



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

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- 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.

Your state's school health policies:
[nasbe.org/HealthySchools/States/
State_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

Each day your students are faced with a decision - what to eat for lunch. Will they choose a bag of chips or carrot sticks? The following discussion questions and 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/kid/stay_healthy/food/school_lunches.html

Go, Slow, and Whoa!

KidsHealth.org/kid/stay_healthy/food/go_slow_whoa.html

What Kids Say About: What They Eat

KidsHealth.org/kid/stay_healthy/food/poll_healthy_eating.html

Recipes

KidsHealth.org/kid/recipes

Articles for Teens:

The Power of Packing

KidsHealth.org/teen/food_fitness/nutrition/packing.html

Eating Well While Eating Out

KidsHealth.org/teen/food_fitness/nutrition/eating_out.html

Recipes

KidsHealth.org/teen/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 choose for lunch: 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.

Kid Café

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:

Your local school board is currently accepting proposals for new school lunch programs and has asked your food service company, Kid Café, to submit a proposal. First, you'll need to create an innovative but healthy menu that will appeal to kids your age. Read the articles and recipes at KidsHealth to learn what constitutes a healthy school lunch and how you can choose nutritious foods to eat. Working in small groups, create a balanced lunch menu for each day of the week. For the second part of the proposal, write a letter to the school board that addresses the following topics:

- 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 kids 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 that you would eat once you're at school.



Decisions, Decisions!

Objectives:

Students will:

- Investigate their eating habits
- Analyze patterns among their choices for lunch
- Discover reasons for making choices

Materials:

- What's for Lunch? handout (available at: KidsHealth.org/classroom/6to8/personal/nutrition/school_lunch_handout1.pdf)
- Pen or pencil

Class Time:

30 minutes

Activity:

The bell rings, and it's the time you have been looking forward to all morning - lunch! Do you know what you eat each day? How healthy are your lunches ... really? Using the 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 ensure that they 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



Name: _____

Date: _____

What's for Lunch?

Instructions: Fill out this chart for 1 week, and then take a few minutes to reflect upon 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