

FOOD FINDER

Searching for a healthy diet

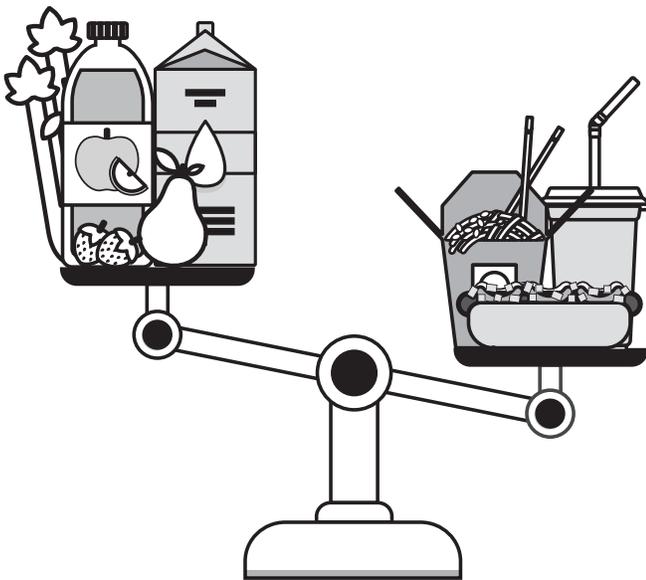
Materials: Worksheets, healthy foods templates, pencils, timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

Everyone loves delicious food. Eating something yummy makes us happy, because it tastes so good.

But food plays an even more important role: It provides the energy we need to function in our daily lives. This means choosing a healthy diet is critical to leading a healthy life.

Your body can't develop, grow and survive without the proper nutrients and a balanced diet.



What's a balanced diet?

A diet that contains the proper proportion of nutrients — proteins, carbohydrates, fats, vitamins, minerals and water — to help your body function correctly.

Making wise choices from the five food groups — fruits, vegetables, grains, protein and dairy — will give you the energy you need to thrive.

For today's activity, we'll do a little detective work and search for healthy foods that form a balanced diet!

ACTIVITY INSTRUCTIONS

- 1 On the template, search for and circle all the healthy foods hidden in the Word Search Box. You'll have 7 minutes to search.

(Set the timer for 7 minutes.)
- 2 When the timer sounds, we'll discuss what foods you found and why those foods are healthy options throughout the day.



