

student activity 1

Name _____ Date _____

My Healthy Plate

Create a healthy meal by writing or drawing your favorite foods in the category they belong to on the empty plate. Use the following list of foods to inspire you.

Fruits

raspberries
melon
blueberries
apples
bananas
pears
cherries
figs

Vegetables

broccoli
spinach
carrots
potatoes
peppers
squash
beans
corn

Grains

oats
rice
quinoa
bread
pasta
tortillas
popcorn
crackers

Proteins

eggs
chicken
ham
beans
nuts
fish
beef
lentils

Dairy/Non-Dairy

milk
yogurt
soy milk
cheese

What are some of your favorite fruits?

What are some of your favorite grains?

What are some of your favorite vegetables?

What are some of your favorite proteins?

What are some of your favorite dairy products?

student activity 2

Name _____ Date _____

Acting Out a Helpful Moment

With a partner, choose a real or imagined time when one person needed help from someone else. Then use the following questions to help you create a short skit (about one minute long) to perform for your class.

Older students: Also consider the setting for your skit and the relationships between characters

1. What is the problem your character is facing? Think about what are they doing and feeling.

2. How do the other character(s) learn about the problem? What do they do to help?

3. In the end, how does everyone feel about the solution?

Remember when rehearsing and performing your skit that the audience can see your face/body and can hear and understand your words!