

# My Healthy Lifestyle



**Class/Classes:** Health, Science, or Language Arts

**Professions:** Nutritionist or Dietitian

**Grade Level:** 3-5

*All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.*

**Purpose:** Students will document their daily food intake to see if they meet the requirements of the new food guide. In addition to food, students will focus on exercise.

**Materials needed:** My Food Choices Check sheet (1 per student for each day you do the activity)

**Duration:** 5-10 minutes daily

**Instructions:**

- Hand out sheets and explain how important it is to eat healthy (explain the worksheet)
- Students should cross off the foods they consume after each meal to see if they are eating from all of the food groups.
- Explain to the students how to use the food guide pyramid to make food choices and the importance of physical activity.
- At the end of the project students will learn the importance of eating variety of foods and also keeping exercise constant in their lives.
- \*Note: If students who interest in continuing the activity either on their own or as a class encourage them to track their food and physical activity regularly. You can hand out extra sheets to interested students. Challenge them to try to valance their diets; if a student is exceeding one area and not meeting another, encourage them to track their progress as they try to eat less of one food group and more of another. The same goes for physical activity.

**References:**
























- [www.mypyramid.gov](http://www.mypyramid.gov)
- SD Office of Rural Health

# My Food Choices

Name:

Date:

Directions: Keep track of what you eat each day with the daily food chart. Recommended values are next to the food groups. As you eat, shade in the amount of each food group you consume. Grains and Meat & Beans use ounces while vegetables, fruits, and milk use cups. Oil intake should be limited. Try to meet the daily recommended value for each food group. Track your physical activity too. Try to do some sort of physical activity for 30 to 60 minutes each day. For more information go to [www.myPyramid.gov](http://www.myPyramid.gov) and check out the USDA's new food guide pyramid!

| Food Group (daily values)         | Number of Ounces (oz) or Cups consumed  |   |  |   |  |  |
|-----------------------------------|---|---|--|---|--|--|
|                                   | 1   | 2   | 3  | 4   | 5  | 6  |
| Grains (6 oz)                     |              |              |   |   |   |   |
| Vegetables (2 1/2 cups)           |              |              |   |   |  |  |
| Fruits (2 cups)                   |              |              |  |   |  |  |
| Milk (3 cups)                     |              |              |   |   |  |  |
| Meat & Beans (5 1/2 oz)           |             |             |  |  |  |  |
| Oils (limit intake)               |            |   |  |   |  |  |
| PHYSICAL ACTIVITY (30-60 minutes) | <br>30 min | <br>30 min |  |   |  |  |