

## Objective

By the end of this lesson plan, Ily will understand the importance of a well-balanced diet, be able to identify natural and processed foods, and learn about different types of sugars. Ily will also be able to create a simple meal plan that includes healthy food choices.

## Materials and Prep

- Paper and colored pencils or crayons
- Access to a kitchen for food preparation activities
- Printed images of various foods (natural and processed)
- Measuring cups and spoons (optional)
- Basic knowledge of food groups (fruits, vegetables, grains, proteins, dairy)

## Activities

- **Food Group Collage:** Ily will create a collage using printed images of different foods. She will categorize them into food groups and discuss which ones are natural and which are processed.
- **Cooking Together:** Ily will help prepare a simple, healthy recipe using natural ingredients. This could be a fruit salad or a vegetable stir-fry, emphasizing the use of whole foods.
- **Sugar Detective:** Ily will examine labels of common snacks and drinks to find out how much sugar is in them. She will compare the amounts in processed foods versus natural foods.
- **Meal Planning:** Ily will create her own meal plan for a day, ensuring that it includes a variety of food groups and highlights healthy choices.

## Talking Points

- "What do you think a balanced diet means? It means eating a variety of foods to help our bodies grow strong!"
- "Can you name some natural foods? These are foods that come from nature, like fruits and vegetables!"
- "What about processed foods? These are foods that have been changed from their natural state, like chips or candy."
- "Do you know what sugar is? It's something that can make food sweet, but we need to be careful not to eat too much!"
- "Why do you think eating too much processed food can be bad for us? It can make us feel tired and not as healthy!"
- "How can we make our meals healthier? By choosing more natural foods and less processed ones!"
- "What will you include in your meal plan today? Let's think about how to make it colorful and healthy!"