



Healthy Eating

More Food Categories

ELSA Level: Level 1
Activity: Categories
Time: 30 minutes
Materials: Downloadable food illustration cards
Index cards

Learning Outcomes:

Learners will be able to:

- Identify the health and convenience characteristics of common foods

Suggested Approach:

- Instructor writes some categories such as: Drinks; Good for snacks; Healthy; Not healthy; Good for breakfast; Good for lunch; etc. on index cards – one set for each group – and learners manipulate the food cards under the appropriate categories in their groups.
- Alternatively, instructor can write categories on the board and have learners come to the board with a card and attach it under the appropriate category (if a white board is available, a set of magnets is a handy resource purchase, so learners can attach the cards to the white board under the categories using the magnets or mactac).