

I did it my way...

GRADES

4-8

TIME

10 minutes per day
over several weeks

TOPIC

Healthy Eating

SPACE

Classroom

MATERIALS

- Letter home to parents in advance
- Students research a recipe or snack online that they think is tasty AND healthy.
- Each student would need to bring in food to share with the class (one student per week)
- Small napkins/ bowls or spoons depending on the snacks prepared

OUTLINE

1. Designate a day of the week to experiencing something new. Assign each student to a day/week and have him or her bring in their healthy snack for the rest of the class.
2. Allow the student time to introduce their snack and how it was prepared.
3. Always discuss/monitor the feedback to ensure students are being respected and respectful. Discuss in advance the concept of polite "No thank you" helpings (at least trying something that was made for you before deciding you don't like it).

Variation: The class could vote on their favourite recipes and organize to try them.

Note: Finances may be an issue. Try modifying the activity so that students can sign up to help you prepare a weekly or monthly healthy snack.