

## Objective

By the end of this lesson, the student will be able to understand the importance of healthy eating and physical activity for overall well-being.

## Materials and Prep

Materials: Toca Boca app or game, paper, and crayons.

Prep: Familiarize yourself with the Toca Boca app or game and have it ready for the student to use.

## Activities

- Activity 1: Play Toca Boca and have the student choose a character to engage in physical activities within the game. Discuss the importance of being active and moving our bodies.
- Activity 2: After playing, have the student draw a picture of their favorite healthy meal. Discuss the importance of eating nutritious foods for our bodies.

## First Grade Talking Points

- "Eating fruits and vegetables helps our bodies grow strong and healthy."
- "Playing and moving our bodies makes us feel happy and keeps us strong."
- "It's important to choose foods that are good for our bodies, like fruits, vegetables, and whole grains."
- "We should try to play and be active every day to keep our bodies healthy."