

Better and Best

GRADES

4-8

TIME

15 minutes

TOPIC

Healthy Eating

SPACE

Classroom

MATERIALS

- Display board (large enough for all students to post their image) or classroom wall
- Adhesive to mount words
- Posters with the words “Better” and “Best”

OUTLINE

1. Have the students write the name of a favourite food on a card.
2. Label the board with a continuum from Better to Best. A key message is that there is some value in all foods and that we value different elements of food (e.g. nutrients, affordability, taste, comfort).
3. Have the students post the food they chose along the continuum. Allow the students time to explain their choices. Always allow a student the “right-to-pass” if they are uncomfortable discussing their choice.
4. Help guide a discussion around the choices that the students make and their reasons for valuing certain foods/the merit they see in certain foods over others.