.

Charlotte is allergic to bee stings. On a nature walk, a friend finds a beehive and wants to explore.

Jackson is allergic to cats. At a friend's house, the friend forgets and brings his cat into the room.

Story: Lesson on Food Choices

Draw

Draw pictures that show the story.

Liam's Lunchtime Lesson

Liam loved eating nuts. Every day at school, he brought a small bag of almonds and ate them as a snack. His mom always told him how healthy they were, full of fats and protein that helped him grow strong. But one day, something unexpected happened that made Liam think differently about his snack.

PREVIEW

PREVIEW

During lunchtime, Liam sat with his friend Ava. As he opened his bag of nuts, Ava suddenly looked worried. "Liam, I can't be near those," she said quietly. "I'm allergic to nuts. If I eat them or even touch them, I could get really sick."

Liam froze. He had heard about allergies before, but this was the first time he realized how serious they could be. He quickly closed his bag and moved to another table.

Later that day, their teacher explained that while nuts are healthy for many people, they can be dangerous for others. "It's important to remember that different foods have different effects on our bodies," she said.

PREVIEW

PREVIEW

From that day on, Liam always asked his friends about their allergies and made sure to be careful with his snacks, understanding the importance of keeping everyone safe while enjoying healthy foods.

Think

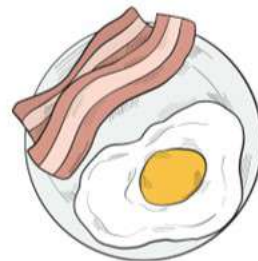
Circle the item if it's a healthy food choice, cross it out if it's unhealthy.



- ☐ Healthy for Everyone
☐ Healthy but Risky



- ☐ Healthy for Everyone
☐ Healthy but Risky



- ☐ Healthy for Everyone
☐ Healthy but Risky



- ☐ Healthy for Everyone
☐ Healthy but Risky



- ☐ Healthy for Everyone
☐ Healthy but Risky



- ☐ Healthy for Everyone
☐ Healthy but Risky



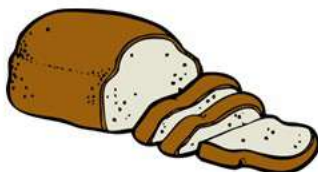
- ☐ Healthy for Everyone
☐ Healthy but Risky



- ☐ Healthy for Everyone
☐ Healthy but Risky



- ☐ Healthy for Everyone
☐ Healthy but Risky



- ☐ Healthy for Everyone
☐ Healthy but Risky



- ☐ Healthy for Everyone
☐ Healthy but Risky



- ☐ Healthy for Everyone
☐ Healthy but Risky

Risk or Benefit – Different Foods

Objective

What are we learning about?

To help students understand that some foods can have both benefits and risks, depending on different factors such as allergies and health needs.



Materials

What you will need for the activity.

- A list of foods with both risks and benefits
- A 'Risk' sign and a 'Benefit' sign to distinguish the two sides of the room
- Designated areas in the room for the 'Risk' and 'Benefit' signs, allowing space for students to move between them

Instructions

How you will complete the activity

1. Your teacher will read out statements about different foods. Listen carefully as each statement is shared.
2. Think about whether the statement talks about a benefit (something good) or a risk (something that could be harmful). If you think the statement is about a benefit, move to the 'Benefit' side of the room.
3. If you think the statement is about a risk, move to the 'Risk' side of the room.
4. Stay on your chosen side and listen to the explanation your teacher gives.
5. After the correct answer is explained, return to your seat and get ready for the next statement.
6. Enjoy learning about how foods can be both good and bad for you!

Risk or Benefit

Read the statements to the class.

#	Statement	Risk or Benefit
1	Broccoli is a vegetable that makes your muscles strong.	Benefit
2	Some people get hives from eating shellfish like shrimp.	Risk
3	Apples are full of vitamins that help keep you healthy.	Benefit
4	Chocolate can make you feel happy but eating too much can hurt.	Risk
5	Bananas are a snack that gives you energy.	Benefit
6	Spinach gives you lots of iron, which is good for your blood.	Benefit
7	Eating too many carbohydrates can make you feel sleepy.	Risk
8	Some people are allergic to peanuts, which can make them very sick.	Risk
9	Oranges give you lots of vitamin C, which helps you not get sick.	Benefit
10	Drinking too much soda can make you feel thirsty and gain weight.	Risk
11	Eggs have protein, which helps build muscles.	Benefit
12	Some people can get itchy from eating strawberries.	Risk
13	Yoghurt is good for your tummy because it has healthy bacteria.	Benefit
14	Some fish have bones that can get stuck in your throat.	Risk
15	Ice cream is tasty, but too much can make you gain weight.	Risk
16	Watermelon is juicy and keeps you hydrated on hot days.	Benefit
17	Drinking milk helps your bones grow strong.	Benefit
18	Eating too many chips can make you feel tired and sluggish.	Risk
19	Too much candy can give you a stomach ache.	Risk
20	Carrots help you see better in the dark.	Benefit

Newspaper Article: Food and Family Traditions

Family Recipes Keep Traditions Alive

Published on September 1, 2024

Yesterday, the Sanchez family gathered for their annual picnic, where food brought everyone together in a special way. Three generations met at the park to share their favourite dishes, each one with a story.

Grandma Maria, who is 82 years old, made her famous tamales, a recipe passed down from her grandmother. "My abuela taught me how to make these when I was just a little girl," she said with a smile. "Making them brings back memories of cooking in her kitchen.

But it wasn't just about the tamales. Each family member brought a dish that held special meaning. Maria's daughter, Carla, made arroz con pollo, a dish she remembers helping her mom with every Sunday. The youngest in the family, eight-year-old Sofia, brought cupcakes decorated herself, starting a new tradition in their family.

The picnic is not just a meal, but a way to keep their family traditions alive. "When we cook these recipes, it's like our family is still here with us," said Carla.



True or False

Is the statement true or false?

1. Grandma Maria learned to make tamales recently.	True	False
2. Carla brought a dish called arroz con pollo.	True	False
3. The picnic was held in the winter.	True	False
4. The family shared food recipes from their past.	True	False
5. Three generations of the Sanchez family were present.	True	False

Visualizing

Draw foods you and your family enjoy during special occasions.

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Question

Why is the family picnic important to the Sanchez family?

Tableaus - Cultural Celebrations

Objective

What are we learning about?

To help students learn how food is important in cultural traditions.

Materials

What you will need for the activity.

- Open space in classroom
- Pictures or videos of cultural celebrations (e.g., Thanksgiving, Lunar New Year)
- Simple props like plates, cups, and items



Instructions

How you will complete the activity

1. Start by talking about how food is important in many cultural celebrations, like Thanksgiving or Lunar New Year.
2. Divide students into small groups of 4-5.
3. Give each group a cultural celebration to represent or let them choose one.
4. Have each group plan a frozen scene (tableau) showing the celebration with food. Optionally, students can plan 3-5 frozen scenes to represent their celebration. They can clap their hands once they have paused in their scene for approximately 5 seconds.
5. Let the groups practice their scenes, using props if they want.
6. Each group presents their tableau to the class. The class guesses which celebration it is.
7. Discuss how food helps bring people together during these celebrations.

Scenarios

Cut out the scenarios below and give them to the students

Thanksgiving
(Canada/USA)

Picture a big family dinner with a golden turkey in the middle. Everyone is happy and thankful, with mashed potatoes and pumpkin pie on the table.

Lunar New Year
(East Asia)

Imagine a room full of red decorations. Families eat tasty dumplings and rice cakes, excited to welcome the new year with fireworks.

Eid al-Fitr
(Muslim World)

Picture a feast with delicious foods like biryani and sweet treats. Families are dressed up, sharing food and celebrating together.

Christmas
(Worldwide)

Think of a home with a Christmas tree and stockings. Families eat a special meal with roast meat and share stories by the fireplace.

Easter (Worldwide)

Imagine a morning when children hunt for colourful eggs. Families enjoy chocolate bunnies and a special meal with ham or lamb.

Cinco de Mayo
(Mexico/USA)

Think of a festive day with bright parades and music. Families enjoy tacos, tamales, and traditional games.

Canada Day (Canada)

Think of a day filled with fireworks and barbecues. Families gather to celebrate with burgers, hot dogs, and maple treats.

Hanami (Japan)

Imagine families sitting under blooming cherry trees. They enjoy picnics with bento boxes and admire the pink flowers.

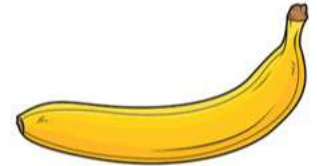
New Year's Eve
(Worldwide)

Think of a night with fireworks lighting up the sky. Families and friends gather to celebrate with party foods and countdowns.

How Food Affects Our Mood and Energy

Food and Feelings: A Tasty Connection!

What you eat can change how you feel! Just like a car needs fuel, your body needs good food to keep you happy and energized.



Energy Foods That Keep You Going

Foods like fruits, vegetables, and whole grains give you the energy to play all day. Bananas, apples, and carrots are superfoods that help you stay strong and active.



Happy Foods: Smiles from Healthy Choices

Healthy foods like nuts, yogurt, and a green smoothie can make you feel happy inside. Eating these helps you smile and enjoy your day.

Sleepy Foods: Watch Out!

Too much sugar or junk food can make you feel tired. They give you a quick energy burst, but it doesn't last long.



Tips to Stay Happy and Energetic

- Eat a Rainbow: Enjoy colourful fruits and veggies.
- Stay Balanced: Mix up your foods—grains, proteins, and dairy.
- Never Skip Breakfast: It powers up your day.
- Snack Smart: Choose healthy snacks to keep your energy up.

True or False

Is the statement true or false?

1. Healthy foods can make us feel happy.	True	False
2. Sugar gives us long-lasting energy.	True	False
3. Eating a rainbow means eating colourful foods.	True	False
4. Skipping breakfast helps you stay energetic.	True	False
5. Vegetables don't help with energy.	True	False

Draw







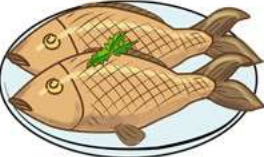

Draw

a plate filled with colourful foods that give you energy.

PREVIEW

Eat or Skip

Check the foods that give you energy and cross out the ones to skip.

Activity - Fruit and Veggie Freeze Dance

Objective

What are we learning about?

To make learning about healthy foods fun and interactive while reinforcing the importance of balanced meals.

Materials: What you will need for the activity.

- A music player or speaker
- A playlist of upbeat kid-friendly music
- A list of fruits and vegetables to call out during the game (e.g., carrot, apple, banana, etc.)



Instructions

How you will complete the activity

1. Tell students they will dance when the music plays and freeze when it stops.
2. Start the music and let the students dance around the room.
3. Pause the music at random intervals. When the music stops, call out the name of a fruit or vegetable (e.g., "Carrot!").
4. The students must freeze in a pose that represents the fruit or vegetable you called out. For example, they might stand tall and straight for a carrot or make a round shape with their arms for an apple.
5. Discuss the fruit or veggie and its health benefits.
6. Repeat with different fruits and veggies.

Reflection

Answer the questions below.

1) Which pose was your favourite? Why?

2) How many different fruits and veggies?

3) How do fruits and veggies help keep us healthy?

4) Draw your favourite fruits and vegetables.

How do you eat different fruits and veggies?

How do fruits and veggies help keep you healthy?

Draw your favourite fruits and vegetables.

Exit Cards

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

Name: _____

Is the statement true or false?

1) Healthy foods make you happy.	Yes	No
2) Skipping breakfast helps you stay energetic.	Yes	No
3) Whole grains keep you strong.		
4) Too much sugar can make you feel tired quickly.	Yes	No

Name: _____

Is the statement true or false?

1) Healthy foods make you happy.	Yes	No
2) Skipping breakfast helps you stay energetic.	Yes	No
3) Whole grains keep you strong.	Yes	No
4) Too much sugar can make you feel tired quickly.	Yes	No

Name: _____

Is the statement true or false?

1) Healthy foods make you happy.	Yes	No
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Name: _____

Is the statement true or false?

1) Healthy foods make you happy.	Yes	No
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3) Whole grains keep you strong.	Yes	No
4) Too much sugar can make you feel tired quickly.	Yes	No

Story: Food Connects Communities

The Big Community Potluck

In Maplewood, everyone was excited for the big community potluck. Families from all over the neighbourhood came together, each bringing a special dish to share.



Liam's family brought a big pot of spaghetti, while Aisha's family made samosas. Mr. Chen brought delicious dumplings, and Ms. Thompson baked her famous apple pie. As everyone gathered, the room was filled with the smell of yummy food.

At the potluck, people laughed, talked, and learned about each other's favourite dishes. Liam learned that samosas are a popular food in India, and Aisha found out that spaghetti is loved all around the world.

Eating together made everyone feel closer. They shared stories, tried new foods, and made new friends. The potluck showed that food isn't just about eating—it's about bringing people together and celebrating different cultures.

In Maplewood, food truly connected the community.

True or False

Is the statement true or false?

1. Healthy foods can make us feel happy.	True	False
2. Sugar gives us long-lasting energy.	True	False
3. Eating a rainbow means eating colourful foods.	True	False
4. Skipping breakfast helps you stay energetic.	True	False
5. Vegetables can't help with energy.	True	False

Draw a dish brought by.

Mr. Chen's Family	Aisha's Family
Mr. Chen	Thom

Question

How did sharing food help people make new friends?

Activity – Food Connections Pictionary

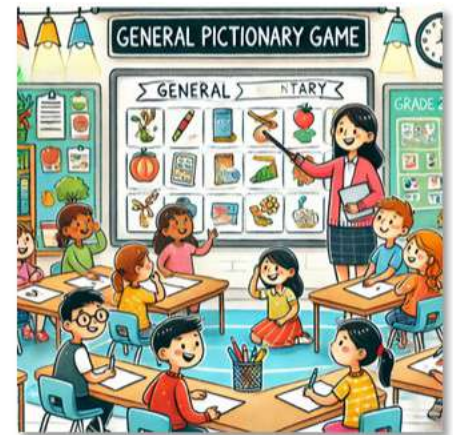
Objective

What are we learning about?

To help students understand how food connects people in communities by drawing and guessing different food items that are commonly shared during gatherings.

Material What you will need for the activity.

- A list of food items commonly shared in community settings (e.g., pie, cake, soup, etc.)
- Whiteboard or flip chart



Instructions

How you will complete the activity

1. Explain that we'll be drawing foods that are often shared at community gatherings, like potlucks or holiday meals, and students will guess what the food is.
2. Pair up students or form small groups. Assign each group a food item (e.g., pie, bread, sushi).
3. Students will draw their assigned food, adding details to help others guess what it is.
4. Each group presents their drawing while the class guesses the food item.
5. Discuss how the food item is shared within communities and how it brings people together, noting key points on the board.

Pictionary Topics

Cut out the topics below.

Pictionary Cards

Pizza

Cake

Bread

Soup

Tacos

Cookies

Pie

Ice Cream

Hamburger

Sushi

Dumplings

Muffins

Grilled Cheese

Spaghetti

French Fries

Cupcake

Unit Test – Healthy Eating

Multiple Choice

/10

1. Which is a cue for hunger? a) Tummy growls b) Feel tired c) Low energy d) All of the above	2. What do fruits give us? a) Vitamins b) Mush c) Protein d) Fats
3. Calcium is good for a) Growing bones b) Healthy eyes c) Getting rid of colds d) Your brain	4. Which food is a grain? a) Steak b) Burgers c) Eggs d) Cereal
5. Which food is a protein? a) Chicken b) Cereal c) Bread d) Strawberries	6. What should we check on food labels? a) Check the price b) Check the weight c) Understand the ingredients d) The color of the food
7. Which food is a vegetable? a) Corn b) Strawberries c) Oranges d) Sausage	8. Why do we eat different foods? a) For fun b) Looks nice c) To get different nutrients d) Tastes sweet
9. Which is a balanced plate? a) Burger, sausage, cheese b) Apples, berries, broccoli c) Toast, bacon, raspberries d) Lettuce, orange, potatoes	10. Which is NOT an allergy-safe snacks? a) Fruit slices b) Eggs c) Dairy-free yogurt d) Veggie Sticks

Define

What do the terms below mean?

Term	Definition – What does it mean?
Balanced Meal	
Food Allergy	
Whole Grain	

Scenarios

Read each scenario and circle the best way to handle it.

1) Mike is feeling sick. What food should Mike eat if he is feeling ill?

- a) Cereal and milk
- b) Steak and eggs
- c) Candy
- d) Oranges and strawberries

2) Mia is offered a drink at a festival. What should Mia remember?

- a) Drink it fast
- b) Water is best
- c) Only have soda
- d) Share with Alex

3) Which food plate should Sam choose that is balanced?

- a) Eggs, bacon, toast
- b) Strawberries, cucumber, pineapple
- c) Broccoli, chicken, potato
- d) Tomato, cucumber, green pepper



Alberta Health & Wellness Healthy Eating Unit – Grade 2

3-Part Lesson Format

Part 1 – Minds On!

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



Hunger and Thirst Cues

LEARNING GOAL

We are learning to **listen to our body's hunger and thirst cues** so we can **eat and drink when we need to stay strong and healthy.**



Hunger and Thirst Cues

Statements	Answer
1) Your stomach makes a grumbling sound when you are hungry.	
2) Water is not important for your body.	
3) You should wait until you're super thirsty before drinking water.	
4) Feeling tired can be a sign that you need to eat.	
5) Your mouth feels dry when your body wants water.	
6) Food gives your body the energy to play and learn.	
7) It's okay to ignore your hunger and thirst cues.	
8) Eating healthy food helps your body feel strong.	

Drag and drop whether the statement is True or False

True False

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 listening to our bodies. Draw a quick picture of one food and drink that:

- Can help you feel full and not thirsty.

Keep it fun and simple! Be ready to share and tell the class why you picked it.






Alberta Health & Wellness Healthy Eating Unit – Grade 2

FREEZE AND POSE

Play short music clips. When the music stops, call out a situation. Students freeze in a pose to show how their body might feel or react!



MINDS ON

- You forgot your water bottle!
- You ate a healthy breakfast!
- You stayed up too late!
- You just finished running at recess!
- You drank lots of water!
- You didn't eat lunch!

Alternately pick items from the foods below to build a healthy lunch.



Sort: Category of Canadian Food Guide

Fruits and Vegetables	Whole Grain Foods	Protein Foods





Alberta Health & Wellness Healthy Eating Unit – Grade 2

Fuel Your Day

Breakfast Lunch Snack Dinner

Drag each food to the time of day when it gives your body the best energy boost!

Action

SUPERFOODS

Drag the picture and the health benefit to the correct box.

1) Carrots		A		Good for...
2) Spinach		B		Soothes digestion
3) Almonds		C		Improves eyesight
4) Tomatoes		D		Protects skin health
5) Ginger		E		Lowers cholesterol
6) Oats		F		Boosts muscle strength

Action

Rainbow Foods

Naming a healthy food that matches one of the rainbow colours: red, orange, yellow, green, blue, indigo and/or violet.
Try not to repeat foods already said!

RED ORANGE YELLOW GREEN
BLUE INDIGO/VIOLET

MINDS ON