

1: Healthy Eating

Style: Animated with voice over; stop motion images

Time: 1:00 min

Grade Level: 3-5 grade

Key Objectives:

- Analyze the benefits of eating healthy
- Understand what it means to eat in moderation

Opening Question: What does eating healthy mean to you?

Audio

Did you know that maintaining a **healthy diet** not only benefits your **body**, but even your **mind** and **attitude**?

The better you feel, the more likely you are to achieve your goals **inside and outside of the classroom**. Eating a healthy diet, along with **physical activity** can **improve your focus in school**, **prevent your body from getting sick**, and help you **maintain a healthy body weight**.

***Transition:** You might be thinking, well how can I establish a healthy eating lifestyle? The answer to this question lies with knowing how to create a healthy chef's plate for each meal of the day.*

As you already know, the Chef's Plate is the guide for what a healthy plate should look like. But, did you also know that part of eating a healthy diet also means to eat in moderation?

What does moderation even mean? Moderation means avoiding extremes of behavior or expression, or observing reasonable limits.

Now, considering your stomach is only as big as your fist, it's important to make sure that you are eating just as much as your body needs and you choose your foods wisely by selecting the most nutritious options possible!