



Encouraging kids to make healthy snack choices helps protect them from diabetes. Children learn the lifelong habit of enjoying healthy foods when they begin eating them at an early age. Simple math skills of counting and estimation are a part of this lesson in nutrition.

Supplies

- ★ Healthy foods (an assortment of fruits and vegetables)
- ★ Food trays or paper plates
- ★ Small plates or bowls
- ★ Serving utensils

Healthy Food Choices

Skills Learned: Decision Making, Healthy Nutritional Choices, Math Skills, Small Motor Skills

Directions

- 1 Prepare trays of healthy foods cut into “kid sized” pieces. (Many fruits are high in sugar, so choose low-sugar fruits such as cantaloupe or strawberries or green apples.)
- 2 Set the trays out; then gather the children. Talk about the snack choices for the day and how they help to keep bodies strong and healthy. Ask the children open-ended questions about what foods they might choose.
- 3 Tell them that they will be making their own choices. Explain too, that it is important for them to know how much to choose.
- 4 Ask them to make a fist. What size is it? That is about the right amount each should choose for her/his own body. (Another way is to tell children they may choose 5 pieces of food. Estimating and counting are both math skills!)
- 5 Provide a serving utensil for the children to use to get their snacks. (Good at helping to develop small motor skills.)
- 6 Ask someone to come up and try it. Help the children to estimate and compare, or to count as needed.

Regarding Beverages: Water and milk are good choices. (Low fat milk for children 2 and older.) Fruit drinks and soda contain high portions of sugar. Choose instead to water down juices if you serve them. Doing so will lower the concentration of sugar.

Remember, sometimes it is OK for a small “sweet” treat, so be realistic about your expectations. Moderation is always the key in teaching children good eating habits.

Tips For Mixed Ages: Toddlers and up will enjoy this activity. Younger children will need more help and supervision than the late 4's and 5's.



Major funding provided by



A production of KCET/Los Angeles in association with Sesame Workshop.
A production of KCET/Los Angeles in association with 44 Blue Productions, Inc.

© 2007 Community Television of Southern California. All rights reserved.

www.aplaceofourown.org

