



[KidsHealth.org/classroom](http://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 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.htm>

Each day your students are faced with a decision - what to eat for lunch. Will one of the items they choose be a bag of chips or carrot sticks? The following activities will help your students learn about the benefits of eating a healthy lunch and how they can make healthy choices.

## Related KidsHealth Links

### Articles for Kids:

#### School Lunches

[KidsHealth.org/en/kids/school-lunches.html](http://KidsHealth.org/en/kids/school-lunches.html)

#### Garden-Fresh Lunches

[KidsHealth.org/en/kids/garden-lunches.html](http://KidsHealth.org/en/kids/garden-lunches.html)

#### Leftovers for Lunch

[KidsHealth.org/en/kids/leftovers-lunch.html](http://KidsHealth.org/en/kids/leftovers-lunch.html)

#### Go, Slow, and Whoa!

[KidsHealth.org/en/kids/go-slow-whoa.html](http://KidsHealth.org/en/kids/go-slow-whoa.html)

#### Recipes

[KidsHealth.org/en/kids/recipes/](http://KidsHealth.org/en/kids/recipes/)

### Articles for Teens:

#### 5 Reasons to Pack Your Lunch

[TeensHealth.org/en/teens/packing.html](http://TeensHealth.org/en/teens/packing.html)

#### Healthy School Lunch Planner

[TeensHealth.org/en/teens/lunch-sheet.html](http://TeensHealth.org/en/teens/lunch-sheet.html)

#### MyPlate Food Guide

[TeensHealth.org/en/teens/myplate.html](http://TeensHealth.org/en/teens/myplate.html)

#### Go, Slow, and Whoa! A Quick Guide to Healthy Eating

[TeensHealth.org/en/teens/go-slow-whoa.html](http://TeensHealth.org/en/teens/go-slow-whoa.html)

#### Recipes

[TeensHealth.org/en/teens/recipes/](http://TeensHealth.org/en/teens/recipes/)

## Discussion Questions

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

1. Lunch is an essential part of a balanced diet. What are the benefits of eating a healthy lunch each day? If lunch is so important, why are unhealthy choices offered at school?
2. Which would you put on your lunch tray: a salad or French fries? An orange or a chocolate bar? Make a list of the foods you typically eat for lunch each day. How do you choose the food you eat for lunch each day? What makes you choose certain foods over others?
3. Do you eat a more nutritious lunch if you buy or pack your lunch? Would you buy your lunch if there were healthier options? Why or why not?



## Activities for Students

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

### sCoolCafé

#### Objectives:

Students will:

- Learn the importance of making healthy choices for lunch
- Explore ways to select a nutritious lunch

#### Materials:

- Computer with Internet access
- Arts supplies (pens, markers, crayons)
- Word processing program and printer, or pen and paper

#### Class Time:

90 minutes

#### Activity:

You and your team are executives at sCoolCafé, a company known for creating popular school lunch programs that offer healthy and tasty meals. After reading the TeensHealth articles, your job is to revamp your school's lunch options. Working in small groups, create a balanced lunch menu for each day of the week. Then show how the sCoolCafé program is better than the current options, by explaining:

- Problems with the current lunch program
- Benefits of eating a healthy lunch
- How your menu provides a healthy and delicious alternative to the existing lunch plan

#### Extensions:

1. Create a magazine ad that encourages students to eat a healthy lunch. Include a slogan and your own drawings or pictures from magazines that are related to your slogan.
2. Brainstorm a list of healthy lunches to pack for each day of the week. Be sure to think about how you can create an appetizing, balanced meal.



## What's for Lunch?

### Objectives:

Students will:

- Investigate their eating habits
- Analyze patterns in their food choices

### Materials:

- “What’s for Lunch?” handout
- Pen or pencil

### Class Time:

30 minutes

### Activity:

How healthy are your lunches? Using the “What’s for Lunch?” handout, record what you eat each day of the week and whether you packed or bought your lunch. At the end of the week, analyze the information you recorded. What patterns do you see regarding the choices you made? What surprises you about what you ate? Did it make a difference if you bought or packed your lunch? What made it difficult or easy for you to eat a healthy lunch? How can you make healthier choices to eat a more balanced lunch each day? How can your school help students make healthier choices?

### Extensions:

1. What do you know about how your fellow classmates are eating? Take a poll to find out what they eat and whether they pack their lunches. What do other students do to make healthy choices? Once you’ve conducted the survey, evaluate the information and draw conclusions about how your peers are eating.
2. What makes it difficult to eat healthy food throughout the school day? Brainstorm a list of these pitfalls and how you can avoid them.

## Reproducible Materials

### Handout: What’s for Lunch?

[KidsHealth.org/classroom/6to8/personal/nutrition/school\\_lunch\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/nutrition/school_lunch_handout1.pdf)

### Quiz: School Lunch

[KidsHealth.org/classroom/6to8/personal/nutrition/school\\_lunch\\_quiz.pdf](http://KidsHealth.org/classroom/6to8/personal/nutrition/school_lunch_quiz.pdf)

### Answer Key: School Lunch

[KidsHealth.org/classroom/6to8/personal/nutrition/school\\_lunch\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/6to8/personal/nutrition/school_lunch_quiz_answers.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## What's for Lunch?

Instructions: Fill out this chart for 1 week, and then review your lunch choices. On the back, answer the following questions. What patterns do you see regarding the choices you made? What surprises you about what you ate? Did it make a difference whether you bought or packed your lunch? What made it difficult or easy for you to eat a healthy lunch? How can you make healthier choices to eat a more balanced lunch each day? How can your school help students make healthier choices?

Day of Week	What I Ate for Lunch	Packed or Bought?
Monday		<input type="checkbox"/> Packed <input type="checkbox"/> Bought
Tuesday		<input type="checkbox"/> Packed <input type="checkbox"/> Bought
Wednesday		<input type="checkbox"/> Packed <input type="checkbox"/> Bought
Thursday		<input type="checkbox"/> Packed <input type="checkbox"/> Bought
Friday		<input type="checkbox"/> Packed <input type="checkbox"/> Bought



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Circle the healthiest food choice in each category:

1. Vegetables
  - a) French fries
  - b) Broccoli
  - c) Corn in butter sauce
  
2. Fruits
  - a) Fruit juice
  - b) Mixed fruit in heavy syrup
  - c) An orange
  
3. Breads, cereals
  - a) Whole-grain pasta
  - b) White bread
  - c) Donut
  
4. Dairy
  - a) 1% milk
  - b) 2% milk
  - c) Whole milk
  
5. Meats (protein)
  - a) Fried chicken
  - b) Bacon
  - c) Salmon
  
6. Drinks
  - a) Water
  - b) Regular soda
  - c) Iced tea
  
7. The MyPlate Food Guide is designed to remind people that half their plate of food should be filled with \_\_\_\_\_ and \_\_\_\_\_.
  
8. True or false: Fruit juices have more calories per serving than whole fruit, and not as much fiber.
  
9. Which condiment contains the most fat:
  - a) Ketchup
  - b) Mayonnaise
  - c) Mustard
  
10. Name two ways to make any kind of pizza healthier:  
\_\_\_\_\_  
\_\_\_\_\_



## Quiz Answer Key

Circle the healthiest food choice in each category:

- Vegetables
  - French fries
  - Broccoli
  - Corn in butter sauce
- Fruits
  - Fruit juice
  - Mixed fruit in heavy syrup
  - An orange
- Breads, cereals
  - Whole-grain pasta
  - White bread
  - Donut
- Dairy
  - 1% milk
  - 2% milk
  - Whole milk
- Meats (protein)
  - Fried chicken
  - Bacon
  - Salmon
- Drinks
  - Water
  - Regular soda
  - Iced tea
- The MyPlate Food Guide is designed to remind people that half their plate of food should be filled with vegetables and fruits.
- True or false: Fruit juices have more calories per serving than whole fruit, and not as much fiber.
- Which condiment contains the most fat:
  - Ketchup
  - Mayonnaise
  - Mustard

Name two ways to make any kind of pizza healthier:

(Any two of the following: blot off excess fat or oil, remove meat toppings, add veggie toppings, leave the crust, choose whole-grain dough)