



Sometimes Foods Sample Lesson: Art



Learning Outcome: Identify foods with added sugar, salt and solid fats and how to make healthy “switcheroos”

Supplies: **MyPlate** graphic and construction paper

1. Display the **MyPlate** poster for your students to see; review the five food groups on **MyPlate** and ask students how they moved their bodies over the last week.
2. Ask students to think about what makes them choose the foods they eat. Do they choose foods they like based on how they taste, smell, or look?
3. Explain that there are some foods that have “hidden” ingredients which we should eat some of the time in smaller amounts. Ask students whether they can think of any foods that we should eat only sometimes, and why? (*Accept all answers.*)
4. Remind students that we have learned in the last two lessons that to be strong and healthy, we should eat foods from all five food groups. As we choose what to eat, it is best to pick foods that are lower in solid fats, sodium (salt), and added sugars.
5. Ask students why eating too many foods high in solid fats, added sugars, and sodium (salt) is not good for the body. (*Filling up on these foods means you are probably not getting enough of the other healthier food choices in the five food groups — and all of the nutrients needed to grow, learn, play, and be healthy. Eating too many foods that are high in solid fats and added sugars also makes it harder to stay at a healthy weight. Too much sodium (salt) or solid fats is not good for our hearts, and foods that are high in added sugars can cause tooth decay, which can lead to cavities.*)
6. On construction paper, give students 5-10 minutes to draw an afternoon snack that they like to eat. When they are finished, ask how many food groups are included in the snack? Do the items have a lot of added sugar, salt or fat?
7. On the other side of the piece of paper, ask students how they can re-draw their snack to include at least three food groups. Can they switch a food with added sugar to a food with natural sugar like fruit? Can they change a food that has lots of added salt to one that uses other spices and seasonings for flavor?

