

Kleist Health Education Center



...starting children
and young adults on
a lifetime journey of
healthy living!

*Enabling individuals to enjoy longer,
healthier lives!*



The Kleist Health Education Center (KHEC) is a non-profit state-of-the-art health education building on the Florida Gulf Coast University campus in Fort Myers, Florida.

The KHEC is one of only 32 health education centers in the United States and the only one of its kind in the state of Florida.

Visiting students receive motivating health education instruction from master's and doctoral level health educators. Instructors combine interactive teaching techniques with computerized visual aids to help impact student learning and decision-making skills. Students learn that the choices they make today will affect their own future and the future of our society.



Food is Fuel!

K-3 Learning Lesson



This learning lesson is for children in Grades K- 3
Please use these slides to help guide you through your
learning experience with your children/students.

The **goals** of this *Learning Lesson* are:

- 1) To teach children to identify healthy foods.
- 2) To teach children the benefits of consuming healthy foods.

Food is Fuel!



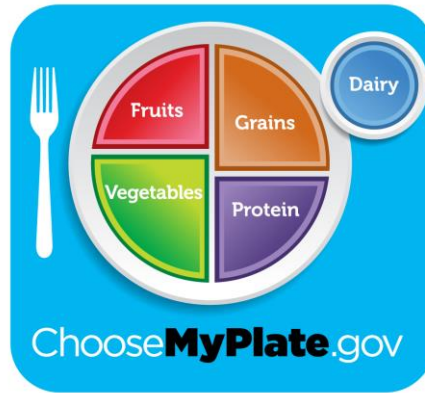
- How do you think that eating healthy food can be like putting fuel in a vehicle?
- Did you know that eating healthy food can make you:
 - Feel happy
 - Give you energy to run and play
 - Make you strong
 - Help you grow



-Discuss that cars can only “go” by putting fuel in the tank and that we can only “go” by putting fuel, or healthy foods, in our bodies!

MyPlate!

- When you build your plate for each meal, try to fill it like the plate in the picture!
- Make sure to take bigger helpings of veggies and grains and smaller amounts of fruits, proteins, and dairy.
- But what are those?



-For more information, **kid friendly recipes, and activities**, visit <https://www.choosemyplate.gov/>

Vegetables!

**What is your
favorite
VEGGIE?!**

- Spinach
- Broccoli
- Carrots
- Sweet Potatoes
- Corn
- Potatoes
- Black Beans
- Hummus
- Cauliflower
- Green Beans
- Onions
- Mushrooms

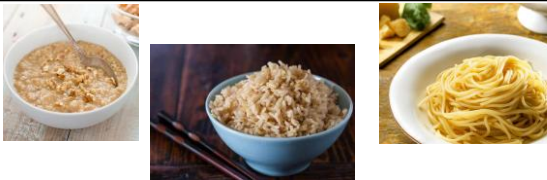
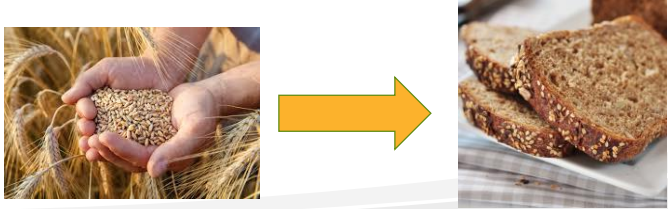


-All of the vegetables listed above are part of the recommended subgroups of vegetables: dark leafy greens, red and orange, starchy, beans and peas, and other. -If you are not sure what things are considered veggies, check out this more substantial list:

<https://www.choosemyplate.gov/eathealthy/vegetables/vegetable-group-food-gallery>

Grains!

- What are grains? Grains are any type of grass that produces seeds that can be eaten!
- Wheat
- Rice **This wheat is used to make wheat bread!**
- Oats
- Cornmeal
- Barley



-For more information, check out what the **Healthy Kids Association in Australia** has to say! <https://healthy-kids.com.au/food-nutrition/5-food-groups/breads-cereals/>

NOT REAL FRUIT!



Fruits!

How many fruits can you name in this picture?! Hint: there are more than 20!



- Fruit is so sweet because it has some natural sugars in it!
- Too much sugar is not good for us and can make us feel bad but having a few **real** fruits every day is a healthy choice!
- Fruit is a healthy choice when you are craving something sweet!

-List of fruits found in the picture: blueberry, kiwi, orange, papaya, banana, grapefruit, cherry, pomegranate, mango, grape, lemon, coconut, cantaloupe, starfruit, plum, dragon fruit, pineapple, watermelon, peach, dates, huckleberry, acai berry, horned melon

-If your child can only name a few of the fruits in the picture, consider bringing home some new fruits from the grocery store and trying them out at home!

-Discuss the difference between real fruits and fruit snacks, pop tarts, and desserts. Fruit snacks, pop tarts, and desserts do NOT contain the benefits of real fruit, are loaded with sugar, and can be bad for us if we eat them regularly.

Proteins!

- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.
- Choose lighter meats like chicken, turkey, and fish more often than red meats like beef and pork.



Critical thinking time! If someone does not eat meat, what other foods could give them protein? Hint: look at the picture!



-Beans and peas belong in both the **vegetables and protein groups!**

-If someone cannot or chooses not to eat meat, they can eat more eggs, beans, tofu, and nuts!

-Even cottage cheese, avocado, Greek yogurt, lentils, and quinoa can be considered protein foods.

Dairy!

**Dairy foods help our bones.
What do our bones do for us?**



- Dairy foods have the most calcium in them and calcium helps us to have strong, healthy bones and teeth!
- Some dairy foods are yogurt, milk, and cheese.

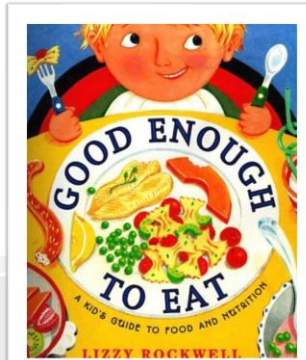
-When discussing what our **bones** do for us, this can be a very fun conversation.

-Talk about how if we did not have bones, we would not be able to move (maybe demonstrate a movement), we would not be able to support some of our most important organs (talk about the skull and how it protects our brain when we bump our head- maybe a good time to discuss taking more protective measure by wearing a helmet while riding a bike), and what our bodies would look like if we didn't have bones to hold us up and give us a shape!

-Perhaps have your students draw a silly picture of their "puddle families".

Additional Resources:

- [Nutrition and Fitness](#)
- [Activities and Worksheets](#)
- [Videos and Songs](#)
- [Good Enough to Eat Book](#)



-Please feel free to use these **additional resources** to expand your learning lesson.

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**Thank you for using our KHEC resources.
We hope that you found this short learning lessons
helpful!
Please contact us at: 239-590-7459 to make a program
reservation for your school or class.
Please visit our website: ww.fgcu.edu/KHEC**