

Body Science: Healthy Habits (K-2nd grades) Post-Visit Activities

We hope that you enjoyed your visit to the Children's Science Explorium!

To help reinforce the concepts covered during today's field trip, we have prepared the following wrap-up activities for you to incorporate into the classroom.

Vocabulary List and Student Definitions (early elementary level)

- **Food:** source of nutrients
- **Grain:** small seeds; cereals
- **Living:** alive; needs food and water for energy
- **Non-Living:** not alive
- **Plant:** living thing that grows in soil and makes its own food
- **Animal:** living thing that gets food from other animals or plants
- **Vegetable:** a plant raised to be eaten
- **Fruit:** part of a plant that grows where the flower used to be
- **Oil:** fats that are liquid at room temperature
- **Milk:** a white liquid made by female mammals that babies and people drink
- **Meat:** animal flesh used as food
- **Beans:** seeds (and sometimes seed coverings, or pods) of plants
- **Protein:** an important nutrient that helps build the body

Student Activities

1. Have students help plan and prepare healthy meals. Visit the following link for recipe ideas: <http://kidshealth.org/kid/recipes/index.html>. For one day (based on 1,800 calories) meals would total:
 - a. 6 oz. of grains
 - b. 2 ½ cups of vegetables
 - c. 1 ½ cups of fruit
 - d. 3 cups of dairy
 - e. 5 oz. of meat or bean

2. Have students create a commercial (jingle or skit) or ad campaign (poster) for a vegetable. Research at www.choosemyplate.gov
 - a. Why is it a nutritious choice?

3. Five Friendly Dairy Cows – Have students make finger puppets and participate in a finger play. (See following pages). For more information visit: [www.nutritionexplorations.org/educators/lessons/chef-combo/chef-act fivedairy cows.asp](http://www.nutritionexplorations.org/educators/lessons/chef-combo/chef-act-fivedairy cows.asp)