

Objective

By the end of this lesson, the student will understand the basics of healthy eating and exercise through fun activities and discussions, promoting a healthy lifestyle.

Materials and Prep

- Colorful paper or cardboard
- Markers or crayons
- Small toys or figures to represent different foods and exercises
- A space for physical activities (indoor or outdoor)

Before the lesson, be prepared to discuss different types of foods and exercises. Think about fun ways to encourage movement and creativity!

Activities

- **Food Art:**

Using colorful paper and markers, the student can create their own plate of healthy foods. Encourage them to draw fruits, vegetables, and proteins. Ask them to name their favorite foods as they create!

- **Exercise Charades:**

Using small toys or figures, the student can act out different exercises (like jumping, running, or stretching) while you guess what they are doing. This helps them learn about movement in a fun way!

- **Healthy Scavenger Hunt:**

Set up a mini scavenger hunt around your home or yard where the student can find items that represent healthy foods or exercises. For example, they might find a toy apple or pretend to do a jumping jack!

Talking Points

- "Eating healthy foods helps our bodies grow strong! What is your favorite fruit?"
- "Exercise is fun! Can you show me how you jump like a kangaroo?"
- "We can make our own healthy plates! What colors do you see in your favorite foods?"
- "Moving our bodies is important! How many silly dances can you do?"