

“Crawford’s Try-A-Bite Club”

Content Area: Personal & Consumer Health

Lesson: Eat a Variety of Healthy Foods

Grade Level: Grades K-1



Crawfordthecat.com

Synopsis

Students view “**Crawford’s Try-A-Bite Club**” - 5 minute video.

Students discuss the importance of eating a variety of foods.

(Option 1) Using a bulletin or magnetic board and pictures of food, students practice identifying foods that are healthy. Students are encouraged to try a bite of a new or familiar healthy food.

(Option 2) The class may form a “Try-A-Bite” Club.