

EAT TOGETHER

PLANNING A SPECIAL CELEBRATION

EAT BETTER



TARGET AUDIENCE	Grades 3 & 4
ESTIMATED TIME	40 minutes
NUTRITION EDUCATION LEARNING OBJECTIVE	<p>By the end of this activity, students will be able to:</p> <ul style="list-style-type: none"> • Describe foods served at a special celebration • Consider healthier choices • Plan a healthy celebration menu
CURRICULUM INTEGRATION	<ul style="list-style-type: none"> • Reading • Writing • Communication • Health
EALR/GLE INTEGRATION	<p>Writing 3.1 Develops ideas and organizes writing.</p> <p>3.3 Knows and applies writing conventions appropriate for the grade level.</p>
CLASSROOM SKILLS	<ul style="list-style-type: none"> • Critical thinking/Making personal applications • Appreciation for the diversity in how families celebrate • Creative writing
BASIC NUTRITION CONCEPTS	<ul style="list-style-type: none"> • Family celebrations can include healthy foods • There are many healthy food options that are appropriate for celebrations
SUPPLIES ☑ Provided with lesson	<ul style="list-style-type: none"> • Book: Family Pictures (pg. 10, 26) ☑ • White board and markers • MyPyramid poster ☑ • My Healthy Celebration page ☑
ACTIVITY TASKS	See reverse.
SOURCE	Carolyn A. Lee, MS, RD
SA SUBMITTED BY	Family Meals Work Group

Planning a Special Celebration (Grades 3 & 4)

1. Begin by asking students what a celebration is. As students name ideas, affirm their thoughts. Confirm their understanding that a celebration is a time when we do special things to mark a special time or event. Now direct students to think of special celebrations that happen in their own families. They could be holidays, birthdays, or something else. What makes them special? Have students turn and talk with table group members and then share with the class. (Answers may include where the event takes place, who is in attendance, activities that are done, foods served, decorations, etc.)
2. Locate pages 10 (Birthday Party) and 26 (Quinceanera) in the Family Pictures book. Show the pictures and read the text describing the events. Ask students what makes these two events special.
3. Now direct students to share with table group members a family celebration that involved special foods. Students should discuss what foods are served. After several minutes, ask groups to report back. As foods are mentioned, list them on the board.
4. As a class, discuss what observations they can make about how healthy the foods are that are listed. Some points to consider: Are there food groups missing? Are there lots of sweets? Are there lots of salty or high fat foods? Having a MyPyramid poster available for reference will be helpful.
5. Back in table groups, direct students to consider suggestions for healthier options. After several minutes, ask the table groups to report back. You may use a chart like this to record responses:

Usual Foods Served	Healthier Choices

6. Now that students have had time to brainstorm, distribute the Healthy Celebration page. Students complete the sentences to form a paragraph and write a healthy menu. Remind students that because celebrations are special and do not happen every day, it is not expected that *all* foods are healthy. However, their task is to add some healthy choices or replace some of the foods with healthier choices.
7. After completing the task, students may share their work with others. Reinforce the idea that family celebrations can include many healthy foods. When we eat healthy foods, we are taking care of our bodies. This is important for *all* families.

Additional Writing Options

- For students who may not need the additional scaffolding of the sentence completion page, they may instead choose to write a paragraph about how they chose the healthy foods, why family celebrations are important to them, or they may write about a new healthy family tradition that they would create.

My Healthy Celebration

In my family we celebrate _____.

We get ready for the celebration by _____.

The people who come to this celebration are _____.

The reason it is a celebration is because _____.

_____.

Some of the special things we do are _____.

_____.

We usually eat _____.

My favorite part of this special time is _____.

_____.

My Celebration Menu

