

# **Active Living Video**

## **Healthy Eating: Packing a Healthy Lunch**

Parenting Session  
Teaching Resource

Lesson Plans  
and  
Materials and Resources

Developed by Judy Olivieri and Ryan Drew  
Project Manager Colleen Rogan

## Introduction

The following resource package is designed to support new immigrant families with young children understand the important role of nutrition in young children's lives.

Ensuring a young child's health, safety and nutrition are many of the challenges faced by parents. It can be confusing for new immigrants to navigate a grocery store in Canada. It can be difficult to read food labels and determine ingredients. It can also be daunting to understand Canada's Food Guide. All this information makes it difficult to know the best food choices for your child.

This resource package contains lesson plans and materials to help promote good nutrition. They have been created to assist Early Childhood Educators provide parenting sessions for Enhanced Childcare programs within ELSA.

This resource is related to the Active Living DVD developed for ELSA classrooms which is available for download on the ELSA Net website: [www.elsanet.org](http://www.elsanet.org).

# Table of Contents

Section	Page
Introduction	4-5
Parent Session Lesson Plan: Healthy Eating	6-11
Extension Resources for Additional Parent Sessions	12-14
Lesson Materials	15-39

## Parenting Session Lesson Plan: Healthy Eating

### Introduction

The purpose of this one hour parenting session is to build awareness about the importance of healthy eating habits for young children.

Eating Healthy is easy and fun. Parents can foster healthy eating habits by involving their children in choosing food items and assisting with food preparation.

In this one hour session, Early Childhood Educators will demonstrate ways to increase a child's healthy eating habits by making better food choices, packing creative and healthy lunch items, and by being a good role model.

### Learning Outcomes for Parents

- ✓ Learners will be able to make better food choices.
- ✓ Learners will be able to pack a healthy lunch for their child to eat at school.
- ✓ Learners will develop a weekly lunch plan for their child.

### Materials Required

#### **8.5x11 Food Posters**

Coloured Poster Paper (yellow, green, blue, red)

**Food Picture** cards

*Canada's Food Guide*

**Alternative Food Choice** cards

Lunch Bags/Thermos/Ice pack

**Power Point** presentation

Laptop and LCD Projector

Or Lunch Picture Cards

**Lunch puzzle** pieces

**Days of the Week** cards

Card Stock/Glue/Scissors/Hole punch/Metal Rings

**A Healthy Snack booklet and directions**

**Parent Take Home Package**

## Learning Environment

The learning environment needs to be set up so parents and children can watch the Early Childhood Educators demonstrate and break away areas for parents and children to work with their materials.

It is important that Early Childhood Educators understand food safe practices and be aware of the food allergies of children, staff and parents.

For more information, visit the *Canadian Food Inspection Agency* website at [www.inspection.gc.ca](http://www.inspection.gc.ca). Or visit the *Be Food Safe* site at [www.befoodsafe.ca](http://www.befoodsafe.ca) . For information about Allergies, visit the Health Canada website at [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) – Food & Nutrition/Food Safety/In your kitchen/Allergy Awareness.

## Session Overview

<i>Warm-Up: Sharing Circle</i>	5 minutes
<i>Recognizing Food Groups</i>	8 minutes
<i>Healthy Food Choices</i>	8 minutes
<i>Healthy Lunch Puzzle</i>	15 minutes
<i>Lunch Packing Safety</i>	10 minutes
<i>Story Time</i>	10 minutes
<i>Wrap-Up: Good-bye Song</i>	4 minutes
<b>Session Total:</b>	<b>60 minutes</b>

## Suggested Procedure

### Warm-Up: Sharing Circle (5 minutes)

#### Procedure:

- Post the words to the song on a whiteboard or easel.
- Gather parents and children into a circle by singing one of the following songs: *Make a Circle* or *The More We Get Together*.
- When singing the song, inform the parents that it will be sung 3 times because repetition is important when singing songs with children.
- Once gathered, tell the learners that today you're going to talk about eating healthy and packing a healthy lunch. Show some real examples or picture cards of different food and ask "Is \_\_\_\_\_ healthy?" – get the parents/kids to answer Yes or No (really nodding or shaking their heads to answer). Lead the answer if there is little response. Do a few different examples to establish understanding.

#### Learning Objective for Parents:

- ✓ To have an understanding of the focus of the session.
- ✓ To distinguish between healthy and unhealthy food.

#### Materials/Resources:

##### Suggested songs to begin sharing circle:

##### ***Make a Circle Song***

Make a circle, make a circle  
Make a circle like the sun,  
Make a circle and we'll all have lots of fun

##### ***The More We Get Together***

The more we get together, together, together  
The more we get together, the happier we'll be  
'Cuz my friends are your friends,  
And your friends are my friends,  
The more we get together, the happier we'll be

**8.5x11 Food Posters** – found on pages 15-23

## Activity 2: Recognizing Food Groups (8 minutes)

### Procedure:

- Educator gives each parent a copy of *Canada's Food Guide*. Educator explains what it is and how it is used for. Show that there are 4 Food Groups and that each has a different colour.
- Educator puts 4 coloured poster papers in middle of circle with corresponding Canada's Food Guide, Food Group names. (Yellow – Grains, Green – Vegetables, Blue – Dairy & Red – Meat/Fish).
- Hand out the *Food Picture* cards to parents and children and have them place the pictures on the appropriate coloured poster paper.
- Educator can then go over where the pictures were placed – discuss any that were not in the correct food group.
- Educator can discuss servings for each food group (see the *Food Guide for Children*, page 9 of the Parent Take Home Package)
- Review servings per day (from Children's Food Guide)

### Learning Objective for Parents:

- ✓ To be able to recognize which Food Groups different foods belong.
- ✓ To begin to build knowledge to use Canada's Food Guide.

### Materials/Resources:

coloured poster paper (yellow, green, blue, and red)

**Food Picture** cards – found on pages 24-28

**Canada's Food Guide** – can be ordered on-line or obtained at a Health Unit or from a Public Health Nurse.

## Activity 3: Healthy Food Choices (8 minutes)

### Procedure:

- Educator explains that it is not just about choosing foods from each group, but also making better choices within each group.
- Give each parent/child a lunch bag with the unhealthy choices and a set of cards with healthy choices. Have the kids choose a card from the lunch bag and match it to the healthy alternative. Once all are done, instruct the children to put the healthy choices in the lunch bag.
- Go over each set of answers and elicit other better choices from the group.

- Explain that even small choices in the day can help eating healthier. These choices help the parents be role models for their children to eat healthy.

### **Learning Objective for Parents:**

- ✓ To be able to eat healthier through simple choices.

### **Materials/Resources:**

**Alternative Food Choice** cards – found on page 29

Lunch Bag (one for each parent/child pair)

### **Suggestions for Healthy Choices:**

Instead of....

white bread – whole wheat bread

juice punch – 100% pure juice

chicken nuggets – chicken breast

cheese spread – cheese stick

## **Activity 4: Healthy Lunch Puzzle (15 minutes)**

### **Procedure:**

- Explain to the group that healthy lunches don't have to be boring or difficult. Show the power point presentation or use the picture cards with the pictures of lunch boxes. Point out some of the food used in each one.
- Explain that they will "create" their own lunches by completing puzzles.
- To "prepare" to "make" the lunches
- Post words to song on Whiteboard or easel - sing the *Chop Chop* song.
- Then break them into the parent/child pairs and get them to choose a station. Give them a set of puzzle pieces. Have them decide what they like and want to put together. Have larger card stock for them to glue their "lunch" pieces onto.
- Let them know that they are going to "create" seven lunches – one for each day of the week. So, they will also glue a day to each card. When finished, they can assemble and put on a metal ring to store.



### Learning Objective for Parents:

- ✓ To encourage parents to involve their children in making lunches.
- ✓ To encourage parents to incorporate meal planning.

### Materials/Resources:

**Power Point** presentation

Laptop and LCD Projector

or lunch picture cards (if computer equipment is not available)

**Lunch Puzzle** pieces (a set for each parent) – found on pages 30-32

**Days of the Week** cards (a set for each parent) – found on page 33

Card Stock (7 for each parent)

Glue (one per parent)

Metal Rings (one per parent)

Hole punch (one for each parent)

#### **Chop, Chop Choppy, Chop**

Chop, chop, choppy, chop

Cut off the bottom then cut off the top

What we have left we will put in a pot

Chop, Chop, choppy chop

*\*(Clap hands while singing the song to give a beat)*

### Activity 5: Lunch Packing Safety (10 minutes)

#### Procedure

- Bring everyone back into a group. Explain that when you pack a lunch, there are some things to remember to keep the food safe.
- Tell them the first thing is to make sure you wash your hands.
- Post words to song on Whiteboard or easel - Sing the *Hand Washing Song* with the group.
- Then tell them that some lunch food is hot and some lunch food is cold. If it is hot, it should be kept in a **thermos** (show the thermos) or insulated bag (show an insulated lunch bag). If it is cold, then you need to use an **ice pack** (show the ice pack). Place one on either side of you.
- Have some pictures of food, or real items to show the group (or elicit types of food from the group). Ask 2 children to stand in the middle of the circle in front of you. When you show them the food, ask them “Is it hot or is it cold?” – if it is hot, then they need to stand beside the thermos. If it is cold, they need to stand beside the ice pack. Choose different pairs of children to do each one.
- Place each picture beside the thermos or ice pack. When finished, go over the

answers again as a group and have them repeat – “Milk is....COLD. Soup is....HOT.” etc.

### Learning Objective for Parents:

- ✓ To be aware of safety concerns when packing a lunch.

### Materials/Resources:

Thermos/Insulated Bag

Ice Pack

**Food Picture** cards – found on pages 24-28

### **Hand Washing Song (Tune of Row, Row, Row Your Boat)**

Wash, wash, wash your hands,  
Wash them day and night.  
Soap and water does the trick,  
To keep them clean and bright!

## Activity 6: Story Time (10 minutes)

### Procedure:

- Gather the group together. Read the story **A Healthy Snack**. Use the posters to show each page of the story.
- Set up stations for each pair with a set of materials (listed below).
- Work the parents and children to create their booklet.
- Once their booklet is complete, encourage the parents to read the story to their child. Assist with any language/literacy challenges that may arise.

### Learning Objective for Parents:

- ✓ To foster a habit of reading with their child.
- ✓ To model and promote healthy eating choices.

### Materials/Resources:

**A Healthy Snack** posters – found on pages 34-37

**A Healthy Snack booklet and directions** – found on pages 38-39

Scissors

## Wrap-Up: Good-bye Song (4 minutes)

### Procedure:

- Gather everyone into the circle. Recap the major things that they learned today- Canada Food Guide, making healthy food choices, weekly lunch plan, food safety.
- Give the parents their **Take Home** package. Let them know that it contains more ideas and information about healthy eating for their children.
- Sing a Good-bye song with the group.

### Learning Objective for Parents:

- ✓ To re-cap what was covered in the session.

### Materials/Resources:

**Take Home package** for parents – downloadable from the ELSA Net Website

### Suggestions for Good-bye songs:

#### **Good-bye Song (Tune of Popeye the Sailor Man)**

The morning has just flown by  
I bet I can tell you why  
Ever since it's begun  
We've had so much fun  
Now it's time to say good-bye  
Good-bye (clap clap)  
Goodbye (clap clap)  
It's time to say good-bye

#### **Open – Shut Them**

Open, shut them  
Open, shut them  
Give a little clap, clap, clap

Open, shut them  
Open, shut them  
Put them in your lap, lap, lap

Wave them, wave them  
Wave them, wave them  
High up in the sky, sky, sky

Wave to me, I'll wave to you  
Let's all say `bye bye`

## Extension Resources for Additional Parenting Sessions

### Science Learning Centre Area:

Set out a couple of kitchen scales and a variety of sturdy fruits and vegetables (apples, potatoes, carrots, pumpkins). Help children to use the scale and compare the weight of different items. Then have the child see how many of each item it takes to make 2 kilograms.

Set out a bathroom scale. Weigh the child then see how many items it takes to make the child's weight.

### Art Centre:

**\*\*Please be sensitive around using food as an art activity. For example: gluing macaroni noodles, vegetable prints, etc. For many families food is one of the most expensive items for them to provide to their families. If we are teaching children about healthy eating and respect for food then we should consider not using it in activities where it will not be eaten.\*\***

### Collages

Provide a large piece of paper and have children create a healthy food collage from pre-cut-out pictures of food from magazines, newspapers, and flyers. Ask children what food they like and write the words of the food they like on the child's collage.

### Wild and Wonderful Lunch Kits

Children create a lunch box out of a variety of materials. Collect a variety of small boxes (shoe box style). Collect an assortment of materials to glue onto the box – stickers, ribbons, glitter, pictures of food from magazines. Set up stations for children with the above mentioned boxes and materials along with paint and brushes, as well as glue.

### Language and Literature:

Critical thinking via ***The Very Hungry Caterpillar*** by Eric Carle.

Read the classic book ***The Very Hungry Caterpillar*** to the children. Then ask them opened ended questions around what healthy food the caterpillar ate and what unhealthy food. Make a list and review with the children.

This exercise is more effective when the Early Childhood Educator uses a flannel story of ***The Very Hungry Caterpillar*** because it gives the children a helpful visual aid and the food pieces can be grouped together.

## **Books:**

All books available at Westcoast Childcare resource centre.

**The Doorbell Rang** by Pat Hutchins

It is a story with props (a board and 15 plastic children).

**Call Number:** SWP DOOR

**Fast Food** by Saxton Freymann

Rhyming text describes all types of vehicles made from fruit, vegetables and mushrooms.

**Call Number:** E F FREY 2006; **ISBN:** 0-439-11019-X

**Apple Picking Time** by Michele Benoit Slawson

When the weather turns cooler and the leaves begin to change, it's apple picking time across the valley. Everybody in town heads for the orchards, including Anna and her family. This year, Anna is a little older, a little bigger, and determined to fill an entire bin of apples all by herself.

**Call Number:** E F SLAW 1994; **ISBN:** 0-517-88757-1

## **Circle Time:**

### **What's inside the basket?**

Suite Case transformed in to a Large Lunch Kit or large picnic basket

Real fruits and vegetables and health items you would put in a lunch kit.

1. Start with making a large circle with children – sing the **Make a circle** song.
2. Sing song (with actions) - **Head and Shoulders**
3. Have group sit down
4. Sing the **Apple Tree** song
5. Introduce a large picnic basket. Ask children and parents who would need such a large basket? Ask what type of food they think is in the large basket. Tell the group you are going to open up the basket and look inside. Tell the group that this is a healthy picnic. Ask what they think is part of the picnic. Educator takes out different food that is healthy.

**Apple Tree Song**

Down at the park there's

A great big tree

With lots of juicy apples

For you and me

A long came *(child's name)*

And did you see

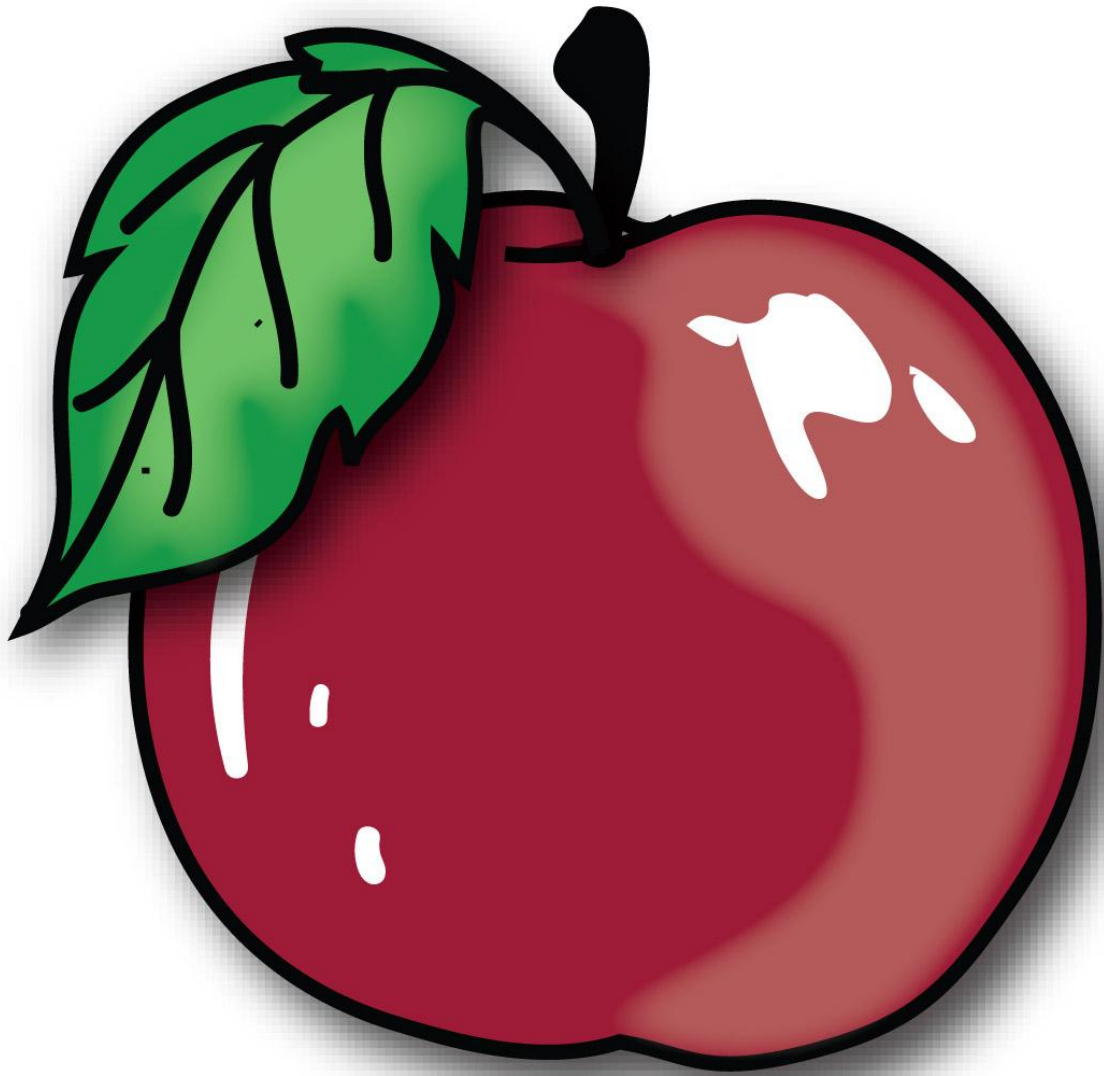
*(child's name)* picked up

a *(colour)* apple and gave it to me

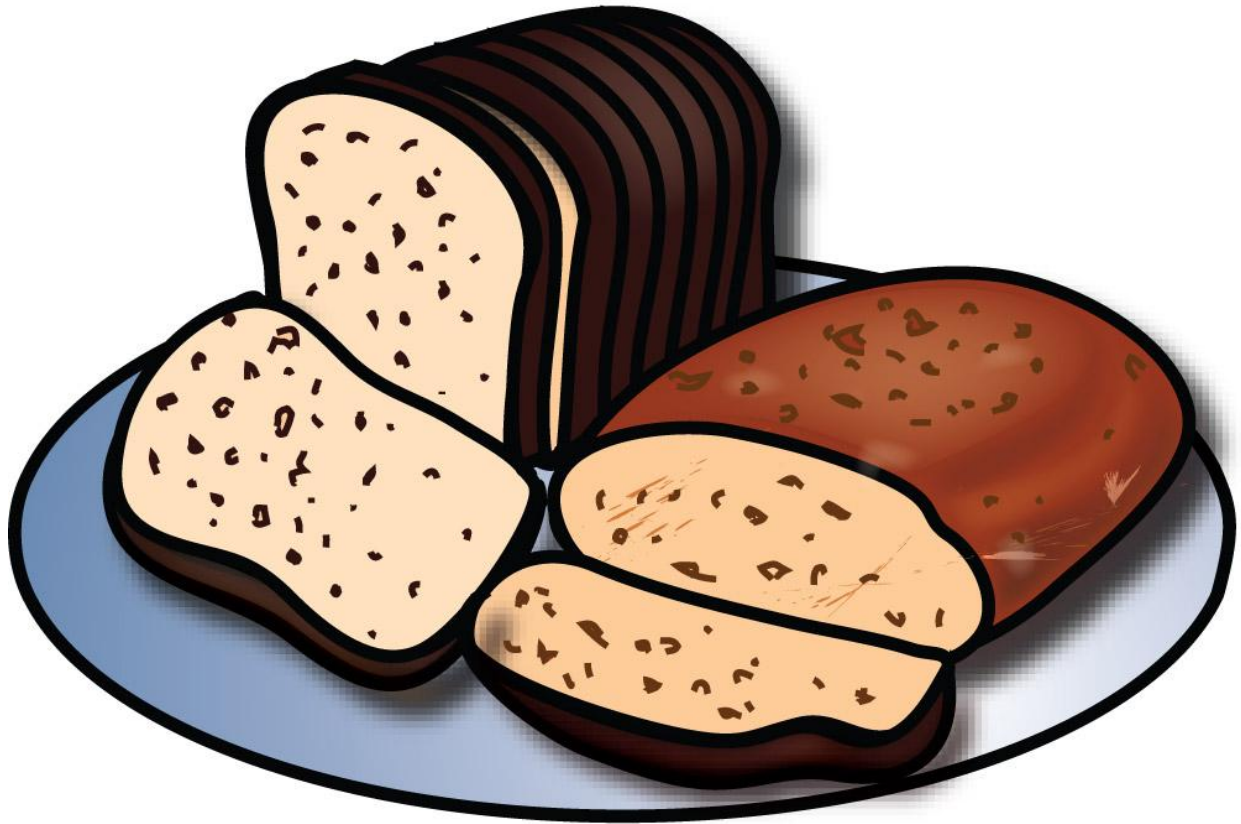
*(Keep repeating until all the children have a turn, change type of fruit to expand fruit vocabulary)*

**Ideas for working with ELSA Teachers**

- Plan a family picnic with children and students.
- Work together to learn the steps and make a fruit salad for the children and students to prepare.
- Create a game for students and children to reinforce learning of healthy/unhealthy food. Maybe have two areas (one for healthy and one for unhealthy). Have 2 teams and one player from each team. Hold up a picture of a food and they have to move to the correct area. If they get it correct, they earn a point for their team.



**apple**

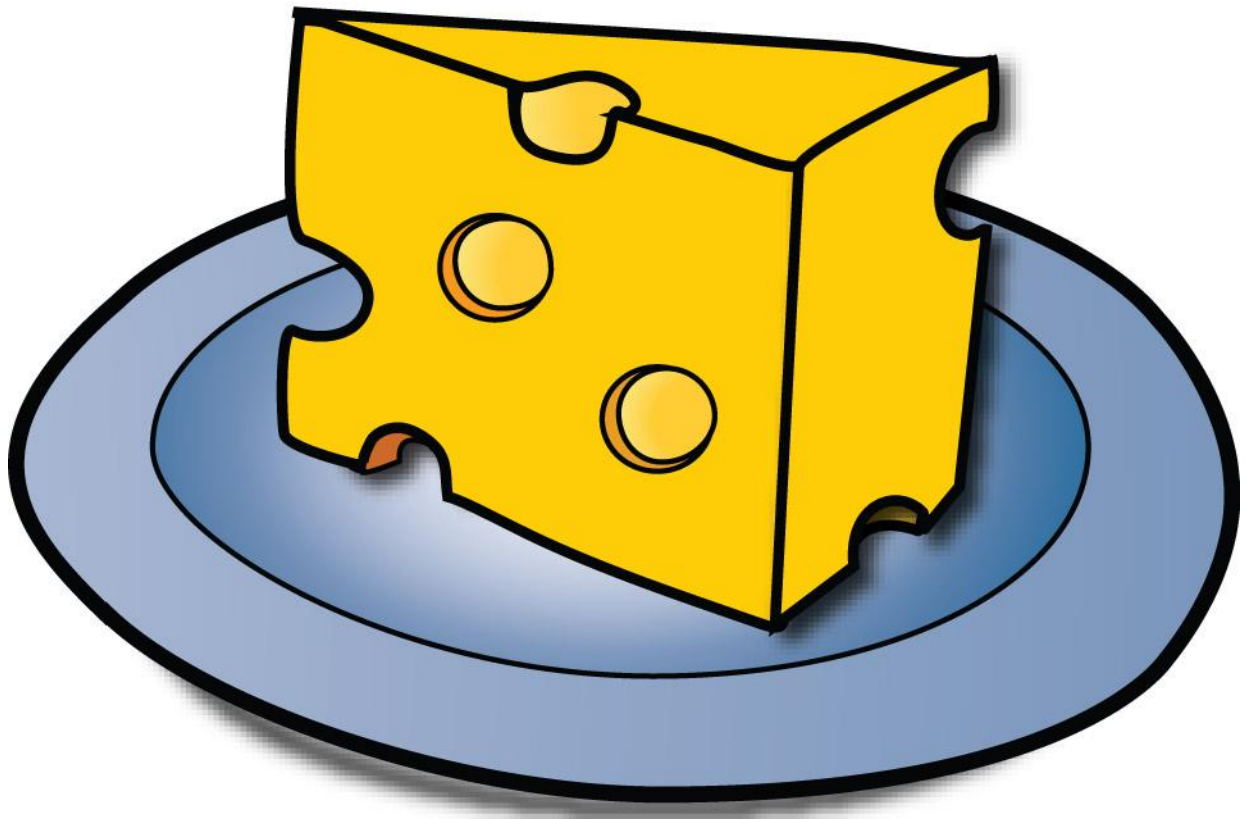


**bread**





# carrots



**cheese**

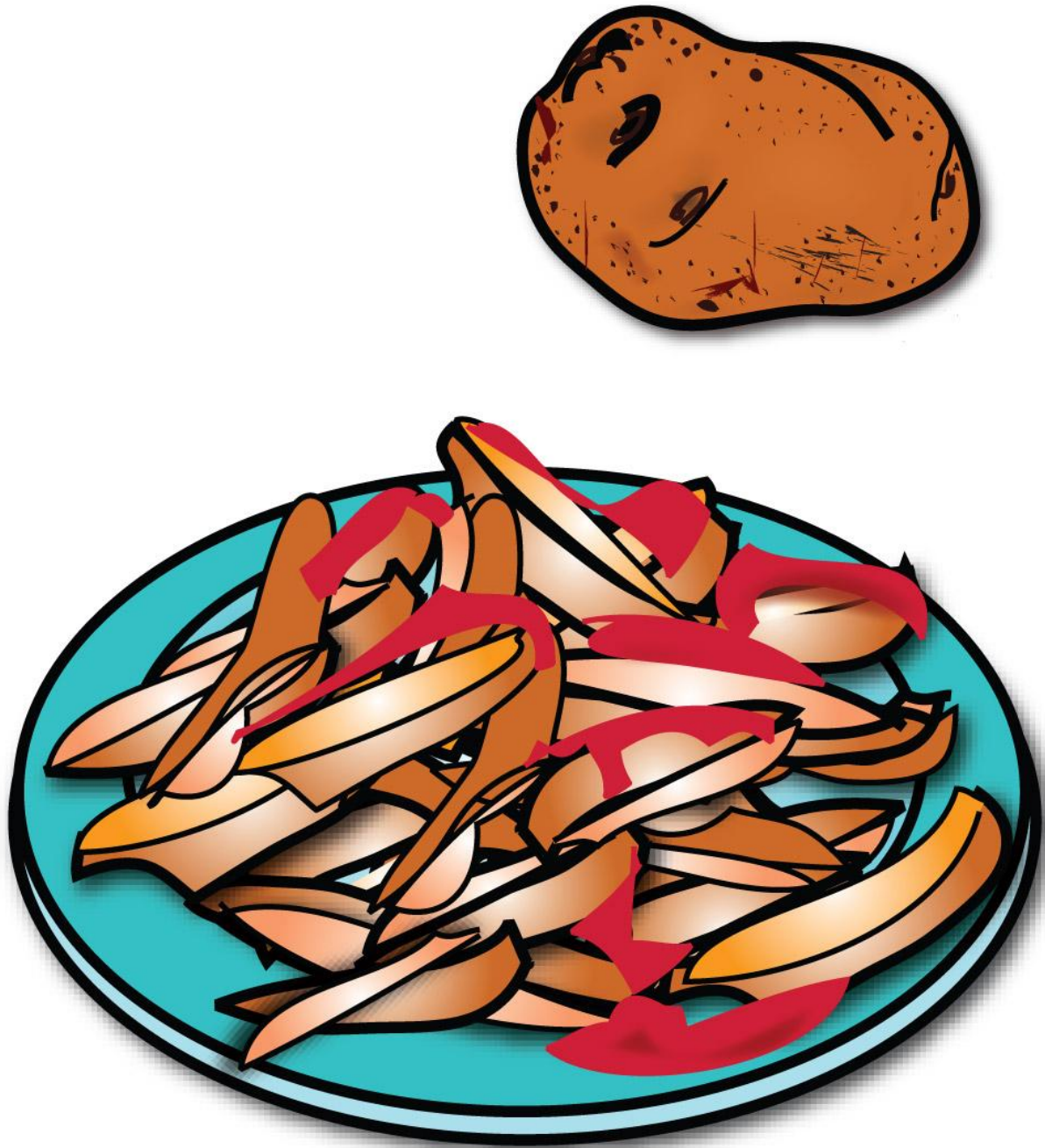


**chicken**

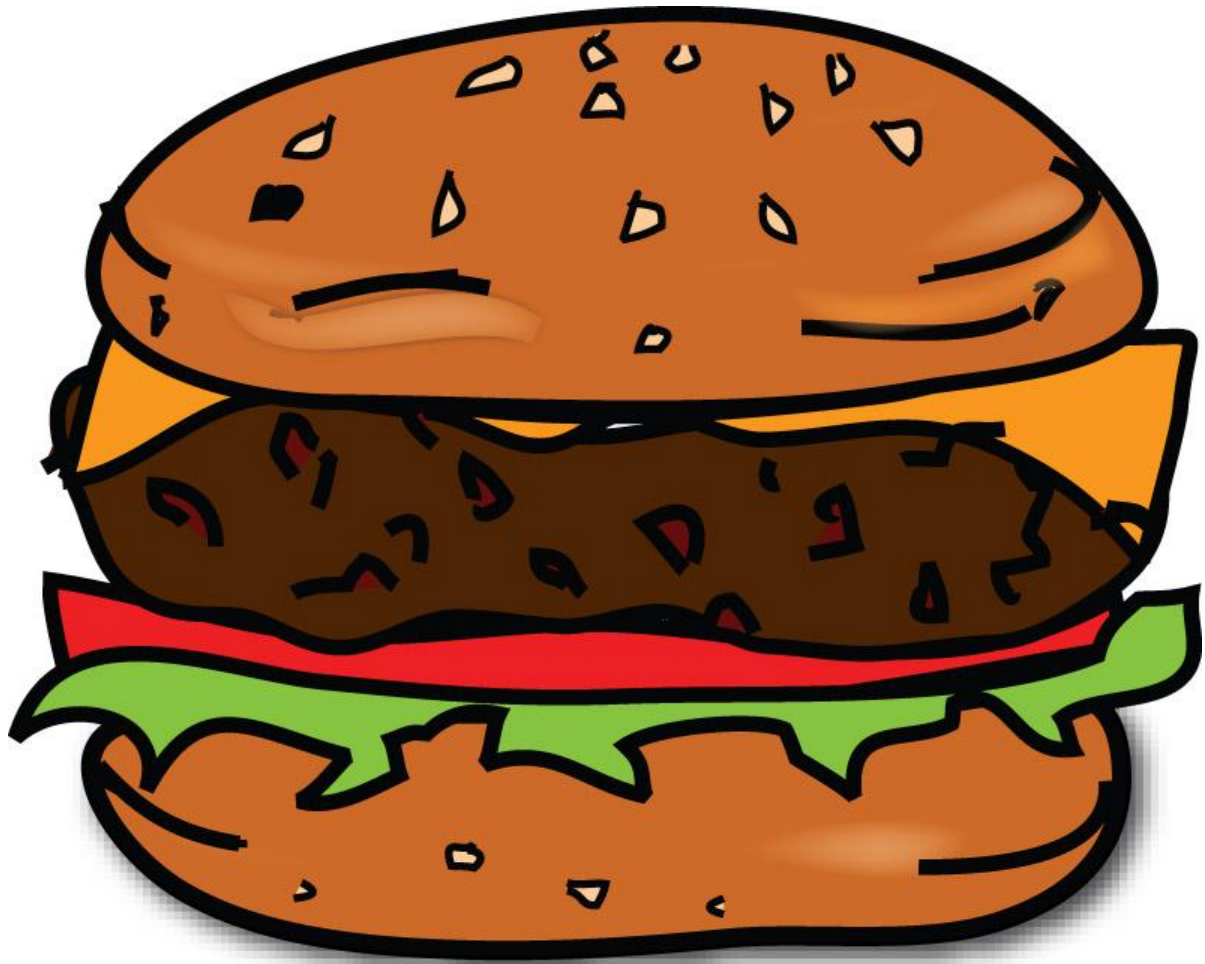


# cookies





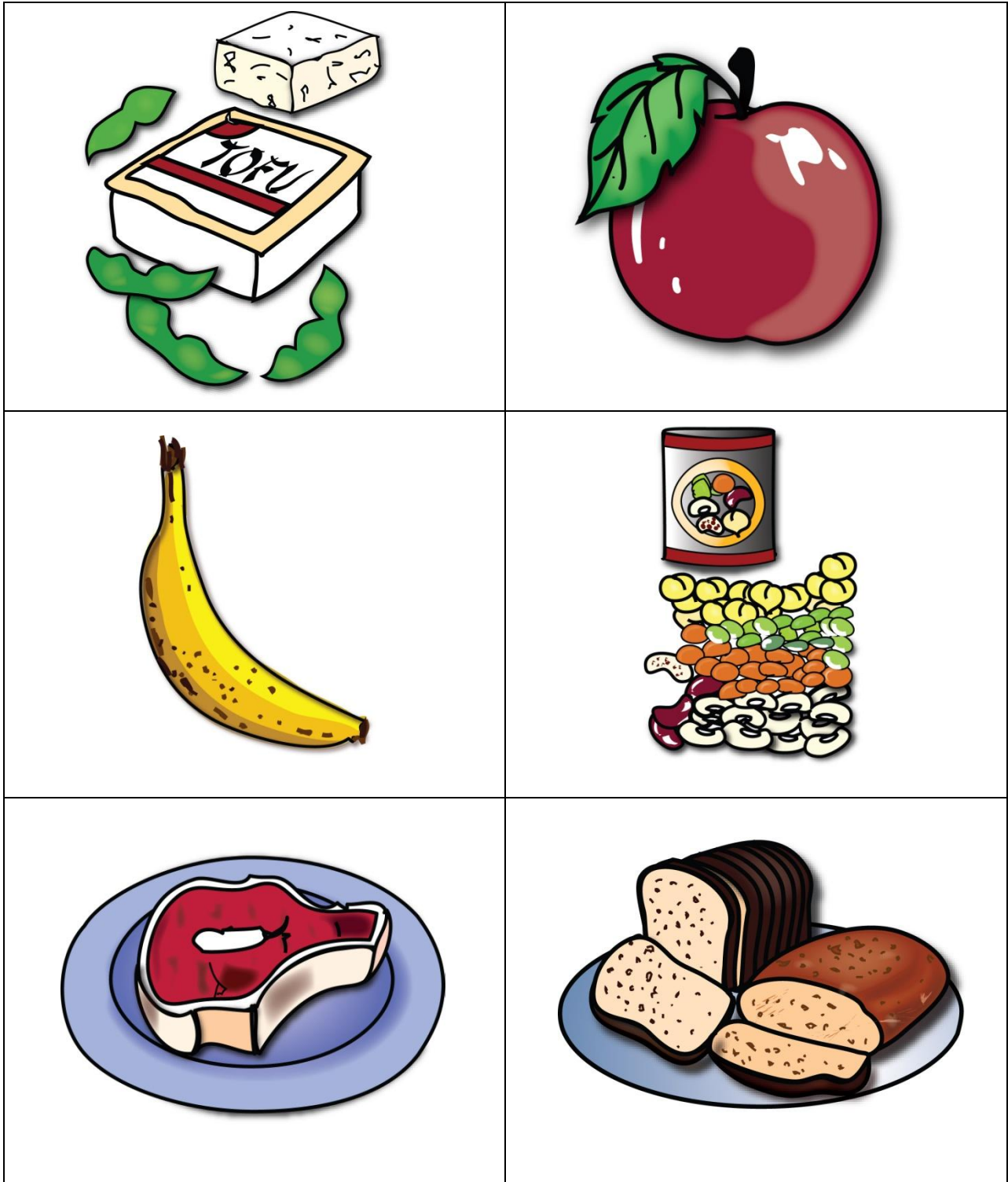
# french fries



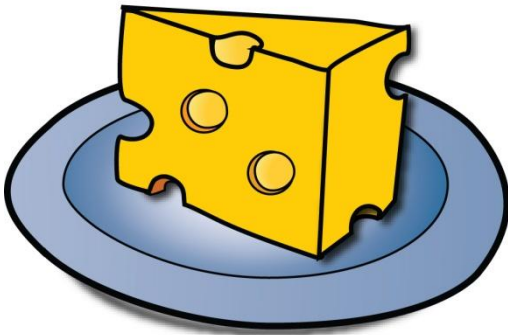
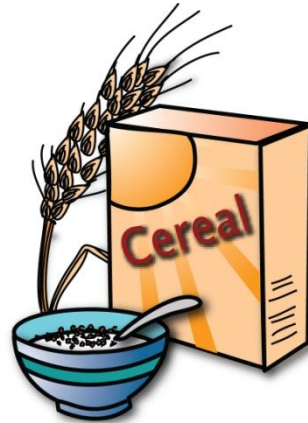
# hamburger

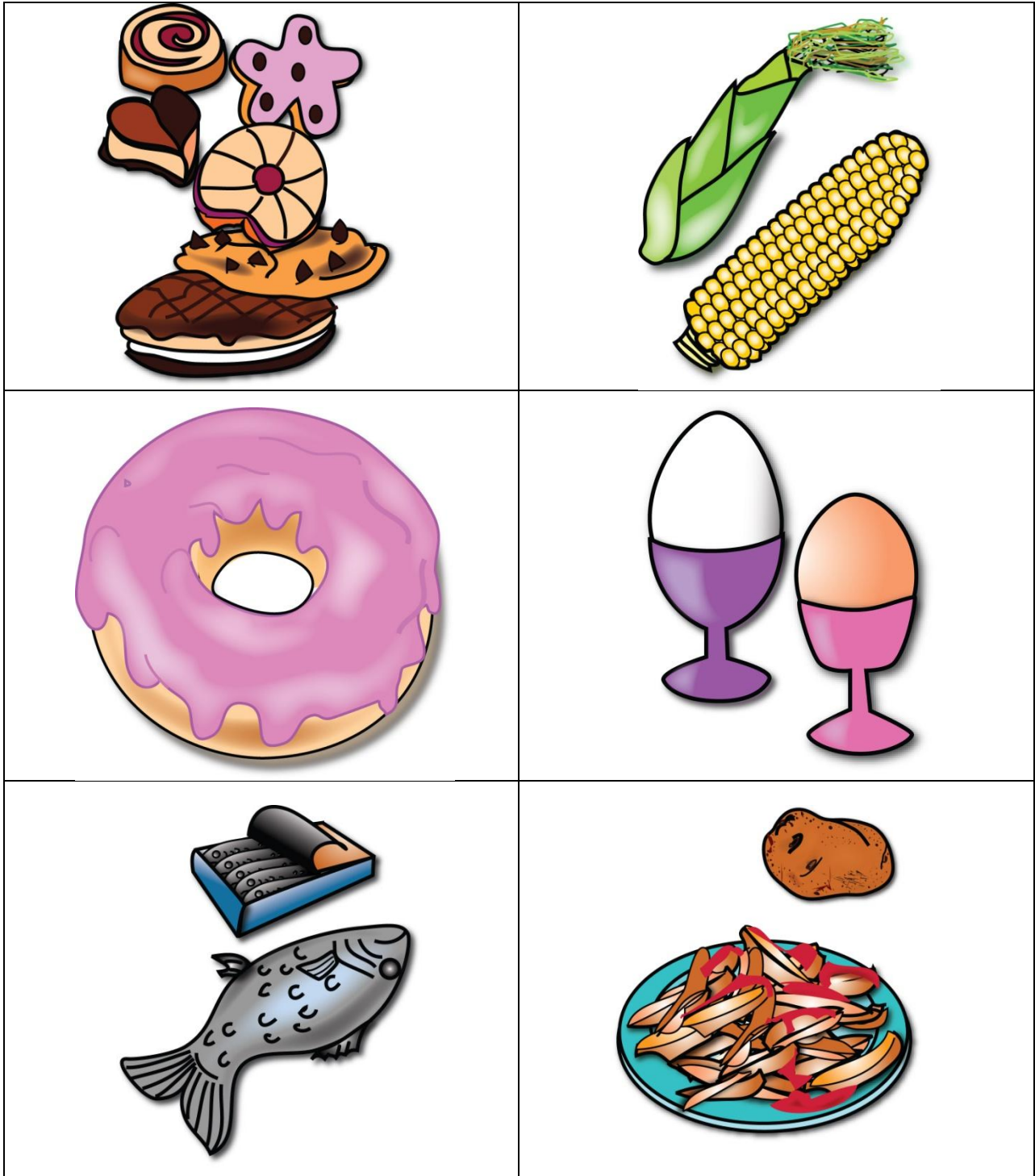


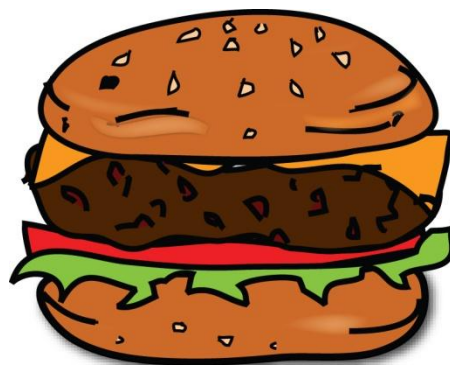
**ice cream**

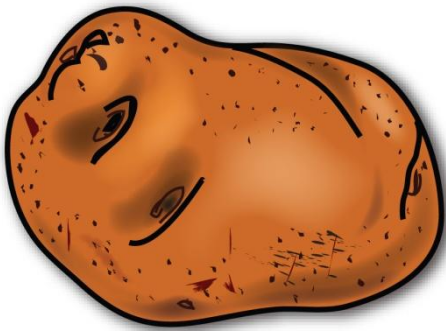
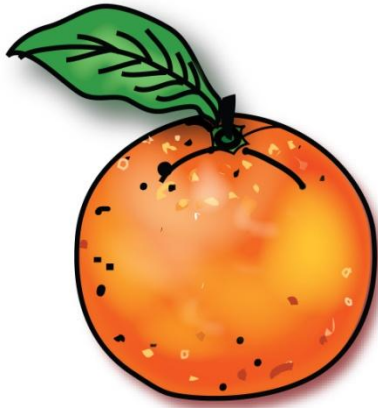
















**white bread**



**whole wheat bread**



**fruit punch**



**100% pure juice**



**chicken nuggets**



**chicken breast**



**cheese spread**



**cheese stick**



Photos courtesy of [easylunchboxes.com](http://easylunchboxes.com)





Photos courtesy of [easylunchboxes.com](http://easylunchboxes.com)





Photos courtesy of [easylunchboxes.com](http://easylunchboxes.com)



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday</b>
<b>Sunday</b>	

# A Healthy Snack





**I want potato chips.**





# How about carrots?



**Sure. We like carrots.**





How about carrots?

**Sure. We like carrots.**



I want potato chips.

**A Healthy  
Snack**



 **ELSA Net**

1. Fold your paper in half length-wise.
2. Open and fold the paper in half width-wise.
3. Lay the paper flat with the fold away from you. Fold up one side. Flip over and fold up the other side (should look like a "W" from the side).
4. Open so you can cut the folded middle section along the length-wise middle crease. Cut until you reach the width-wise middle crease line.
5. Open flat. Fold in half length-wise again to form a diamond with the cut area.
6. Push the 2 folded sections together to form a plus sign (+).
7. Find the front and back "covers" and fold those "around" the other "pages".

