

## Objective

By the end of this lesson, you will be able to understand the importance of a healthy diet and make informed choices about your own eating habits.

## Materials and Prep

- Pen and paper
- Access to the internet or books for research
- Optional: A food diary to track your eating habits

Before starting the lesson, make sure you have a basic understanding of what a balanced diet is and why it is important for maintaining good health.

## Activities

- Activity 1: Create a Healthy Meal Plan

Research and plan a healthy meal for one day. Include all the necessary food groups and try to make it as balanced as possible. Write down the meal plan and explain why each food choice is a good option.

- Activity 2: Analyze Food Labels

Select a few packaged food items from your pantry or fridge. Read and analyze the nutrition labels on those items. Identify any unhealthy ingredients or excessive amounts of sugar, salt, or fat. Write down your observations and discuss why it is important to be aware of what we consume.

- Activity 3: Create a Healthy Snack Recipe

Think of a healthy snack that you enjoy or would like to try. Research different recipes or experiment on your own to create a nutritious version of that snack. Write down the recipe and explain why it is a healthier alternative to typical processed snacks.

## Talking Points

- What is a balanced diet?

"A balanced diet means eating a variety of foods from different food groups to ensure that our body gets all the necessary nutrients it needs to function properly."

- Why is it important to have a balanced diet?

"A balanced diet helps us maintain a healthy weight, provides us with energy, strengthens our immune system, and reduces the risk of developing chronic diseases."

- What are the different food groups?

"The main food groups are fruits, vegetables, grains, protein, and dairy. Each group provides different nutrients that our body needs to stay healthy."

- What makes a meal or snack healthy?

"A healthy meal or snack should include a variety of foods from different food groups, be low in added sugars and unhealthy fats, and provide a good balance of nutrients."

- Why is it important to read food labels?

"Reading food labels helps us make informed choices about what we eat. It allows us to identify unhealthy ingredients, understand portion sizes, and compare different products to make healthier choices."