

# EAT TOGETHER

## PLANNING A SPECIAL CELEBRATION

# EAT BETTER



<b>TARGET AUDIENCE</b>	Grades 5 & 6
<b>ESTIMATED TIME</b>	45 minutes to 1 hour (depending on time taken for writing)
<b>NUTRITION EDUCATION LEARNING OBJECTIVE</b>	<p>By the end of this activity, students will be able to:</p> <ul style="list-style-type: none"> <li>• Describe foods served at a special celebration,</li> <li>• Consider healthier choices,</li> <li>• Plan a healthy celebration menu.</li> </ul>
<b>CURRICULUM INTEGRATION</b>	<ul style="list-style-type: none"> <li>• Reading</li> <li>• Writing</li> <li>• Communication</li> <li>• Health</li> </ul>
<b>EALR/GLE INTEGRATION</b>	<p>Writing 3.3 Knows and applies writing conventions appropriate for the grade level. 3.3.7 Applies paragraph conventions.</p>
<b>CLASSROOM SKILLS</b>	<ul style="list-style-type: none"> <li>• Critical thinking/Making personal applications.</li> <li>• Appreciation for the diversity in how families celebrate.</li> <li>• Creative writing.</li> </ul>
<b>BASIC NUTRITION CONCEPTS</b>	<ul style="list-style-type: none"> <li>• Family celebrations can include healthy foods.</li> <li>• There are many healthy food options that are appropriate for celebrations.</li> </ul>
<b>SUPPLIES</b> ☑ Provided with lesson	<ul style="list-style-type: none"> <li>• Book: Family Pictures (pg. 10, 26) ☑</li> <li>• White board and markers</li> <li>• MyPyramid poster ☑</li> <li>• My Healthy Celebration page ☑</li> </ul>
<b>ACTIVITY TASKS</b>	See reverse.
<b>SOURCE</b>	Carolyn A. Lee, MS, RD
<b>SA SUBMITTED BY</b>	Family Meals Work Group

## Planning a Special Celebration (Grades 5 & 6)

1. Begin by asking students to think of special celebrations that happen in their own families. They could be holidays, birthdays, occasions to mark special events, etc. What makes them special? Have students turn and talk with table group members, 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 texts 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 involves 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? How are the foods prepared? Having a MyPyramid poster available may be helpful.
5. Back in table groups, direct students to consider suggestions for healthier options. After several minutes, ask 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 write a paragraph describing a special family celebration and then make a menu that includes healthy options. 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. Eating healthy foods is important for *all* families.

### Additional Writing Options

- Write a paragraph describing some specific techniques you would use to persuade someone to include healthier celebration options or write a paragraph describing why you chose the foods you did in your healthier menu.



