

# CLASSROOM CONNECTION

Here are some activities that the School Nutrition Program can run in the classroom:

**Staff to consider involving in these lessons:**

- School Health Coordinator
- School Nurse
- Health Teacher
- Local Pediatrician
- Physical Education Teacher
- P.T.O. Members

## Can You Name That Fruit

*Second to Third Grade Level, Led by Cafeteria Staff*

In this exercise, a variety of fresh produce will be brought into the classroom by a member of the cafeteria staff. Students will be encouraged to taste test new and exotic fruits, guessing the names and where the fruits are grown. During this activity, students will also have the opportunity to sample the fruit in other forms, such as through fresh fruit smoothies.

## Mystery Vegetable or Fruit Activity

*Second to Third Grade Level, Led by Cafeteria Staff*

For this activity, students will have an opportunity to touch a mystery vegetable or fruit, without looking, and guess what it might be. The cafeteria staff will walk around with a vegetable or fruit in a paper bag while each student reaches in to feel the vegetable or fruit. Once each student has had their turn they get to guess what it might be. Finally, after everyone has guessed what the mystery vegetable or fruit might be they will try it and be given an explanation of what it is and how it is good for the body.

## Tour the Kitchen *Second to Third Grade Level, Led by Food Service Director*

During this activity, students will have an opportunity to tour their school's kitchen and see where their food is prepared. Students will also learn about the equipment used to make their meals and have the opportunity to sample a healthy snack. At the end of the tour, the food service director or other kitchen staff member will discuss the importance of good nutrition and healthy eating.

## Know What's in Your Breakfast

*Second to Third Grade Level, Led by Classroom Teacher*

Materials: Cereal labels and instructions on reading a food label  
Students will be asked to bring in a food label from their favorite box of cereal. During the lesson, students will learn how to read a label and analyze the sugar content of their morning meal. For homework, they will be asked to watch some Saturday morning cartoons (no more than an hour!) and jot down the number of times they see cereal advertisements. When they return to school on Monday, they should be asked to share their findings. The lesson should conclude with a discussion of how cereal companies gear their advertising towards kids, often for unhealthy food choices.

## Nutrition 101

*Fourth to Fifth Grade Level, Led by Cafeteria Staff*

Cafeteria staff connect with the students by teaching a basic nutrition lesson. This lesson should cover topics from the food groups to portion size (look for handouts in the toolkit to use!). To conclude, the cafeteria staff relates eating healthy foods to putting good gas in your car.