



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: <http://www.cdc.gov/healthyschools/sher/standards/index.html>

Kids have more control over what they eat at lunchtime than at any other meal, so it's good to know how to make healthy choices when it comes to packing or buying school lunches. The following activities will help your students learn about the benefits of eating a healthy lunch and how to make healthy choices.

Related KidsHealth Links

Articles for Kids:

School Lunches

KidsHealth.org/en/kids/school-lunches.html

Garden-Fresh Lunches

KidsHealth.org/en/kids/garden-lunches.html

Leftovers for Lunch

KidsHealth.org/en/kids/leftovers-lunch.html

Go, Slow, and Whoa! A Kid's Guide to Eating Right

KidsHealth.org/en/kids/go-slow-whoa.html

MyPlate Food Guide

KidsHealth.org/en/kids/pyramid.html

Recipes

KidsHealth.org/en/kids/recipes/

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. How old do I have to be to pack my own lunch?
2. What's in a healthy sandwich? What else can I eat besides a sandwich if I'm packing a lunch?
3. What are some healthy choices for drinks and snacks?
4. How can I make healthy choices when I'm buying lunch?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

5-Day Lunch Planner

Objectives:

Students will:

- Plan a weeklong daily lunch menu based on healthy food choices

Materials:

- “5-Day Lunch Planner” handout
- Computer with Internet access
- Pencil

Class Time:

One hour, plus time at home

Activity:

PB&J again? Doesn't have to be. For 1 whole week, try planning your lunches with the help of the “5-Day Lunch Planner” handout. First, read the KidsHealth.org articles “School Lunches,” “Go, Slow, and Whoa! A Kid’s Guide to Eating Right,” and “The Food Guide Pyramid.” Then check out the KidsHealth recipes available from “Garden Fresh Lunches,” “Leftovers for Lunch,” and “Recipes.” Pick some that look tasty or come up with some of your own. Be sure to jot down the foods you’ll need on the shopping list so your parents can make sure you have them. If you’ll be buying lunches, check out your school’s lunch menu. You can plan your lunches alone or with a parent’s help. Be sure to keep your lunch healthy and balanced, so you can look forward to eating when your stomach starts rumbling!

Extension:

1. Make posters for your school cafeteria that highlight healthy lunch choices you learned about in KidsHealth articles. Cut out pictures from magazines or draw your own to illustrate your poster.



A Winning Lunch

Objectives:

Students will:

- Learn the importance of making healthy choices for lunch
- Design a packed lunch based on KidsHealth guidelines

Materials:

- Computer with Internet access
- “A Winning Lunch” handout
- Pencils, crayons, colored pencils

Class Time:

One hour

Activity:

Our class is having a contest to see who can make the best healthy packed lunches. Read the KidsHealth.org articles titled “School Lunches” and “Garden-Fresh Lunches” to get ideas on how to make a packed lunch nutritious and delicious! Alone or with a parent or other adult, prepare your lunch the night or morning before school. Try to include fruits and veggies, whole grains (like whole-wheat bread for sandwiches), and water or milk for a drink. Avoid packaged snacks. Also, draw your winning lunch on the handout, “A Winning Lunch.” We’ll talk about the handouts as a class, and then we’ll vote to see whose lunch seems healthiest and tastiest.

Extensions:

1. The student with the best healthy packed lunch gets to have lunch with the teacher (or principal)!
2. Pack a lunch for Mom or Dad so they can save money and eat healthier lunches at work.
3. Design a cool lunch bag. On a brown paper bag, make a design that includes illustrations of healthy foods. (Reuse the bag a few times to be earth-friendly!)

Reproducible Materials

Handout: 5-Day Lunch Planner

KidsHealth.org/classroom/3to5/personal/nutrition/school_lunch_handout1.pdf

Handout: A Winning Lunch

KidsHealth.org/classroom/3to5/personal/nutrition/school_lunch_handout2.pdf

Quiz: School Lunch

KidsHealth.org/classroom/3to5/personal/nutrition/school_lunch_quiz.pdf

Answer Key: School Lunch

KidsHealth.org/classroom/3to5/personal/nutrition/school_lunch_quiz_answers.pdf



Name: _____

Date: _____

5-Day Lunch Planner

Instructions: Plan your school lunch for the next 5 days. Think about your favorite foods and add new choices from the KidsHealth recipes. Check the cafeteria menu if you'll be buying lunch. Fill out the chart below, and try to include items from at least three food groups. Don't forget to write your shopping list.

Day	Lunch foods	Pack	Buy
Monday	Fruits, veggies: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Whole grains: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Protein: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Dairy: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Drink: _____	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	Fruits, veggies: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Whole grains: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Protein: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Dairy: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Drink: _____	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	Fruits, veggies: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Whole grains: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Protein: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Dairy: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Drink: _____	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	Fruits, veggies: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Whole grains: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Protein: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Dairy: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Drink: _____	<input type="checkbox"/>	<input type="checkbox"/>
Friday	Fruits, veggies: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Whole grains: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Protein: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Dairy: _____	<input type="checkbox"/>	<input type="checkbox"/>
	Drink: _____	<input type="checkbox"/>	<input type="checkbox"/>

Shopping list

• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____

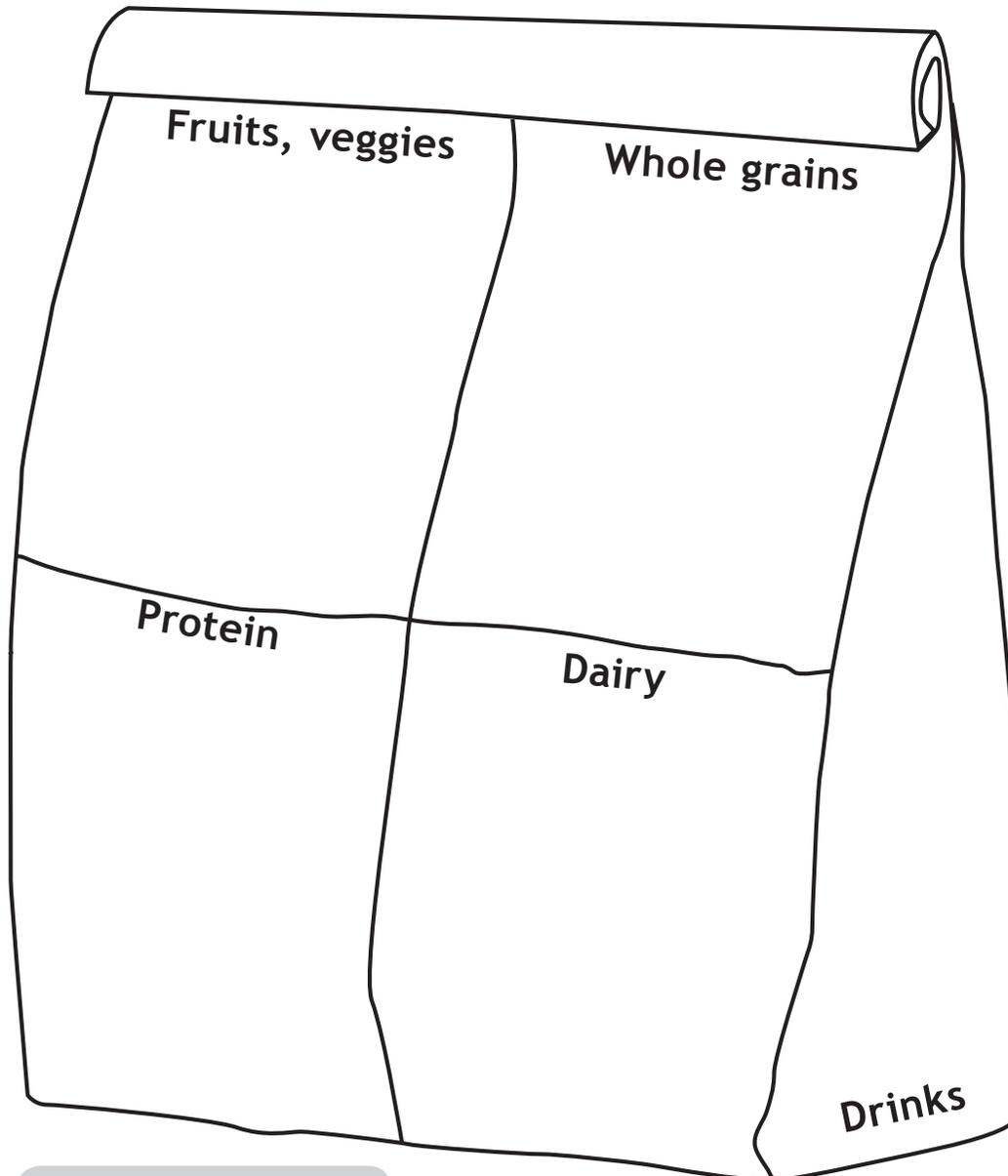


Name: _____

Date: _____

A Winning Lunch

Instructions: Draw the ingredients of a healthy lunch inside the lunch bag. You can use the list at the bottom as a guide. Be sure to include items from at least three food groups. Bon appétit!



Healthy lunch ideas:

apple • banana • orange • grapes • berries • carrots • cucumber • cherry tomatoes • salads
whole-grain breads • whole-wheat tortillas • whole-wheat crackers • whole-grain cereals
lean deli turkey or ham • tuna • chicken • tofu • beans • nuts • eggs
low-fat cheese • low-fat yogurt • low-fat cottage cheese
water • low-fat milk



Name: _____

Date: _____

Quiz

Instructions: Fill in the blanks:

1. A healthy school lunch can be either packed or _____.
2. I can ask a _____ to help me make healthy lunch choices.
3. Give two examples of these parts of a healthy lunch:
Fruits and veggies: _____
Protein: _____
Drinks: _____
Dairy: _____
Whole grains: _____
4. Describe or draw your favorite lunch. Then explain how it's healthy.



Quiz Answer Key

1. A healthy school lunch can be either packed or bought.
2. I can ask a parent or other adult to help me make healthy lunch choices.
3. Give two examples of these parts of a healthy lunch:
Fruits and veggies: (any two) apple, banana, orange, grapes, berries, carrots, cucumber, cherry tomatoes, salads, etc.
Protein: (any two) lean deli turkey or ham, tuna, chicken, tofu, beans, nuts, eggs
Drinks: (any two) water, low-fat milk
Dairy: (any two) low-fat cheese, low-fat yogurt, or low-fat cottage cheese
Whole grains: (any two) bread, crackers, tortillas, cereals
4. Describe or draw your favorite lunch. Then explain how it's healthy.
