

Introduce self

I am a Registered Dietitian. That means that when I was in college I studied all about food and how our bodies use the food that we eat.

Before I begin our lesson today, I am going to pass around a sign-in sheet and I would like each of you to sign your name...you don't have to put the grade because I already did that for you.

I have a lot to teach you today. We are going to talk about the Food Guide Pyramid, why it is important to eat a healthy breakfast, we are going to cook some regular scrambled eggs and some green scrambled eggs, and you will be able to taste test them and you will be able to taste test some green fruits and vegetables.

Whatever you have to say to me is very important. Because the class is so big, we have some rules to follow.

Does anyone know sign language? Today I am going to show you 2 sign language letters. (overheads)

Explain: "I" for I have a question

"A" for I have an answer (practice)

It is ok to make mistakes—no one knows everything!! So take a chance and try to answer some of the question in the lesson today. OK—let's begin!

Read excerpt from book and ask what the title of the book is and who the author is. (Green Eggs and Ham by Dr. Seuss)

I do not like them in a house.

I do not like them with a mouse.

I do not like them here or there.

I do not like them anywhere.

In the book *Green Eggs and Ham*:

- ? What is Sam trying to serve (green eggs and ham)
- ? To whom does he offer the food (the cat in the hat)
- ? Does the cat in the hat want to eat the green eggs and ham (no)
- ? Why did the cat in the hat think that he did not like green eggs and ham—was it because of the way it looked?
- ? Have you ever thought that you did not like a certain food, but you really did not try it
- ? Did the cat in the hat try the green eggs and ham (yes)
- ? What did he find out when he tried them (he liked them)
- ? Do you think that you would like green eggs
- ? Would you eat them at your desk

Today you will be able to try green eggs

Who ate breakfast this morning?

Breakfast is the most important meal of the day.

Food gives your body energy to work, play, grow, and learn.

A good breakfast helps your brain get going in the morning so you can do better in school.

(Overhead of 3 Little Pigs)

Pig that used best materials had house that lasted the longest

Important to build healthy body by eating the right foods.

How do we know what the right foods are?

## Introduce FGP

- ✓ Shows what kinds of food to eat each day and how much
- ✓ There are 6 food groups; eat different foods from each group everyday
- ✓ Eating right helps your body stay healthy
- ✓ Eat more from the bottom; less from the top
- ✓ Eat at least 5 servings of fruits and vegetables everyday
- ✓ Try not to eat too many sweets—they can be full of sugar and fat
- ✓ Too much sugar can give you holes in your teeth (cavities)

The cat in the hat tried the green eggs and ham. Those foods belong in the Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group.

Eggs and meat are important because they have protein in them. Protein is very important because it helps you to build new bone, skin, and muscle. Protein helps your body to grow big and strong.

Today we are going to try green scrambled eggs, and regular scrambled eggs. We are also going to try some different green fruits and vegetables. It is important to eat at least 5 servings of fruit and vegetables everyday because fruits and vegetable have a lot of vitamins and minerals that help you stay healthy and they help you fight off sickness.

Fruit and vegetables have vitamin A and vitamin C.

Vitamin A helps keep your eyes healthy so you can work or play and see in the dark. It also helps keep your skin healthy.

Vitamin C helps your cuts and bruises get better faster...and helps keep your blood strong.

So is it important to eat fruit and vegetables everyday?

It is also important to get some physical activity everyday to keep your heart and lungs healthy.

How many minutes of physical activity should you get everyday? (60)

There is one very important thing we should do before we touch food.

Can anyone tell me what that is?

(overhead of germs)

I will need some help to make the scrambled eggs.

(get student volunteers)

Worksheets?

Hand out participation surveys

Hand out incentives

Thank you for letting me come to your classroom today.

Remember to eat at least 5 servings of fruit and vegetables everyday and get 60 minutes of physical activity to help keep your heart and lungs healthy.

Thank you for your answer

Almost there

On the right track

Well, almost

What else?

Who hasn't talked to me yet?