

## Green Eggs and Ham

1. Read excerpt from book and ask what is title, who is author
2. What is Sam trying to serve? (green eggs and ham)
3. To whom does he offer the food? (the cat in the hat)
4. Does the cat in the hat want to eat the green eggs and ham? (no)  
Why did the friend think that he did not like green eggs and ham? Was it because of the way it looked?  
Did the cat in the hat try the green eggs and ham? (yes)  
What did he find out when he tried the green eggs and ham?  
Do you think you would like green eggs?  
Would you eat them at your desk?  
Have you ever thought that you did not like a certain food, but you really did not try it?  
Are you more likely to try something if someone doesn't force you?  
What foods do you like, dislike?
5. Food gives your body energy: to stay healthy, need to eat many different kinds of foods; too much of any one kind of food can be unhealthy
6. FGP:
  - ✓ shows how much of each food group to eat everyday
  - ✓ foods in each part help your body in different ways
  - ✓ all groups important for a healthy body
  - ✓ eat more from bottom; less from top
  - ✓ eat a mixture of food from each part
  - ✓ helps us know how to eat right
  - ✓ eating right helps us stay healthy
  - ✓ 6 food groups
  - ✓ eating right gives you energy to learn, play, grow
  - ✓ shows what kinds of food to eat each day

What is your favorite food in the fruit, vegetable, meat group?

CHO: body needs to make energy

1. everything you do uses energy: walking, chewing, your heart beating
2. get from bottom of pyramid, fruits, vegetables

Fruits/vegetables:

1. have vitamins, minerals, fiber: all help keep you healthy
2. help your body fight disease

### Fiber:

1. parts of food your body uses goes into blood
2. rest passes out of body as waste
3. eating fiber helps your body get rid of waste
4. found in fruits, vegetables, grains

### Protein:

1. helps build new bone, skin, muscle
2. found in meat, fish, cheese, beans, eggs

### Fat:

1. need some to stay warm
2. too much can make you unhealthy

### Sugar:

1. may taste good but can make you unhealthy
2. can hurt your teeth, brush after eating/drinking sugary things

Vitamin A keeps your eyes healthy so you can work or play

Vitamin C helps your cuts and bruises get better faster

Breakfast is the most important meal of the day—it gets your brain going

Milk, cheese, and yogurt help keep bones and teeth healthy

Eggs, meat, nuts help your body grow big and strong

Desserts can be full of sugar and fat

Body stores fat that it does not use

- ✓ A good breakfast gives you energy to start your day
- ✓ Choose healthy snacks