**Healthy Ever After: Kids!**  
 Torrance Memorial Medical Center

and Torrance Unified School District

Prepared by Emily Parker, MS, RD

**Session 1c: “Munch, Crunch, Lunch!”  
 – First and Second Grade, and new schools 3-5**

I. **Objectives:** Following this session, students will be able to:

1. Identify at least two physiologically-relevant reasons we eat lunch.
2. Discuss consequences of eating an inadequate, excessive, unbalanced, or otherwise unhealthy lunch.
3. Describe a nutritionally balanced lunch; link at least two foods in the lunch to specific body parts, systems, and functions.
4. Describe how to keep packed lunches cold.
5. Describe proper hand washing technique

II. **Instructor:** Classroom teacher and/or parent docent

III. **Target Audience:** Torrance Unified School District elementary school students

IV. **Setting:** Classroom or Multi-Purpose Room

V. **Materials:**

1. “MyPlate” poster
2. “Healthy Eating from Head to Toe” (Large poster)
3. Visual Aid Sheets/PowerPoint Slides
4. Props from home:
   * 1. insulated lunch box, ice pack
     2. thermos if you have one
5. Snack Items
   * 1. Consult with TUSD Dietitian – should contain at least two food groups and be a lunch-type food (Whole Wheat Tortilla, Cream Cheese, Sandwich Meat, Veggies Roll up?)
     2. Napkins (one per child)
     3. Vinyl gloves for teacher/docents

VI. **Total Session Time:** 45 minutes

1. **Lesson Time:**  20 minutes
2. **Activity Time:** 15 minutes
3. **Snack Time:** 10 minutes

VII. **Preparation**

1. Review notes, practice lesson
2. Collect/compile materials
3. Snack preparation
4. Docents/teachers/children need to wash their hands before handling food—docents/teachers must wear vinyl gloves when preparing food for the children
   * 1. Have napkins available for each child

VIII. **Lesson Outline**

1. Introduction
   * + 1. Instructor introduction(s) using fruit/vegetable name (i.e. “Mrs. Moore Mango” or “Linda Lemon”)  
          - For Kindergarten (and all grades at new schools): *“I am so happy to be here today! Through a program called, “Healthy Ever After: Kids!” I get to come to your classroom FOUR times this year to talk about healthy eating, do some fun activities, and enjoy some tasty snacks with you. Doesn’t that sound great? Let’s get started on our first lesson…”*
          - Or, if you are a returning docent: “*Hope you all have had a nice summer. I’m so glad to be back* *to teach Healthy Ever After lessons. This year’s first lesson is called, “Crunch, Munch, Lunch!”*
       2. *“Pretty much EVERYONE eats lunch - and whether we pack a lunch from home or purchase lunch here at school, we all can use some tips on healthy mid-day meals.”*
       3. *“To start, I have a question for you. I’m going to ask it, and then we will have some quiet time.”*
2. **PURPOSE OF LUNCH DISCUSSION:**“*So, here is the question* (Show slide with question)*:* ***“What is the purpose of lunch?*** *Why do we take a break and eat lunch?**Let’s take a minute to think about it on our own silently. Got your answer?”* (Call on students and allow students to share (as time permits) what they think the purpose of lunch is. Keep a running list on the board, categorize if appropriate.)

If you are in a classroom, have a teacher or other Healthy Ever After docent get ready to take notes on the board. As the discussion progresses you will write down key ideas/responses.

* + - 1. *“Great ideas. We need to take a break from our school work to PLAY!”* (Move to “Take a Break” slide) “*It is great to run around for a while during lunch recess, isn’t it? It’s also nice to have some time to talk with friends. And, of course, we might need some time to use the restroom.*

*“We also need to* ***eat*** *so our bodies have fuel to move, and so our brains have energy for learning. If we don’t eat a healthy lunch we might have a hard time learning, or our bodies might not have enough energy to run and play.”*

1. **MYPLATE REVIEW***“These pictures* (Show MyPlate poster and move to MyPlate slide) *show us the different parts of a healthy lunch.”*
   1. Red and Green Sections – “Fruits and Vegetables”  
      *“Notice that HALF of the plate is fruits and vegetables. That means we should eat lots of fruits and vegetables every day – in fact, we can eat them at every meal. They make great snacks too.”*
      * 1. *“What are some fruits and vegetables that we could include in our lunches at school?”* (Allow kids to respond, guide discussion)
      1. The brown/orange section! – “Grains”
         1. Explain that these come from the seeds of plants. Name examples. *“Grains give us energy to run, jump, play, and learn.”*
         2. *“What are some grains that we could eat at lunch time here at school?”*
      2. The purple section – “Protein”
         1. *“Protein foods like eggs, peanut butter, beans, tofu, meat, fish, chicken and turkey help us grow, and they help keep our muscles strong.”*
         2. *“What are protein foods that you eat at lunch time?”* (Allow kids to respond, guide discussion)
      3. The blue section – “Dairy”
         1. “*What do you see in this little circle up here* (point to “Dairy” section)? *That’s right, milk, yogurt, and cheese. These are “dairy” foods – they are made from milk that comes from cows. Some people drink goat’s milk, soymilk, rice milk, or almond milk instead of cow’s milk.*”
         2. Dairy foods help our bones stay strong because dairy foods contain calcium – show bone picture
         3. *“What are dairy foods that we eat or drink at lunch?”* (Allow kids to respond, guide discussion)
      4. *“So, as you can see, a healthy lunch contains foods from different foods groups, and it is best to include a fruit or vegetable in every lunch. You might have also seen the “Five Star Meal” information here at school.”* (Move to “Five Star Meal” slide) *“For a healthy lunch, we should have foods from at least three categories and one fruit or vegetable…”* (Discuss as appropriate and kids are interested)
      5. *“Now, what about cookies? Candy? Donuts? French Fries? Soda? Remember how we call those SOMETIMES foods? What might happen if we eat those for lunch?”* (Allow children to respond and discuss)
         1. “*Those foods taste good, but they don’t help our bodies stay strong and healthy, and our brains can’t always think clearly when we eat those kinds of foods. At school, it’s best not to eat much of the SOMETIMES foods. We should concentrate on the healthy ALWAYS foods like vegetables, fruits, whole grains, protein foods, dairy foods and water instead!”*
2. **HEALTHY EATING FROM HEAD TO TOE POSTER***“That leads me to the next thing we are going to take a look at: how different foods help specific parts of our bodies. Check out this awesome poster. Let’s take a minute to look it over.”* (Pause to let kids look at “Healthy Eating from Head to Toe” poster) *“What stands out to you? Could any of these foods be part of a lunch?”* (Allow kids to respond – explore and discuss poster as time and attention allow.) *“Great observations and ideas.”*

Optional Activity Time Here: Munch, Crunch, Lunch Matching Activity (see supporting file)

1. **FOOD SAFETY (Optional for Kindergarten (if lesson is getting too long))**
   * + 1. *“Now, the final thing to think about here is, if you bring this lunch from home to school, does it need to stay cold? Does it need to stay hot? The reason I am asking is not just because cold foods like yogurt and deli sandwiches taste good cold and hot foods like soup or stir fry taste good hot. There is an even MORE important reason than that: if a cold food gets too warm, or a hot food cools down too much, it can grow BACTERIA. These bacteria are teeny, tiny, microscopic buggers.* (Show slide with bacteria.) *And they can make us SICK. YUCKO!”*
       2. *“Have you ever heard someone say they had food poisoning? Well, if they had food poisoning, actually it is officially called “food-borne illness” - it probably means they ate some of these nasty bacteria. The bacteria made them sick (vomiting, diarrhea, fever). No fun. We can help stop these bacteria from growing by cooking foods well, keeping cold foods cold and hot foods hot. If a food is going to be out of the refrigerator for more than 2 hours, it should be kept cold with some ice.”*
       3. *“That’s why I pack my lunches in an insulated lunch bag like this* (show your lunch bag/box, move to lunch box slide) *and I add a frozen ice pack like this* (show ice pack). *Does anyone else use one of these?”* (Allow kids to respond.) “*Thanks for sharing. Another idea is to add a frozen water bottle to your lunch so that it keeps everything cold as the ice melts, and then you have a nice cold bottle of water by the time lunch comes around.”*
       4. *“But what about the hot foods? Sometimes I pack leftover soup or pasta that has been in the fridge overnight. I pack the refrigerated leftovers in a container with an icepack, and warm them in the microwave before eating lunch. Heating them is really important. Bacteria die when they get too hot, so heating my leftovers until they are steaming hot is a good idea.”  
            
          “Also, there are these containers called “thermal containers” that have nice thick walls that seal up very tightly; they can be used to keep hot foods like soup hot for a long time. You just scoop the food (when it’s hot) into the container and seal it up. The food stays hot for a few hours. Does anyone use one of these?”* (Allow children to respond.)
       5. *“Now, we don’t always have to pack our food on ice or in a thermal container. Foods like crackers, cereal, trail mix, uncut fresh fruit, and plain water don’t have to stay cold or hot.”* (Respond to any questions that come up.)
       6. *“Some other things we can do to help prevent food poisoning are to wash our hands REALLY well before we cook or eat. We should use soap, water, and be sure to scrub our hands together for* ***20 seconds****.”*(Move to handwashing slide)*“An easy and fun way to make sure you’ve washed your hands for 20 seconds is to sing “Happy Birthday” twice while you wash. Let’s practice washing our hands and singing!”* (Pretend you are washing your hands with the students and sing the “Happy Birthday” song twice while you scrub.) “*Great job everyone! Now, you can sing the song silently in your head when you are washing your hands…”*
       7. *Another way to control bad bacteria in our food is to keep our lunch boxes, dishes, kitchens, and eating areas nice a clean. Have you ever noticed how hard our school staff works to keep our lunch area clean? They do that so no one gets sick. Pretty nice of them, huh? Maybe we can be sure to say thank you to our lunch monitors and staff today.”*
       8. *“Well, anyway, it’s important to be smart about food safety – keep hot foods hot and cold foods cold to keep bacteria from growing. Clean our hands, and anything that touches our food.”*

Source for Food Safety Guidelines: United States Department of Health and Human Services, www.foodsafety.gov

1. **CLOSING***“Few! We have talked about a lot today. We talked about WHY we have lunch, what kinds of foods we can put into a healthy lunch that fuels all different parts of our bodies, and how to keep our food safe so that as little bad bacteria as possible grow. Now we are all ready to make awesome lunch choices this school year. Thanks everyone. Let’s enjoy our snack: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”*

X. **Snack:** Distribute and enjoy the snack! Discuss how each part of the snack helps different parts of our bodies, how the snack could fit into a healthy lunch.