



## KINDERGARTEN

**LESSON:** Boss Teaches Others about Nutrition

**SC STANDARD:** Literacy Standards



It's your world.

### BOSS TEACHES OTHERS ABOUT NUTRITION

#### OBJECTIVES:

- Review all the information that the students have learned about nutrition.

#### LET'S GET STARTED! (5 MINUTES):

- Discuss all that the students have learned this year about eating healthy.
- Talk about how fun it has been to see Boss learn too.

#### STORY (15 MINUTES):

- Read the Story about Boss teaching another little boy about being healthy.

#### WRAPPING UP (10 MINUTES):

- Review all the information the students have learned this year.
- Ask them what they would try to teach others about being healthy.

### LET'S GET STARTED!

- Discuss all that the students have learned this year about eating healthy.
- Talk about how fun it has been to see Boss learn too.

### DIALOGUE BOX

- This year we have learned a lot about nutrition and healthy eating.
- Can you all name some of the things that you have learned?
- Boss has learned a lot too, right? It has been fun to hear the stories about Boss learning.
- We have one last story of Boss teaching someone else all that he learned about being healthy.

### STORY

- Read the Story about Boss teaching another little boy about being healthy.

### WRAPPING UP

- Review all the information the students have learned this year.
- Ask them what they would try to teach others about being healthy.

## Boss Teaches Others about Nutrition

After almost a year of eating healthy and learning all he can about food and nutrition, Boss was ready to share what he had learned with others! He noticed that there was a new boy that had come to school, and Boss and his friends were doing everything they could to make him feel comfortable and invite him to play with them on the weekends! They would all play on the playground most days together, and a few days or of the week they would eat lunch with him! One day during their lunch break, Bobby said, "I cannot wait to get a cheeseburger and French fries for lunch! Oh and cannot forget a Coke! Does your cafeteria have all do those items?" Boss replied, "Yes it does! But if you do not mind me saying, those are not very healthy foods to be eating?" With a confused look on his face, Bobby said, "no they probably are not that healthy, but they are so good! I do not know much about eating healthy or eating nutritious food. So, even if I wanted to eat healthy I would not know how! Do you and your friends eat healthy food?" Boss sat closer to him at the table and said, "Most of the time! My friends taught me everything I know about being healthy and eating nutritious food! If it were not for them teaching me, I would not know either. Would you like me to teach you some of the things I know and what I have learned over the past year about food?" Bobby excitedly responded, "Yes please do! I would like to learn more about nutrition!" Boss thought for a second about what he should teach his new friend about first and began to say, "well first thing you should know is that there are go, slow, and whoa foods. Go food can be eaten all the time and are super healthy, like fruits and vegetables, slow foods are ones that you can eat sometimes, but not all the time, like pretzels, and whoa foods are ones you should only have every once in while and they are not that healthy for you, like chips and cake. A way to make sure you are eating a lot of go foods is by eating the rainbow. Eating the rainbow is a way to make sure you are eating many colorful fruits and vegetables. Use that as your guide to eating all kinds of healthy go foods! Another way to check what exactly you are eating is by looking at the food label. The food label tells you all you need to know about the food you are eating, and has calories, fat, sodium, protein, and vitamins and minerals on it! The food label is a good thing to look at when you are at the grocery store and buying food, but when you are actually eating at home during a meal, using MyPlate is another great way to monitor what all you are consuming so you can keep track of it! MyPlate is a reference guide many people use and is a picture of a plate that has been sectioned off to yellow how much protein, carbs, vegetables, and fruit you should eat during a meal. It also has a dairy part, which is usually taken up, by a cup of low fat milk. A few other hints I have learned is how to grow your own garden and to shop at local farmers markets if I was fresh organic food with no chemicals or pesticides on it. Eating more organic and fresh fruits and vegetables are a lot healthier than anything that comes processed. Processed foods, which are mostly ones that come in bags and boxes and were made in a factory, are not that healthy for you because they are filled with sodium and sugar. Another important factor to eating healthy is making sure you get a lot physical activity! Staying active will help your body digest your food and keep you energized. Also, make sure you eat breakfast every morning, and have a couple of healthy snacks during the day so that you stay energized and do not get overly hungry during the day! There are several more things you can do to stay healthy and make sure you are getting the most nutritious food for your body, but these are some of the most important and exciting parts of having a healthy lifestyle. Do you feel like you know more about nutrition and healthy living?" Slightly overwhelmed, Bobby said, "Wow I had no idea there was so many different parts to eating healthy! But yes this was all so helpful and I will try and remember all of the things you taught me when I eat my meals from now on! So what should I get for lunch today if I do not want to get the cheese burger?" Boss said, "Well some of my favorite things to eat during lunch are the whole wheat peanut butter sandwiches, the fruit bowls, the hummus and carrots, and the veggie wrap! Any of those things would be a great nutritious lunch with either water or low fat white milk!" His new friend said, "I think I am going to get a veggie wrap and some fruit with a water bottle! Thank you so much for teaching me about nutrition Boss! I cannot wait to know as much as you do about eating healthy!"