

# Using an Egg Hunt to Teach about Nutrition

An Educator's Reference Book Lesson Plan

Grade Level: Second Education, Kindergarten, 12

Subject:

1. Health/Nutrition

Short Description of the Lesson:

Students track an imaginary character's diet. Parents and teachers discuss to encourage children to choose healthy alternatives to snack foods containing high-sugar and fat content. Students receive character cards and learn about nutrition through role-playing, songs, and healthy cooking games.

Intended Grade Level of the Student:

Second to third grade

Background Information for the Teacher:

This lesson was designed for a 45-minute period. It was developed with the national grades 1-5 nutrition curriculum as a model.

Concepts Covered in this Lesson:

Identification of healthy foods for daily meals and snacks based on reading and communication skills.

Materials or Equipment List: