



The Can-Do Crew



THE ROAD OF RESPECT
Respect



ALTRUISTIC ALL-STARS
Altruism



HANDFUL OF COMPASSION
Compassion



BE A PHILANTHROPIST
Philanthropy
Fundraising
Caring & Commitment



COOPERATION CREW
Cooperation



HEALTHY HERO
Nutrition



BE A LEADER!
Empathy
Empowerment
Inclusion



SPOTLIGHT ON INTEGRITY
Integrity



KINDNESS KID
Consideration
Kindness
Multigenerational
Relationships



GENEROUS GARDNER
Generosity



A TRUE FRIEND
Friendship



HEALTHY HERO
Nutrition

The Can-Do Crew



HEALTHY HERO

Grade levels: 2,3,4
Subject: Nutrition
Time Frame: 50-70 mins

Gaining self-awareness of their health and well being, students identify nutritious food choices and gain an understanding of the "MyPlate" guidelines. Through dynamic games and positive self expression, students learn how to make responsible decisions about their personal behavior as they become "Healthy Heroes".

Learn about **Nutrition** in short, fun and easy to follow lesson plans for grades 2, 3 and 4.

Included in the Unit:

Time Frame:

- The Can-Do Crew and You
Our Can-Do Code Path
The Can-Do Code
Project on screen, read aloud and follow directions (3-4 minutes)
- I am Nutritious! Definition, Gesture and Example
Let's be Nutritious Super Crew World Changers
Project on screen, read aloud and follow directions (4-5 minutes)
- Chef Can-Do says, "Put it on Your Plate...it's Good for You"
Chef Can-Do Knows Best
Chef Can-Do's "MyPlate" Guide
Project on screen, read aloud and follow directions (8-10 minutes)
- Healthy Choice Food Group Cards
Beforehand, make double sided copies on card stock
Hand cards out to students
Chef Can-Do's Know Your Food Group Game
Project on screen or print page and follow directions (8-12 minutes)
- "MyPlate" Land Game
Project on screen or print page and follow directions (10-15 minutes)
- Chef Can-Do's Can-Do Crew Food Pantry
Healthy Eating is not a Joke
Project on screen or print page and follow directions (8-12 minutes)
- Chef Can-Do's Healthy Hero Checklist
Chef Can-Do's "MyPlate" Healthy Hero Meal
Project on screen, print page and follow directions (8-12 minutes)

What you will need:

1. Capability to display on screen or print copies
2. Pencils, crayons and/or markers, scissors

Bonus Activities:

Readers' Theatre: "Give-Me-Five Fridays"

The Can-Do Crew and You

We know that even **ONE** person
can make a big difference in the world...

by caring,
by finding ways to help,
and by doing good deeds.



It is **FUN, EASY** and **EVERYBODY** can do it!

Let's see if **YOU** can, too!

Do **YOU** care about other people?

If you do, Stand up

Do **YOU** help those in need?

If you do, Stand up and clap your hands

Do **YOU** do acts of kindness for others?

If you do, Stand up, clap your hands and stand on one foot.

Do **YOU** think you can Make a Difference in the world?

If you do, Stand up, clap your hands, stand on one foot and hop
all at the same time

Let's Shout out our Motto:



**We can
make the
world better!**



Now let's follow

Our **Can-Do Code** Path

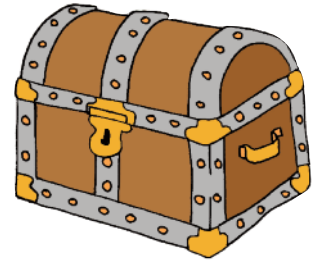
Our **Can-Do Code** Path

leads us to a

Treasure Trunk

where we will uncover

Powerful, Mighty and Amazing
World Changing Words



We call them **WCW** and
they will guide us to being



Super Crew
World Changers



Now stand up strong and tall.
Put your fists on your hips and shout:

We will:

Learn these words!

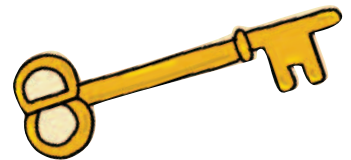
Understand their meanings!

Use them everyday!

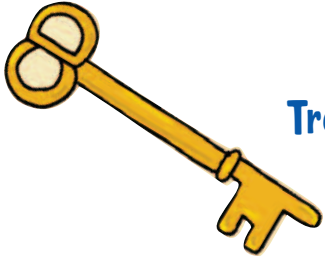
How do we get started?

We need a **KEY**

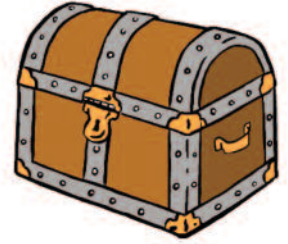
to open the **WCW** Treasure Trunk!



The Can-Do Code



is the **KEY** to opening the
Treasure Trunk of World Changing Words
We live by the Can-Do Code.
It helps us Make the World Better!



Let's say it together:

When we are saying things
We are Mindful and Kind
Let's stand up, tap our heads and smile

When we are doing things
We Show Respect and Compassion
Let's stand up, salute then touch our hearts

Because our actions affect others
We are Considerate and Purposeful
Let's stand up, open our arms wide and march in place

Now that we have
the **KEY**,
let's open the
Treasure Trunk
on our Path to be
Super Crew
World Changers!

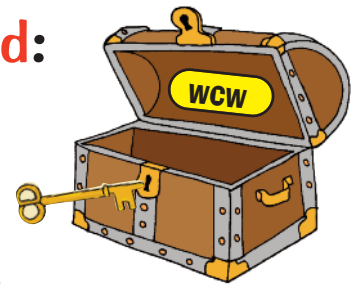




Here is our **World Changing Word**:

Nutritious

Let's discover it's meaning and how we use it to make the world better.

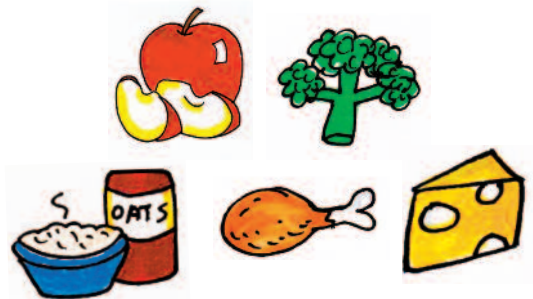


Nutritious

providing your body with the correct foods to be healthy and grow properly

I eat
Nutritious
Foods!

Fruits, vegetables,
grains, proteins and
dairy are
healthy foods.



To help you remember what
Nutritious means,
make this **Gesture**:

Make two muscles
to show your strength





Let's Be



NUTRITIOUS Super Crew World Changers

Here are some ways to be **NUTRITIOUS**:

George and Kamesha bring healthy snacks like walnuts, almonds, carrots and oranges to their class picnic.

How do they make their picnic **NUTRITIOUS**?

Yoshi eats a healthy breakfast of whole wheat toast, a spinach omelette and a banana.

What are the **NUTRITIOUS** foods in his breakfast?

Rachel chooses apple slices over french fries because she wants to eat healthy foods and grow big and strong.

Why does Rachel choose **NUTRITIOUS** food?

Show your **Super Crew World Changing POWER!**

1. Say the World Changing Word

I am
Nutritious!

2. Give its Meaning

Nutritious means providing your body with the correct foods to be healthy and grow properly

3. Signal its Gesture

Make two muscles to show your strength



4. Tell **YOUR** way to be **NUTRITIOUS!**

Chef Can-Do Says
"Put it on your Plate...It's Good for You!"
Leader's Guide

We know that before we eat a meal,
we all should think about what goes on our plate.
It is important to choose healthy foods.

But what kinds of foods will be in that **NUTRITIOUS** meal?
We first need to review what "**NUTRITIOUS**" really means.



NUTRITIOUS means: "providing the correct foods for your body to be healthy and grow properly"

Chef Can-Do wants you to guess
the most **NUTRITIOUS** choices for your meal.

Circle the **healthier** choice.
Cross out the other one.



Apple



Apple Pie



Hot Dog



Chicken Breast



Soda



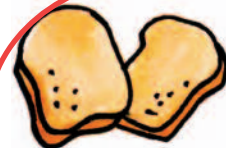
Milk



Carrot Sticks



French Fries



Whole Grain Bread



Doughnut

Chef Can-Do Says
"Put it on your Plate...It's Good for You!"

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Soda



Milk



Carrot
Sticks



French
Fries



Whole Grain
Bread

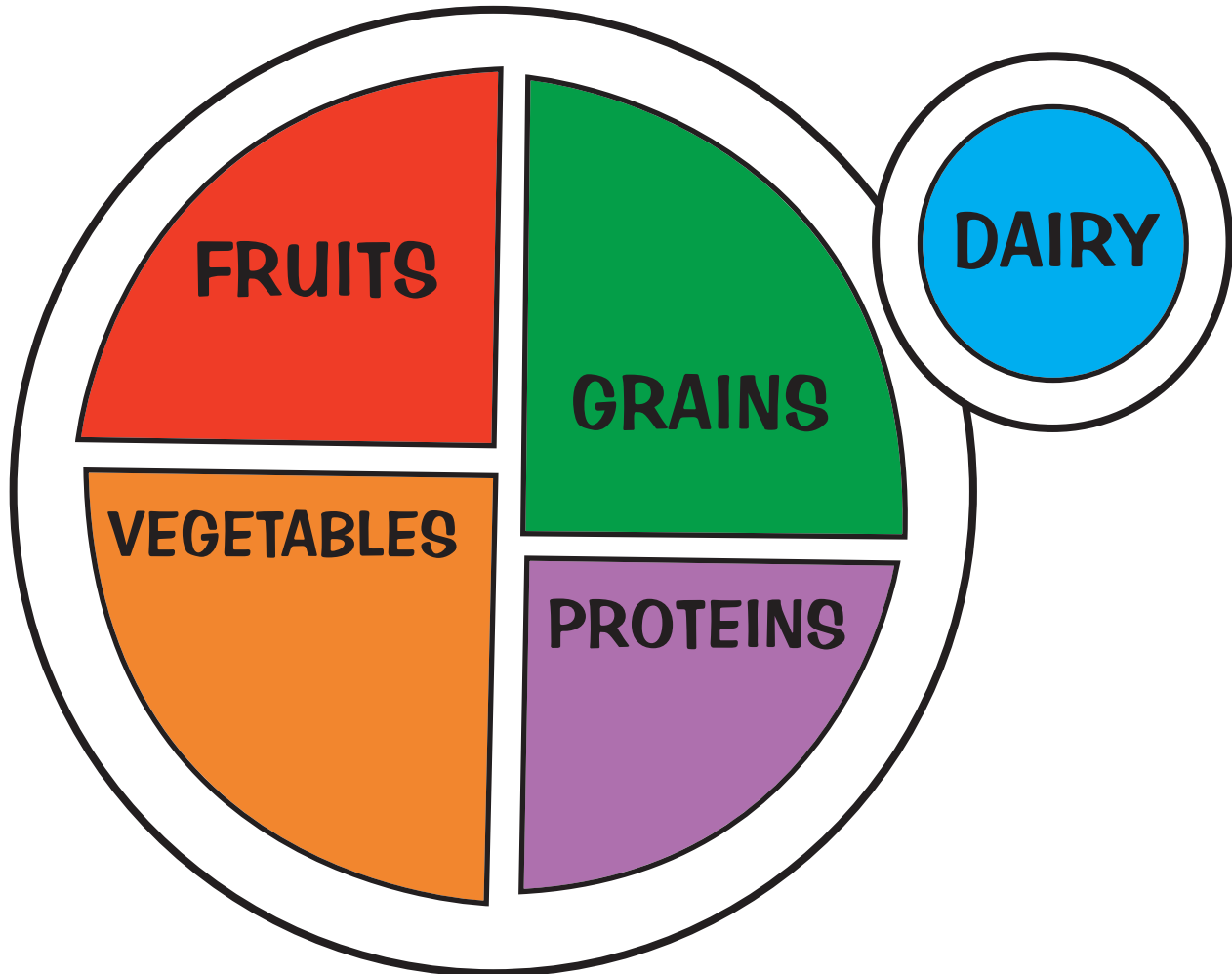


Doughnut

Chef Can-Do Knows Best!



We just made the **Healthy Choices for a Nutritious Meal**.
Chef Can-Do can help us understand why these are the best foods
to eat along with USDA's food guidance system
which has put together **"MyPlate"**.



"MyPlate" shows us the **5 important Food Groups**
that our bodies need to be strong and in good physical shape.

Let's say them together:

Fruits
Vegetables
Grains
Proteins
Dairy

Chef Can-Do's "MyPlate" Guide

5 Food Groups for a Nutritious Diet



We know **NUTRITIOUS** means: providing the correct foods for your body to be healthy and grow properly!
Let's read aloud all of the delicious foods in each Food Group!

FRUITS

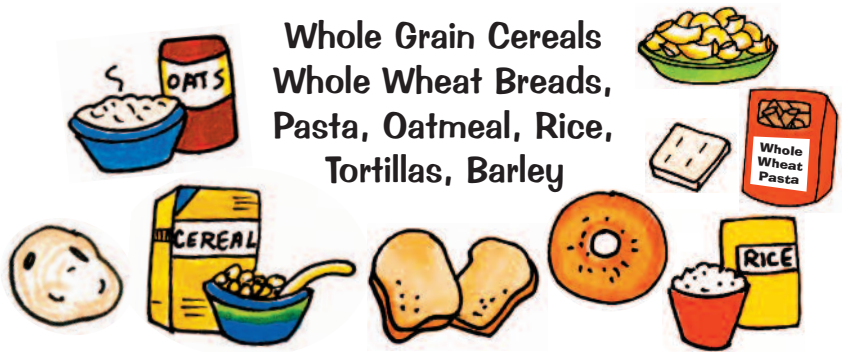
Apples, Oranges, Pears,
Blueberries, Plums,
Bananas, Strawberries,
100% Fruit Juices



"Focus on Fruits"

GRAINS

Whole Grain Cereals
Whole Wheat Breads,
Pasta, Oatmeal, Rice,
Tortillas, Barley



"Make at least half your Grains Whole"

VEGETABLES

Carrots,
Sweet Potatoes,
Broccoli,
Spinach,
Collard Greens,
Corn, Beans,
Peas, Onions,
Asparagus,
Tomatoes,
Cucumbers,
Mushrooms,
Lettuce,
Avocado,
Peppers,
Celery



"Vary your Veggies"

DAIRY



DAIRY

Low-fat or
Fat-free Cheese,
Yogurt, Milk

"Get your
Calcium rich foods"

PROTEIN

Chicken, Turkey,
Fish, Lean Meat,
Nuts, Beans, Eggs,
Peanut Butter

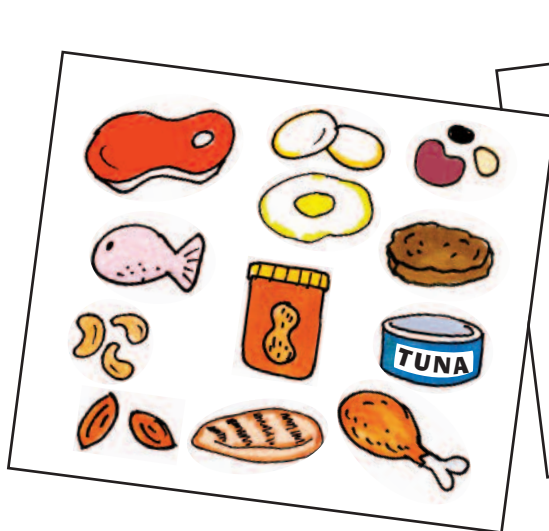
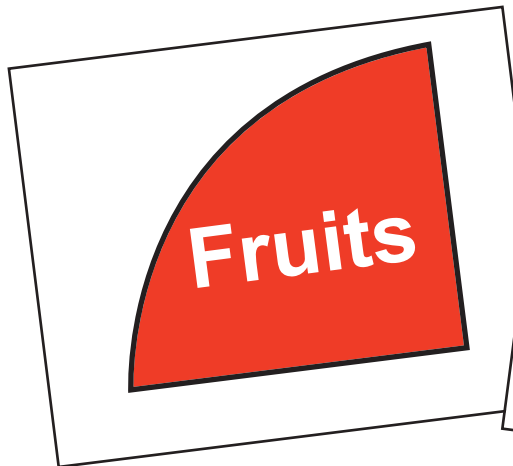


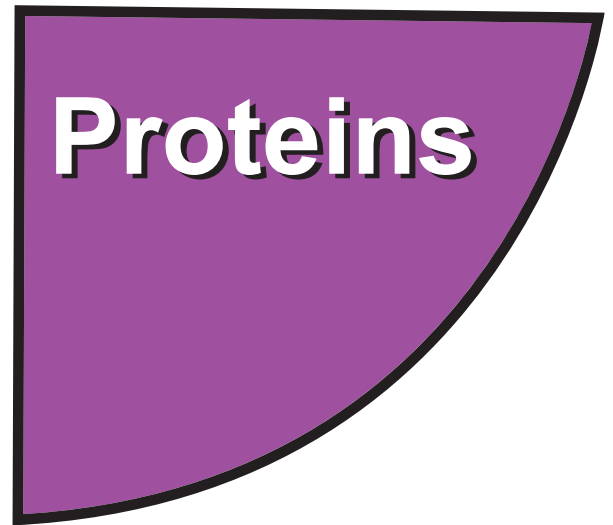
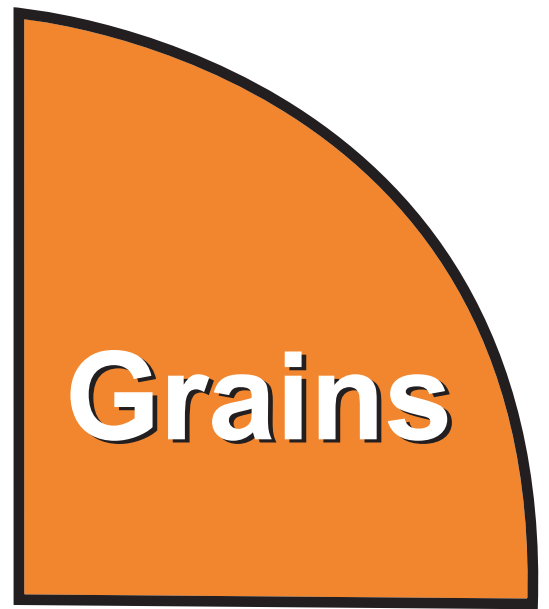
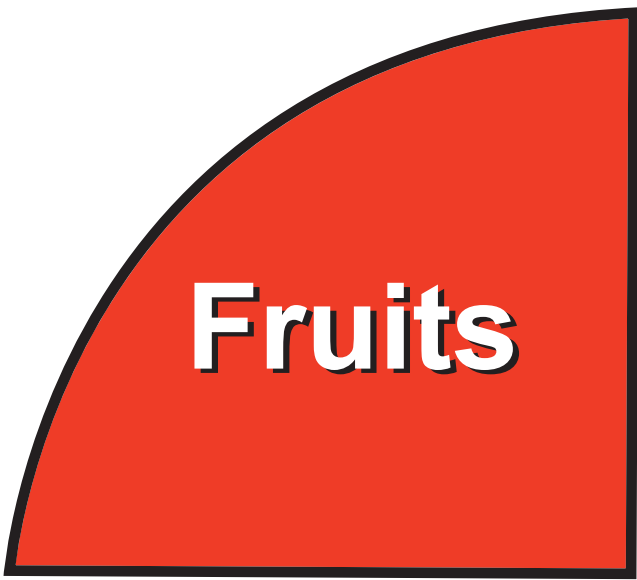
"Go Lean with Protein"

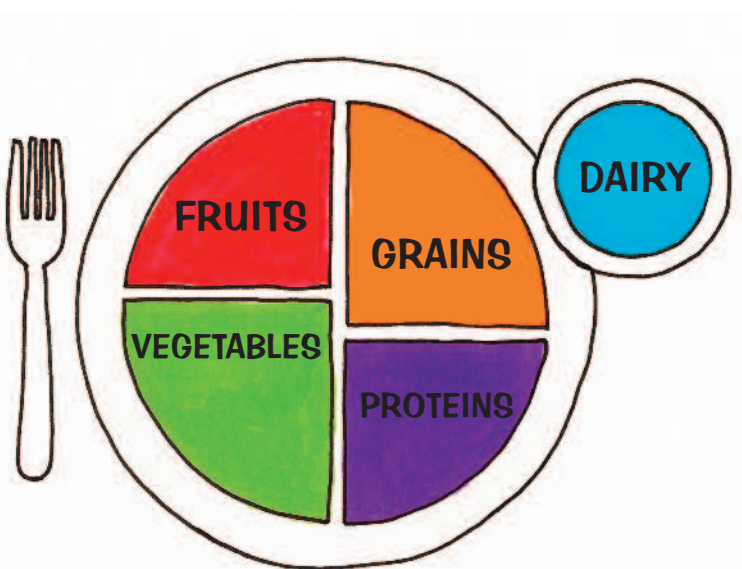
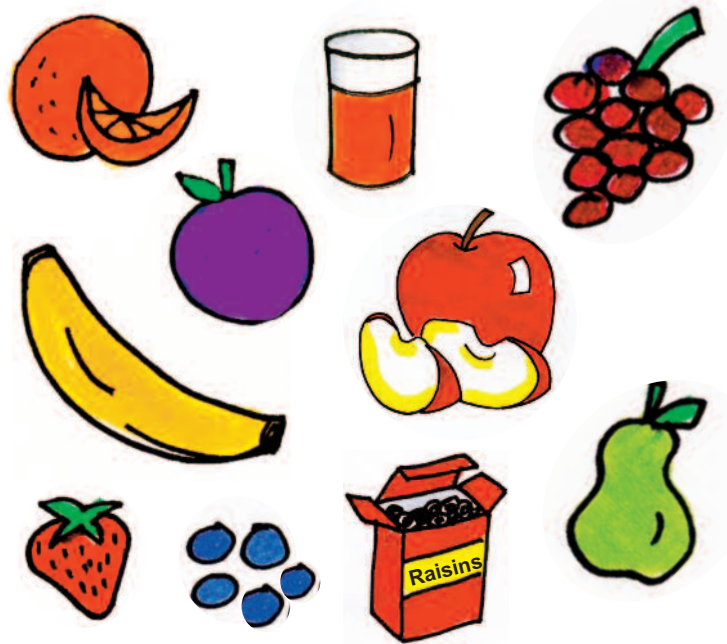
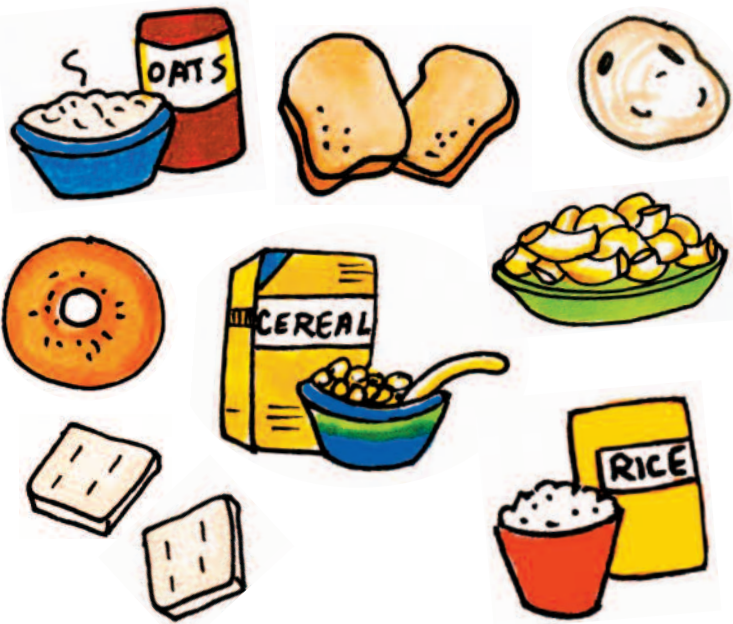
Healthy Choice Food Group Cards



1. Cut out each Healthy Choice Food Group Card
2. Write your name or initials on each card
3. Use them for the "MyPlate" Land and "Know Your Food Group" games







Chef Can-Do's Know Your Food Group Game

Leader's Guide

The 5 Food Groups for a Nutritious Diet

Fruits

Grains

Vegetables

Proteins


Dairy

For each of the pictured foods, hold up the correct

Healthy Choice Food Card.


Then, write the "MyPlate" Food Group name for each nutritious food.

1




Fruits

2




Proteins

3




Grains

4




Dairy

5




Vegetables

6




Proteins

7




Grains

8




Proteins

9




Fruits

10




Vegetables

11



Dairy

12



Vegetables

Chef Can-Do's Know Your Food Group Game

The 5 Food Groups for a Nutritious Diet

Fruits

Grains

Vegetables

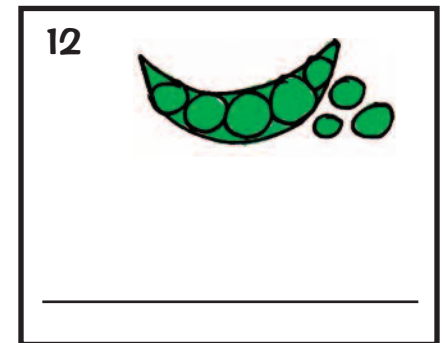
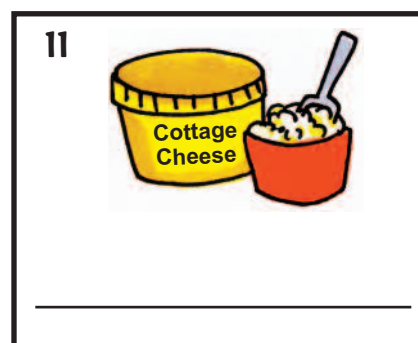
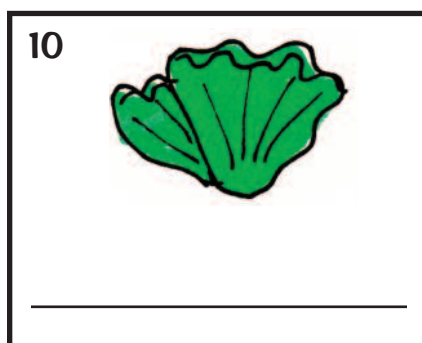
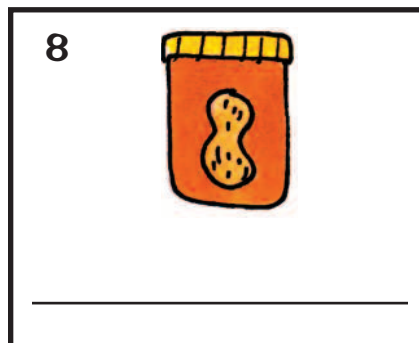
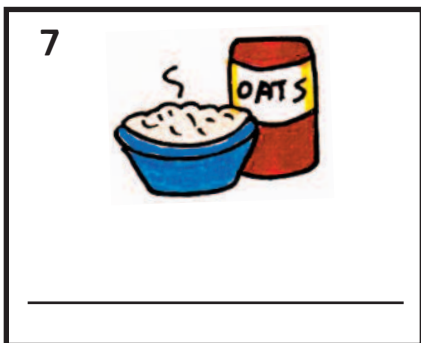
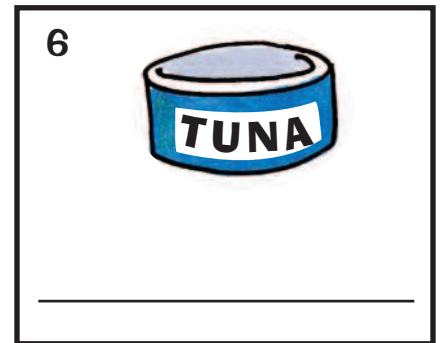
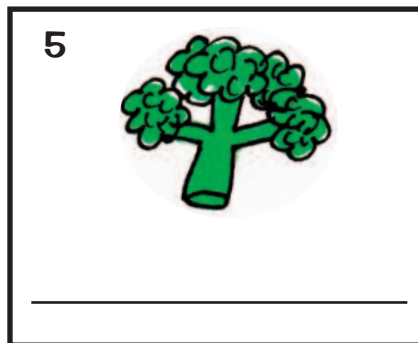
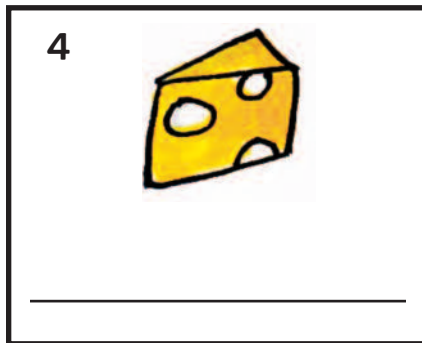
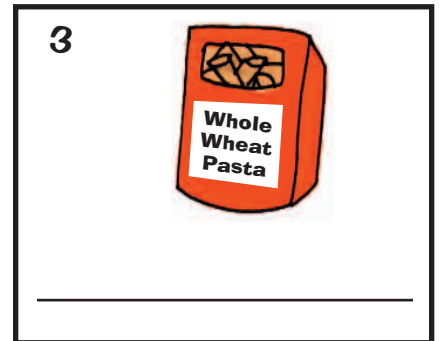
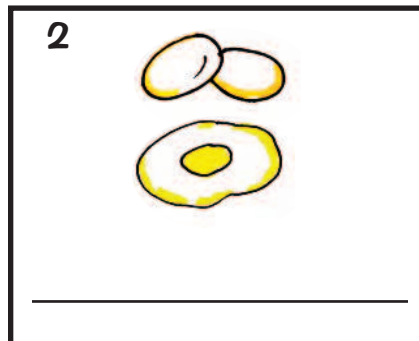
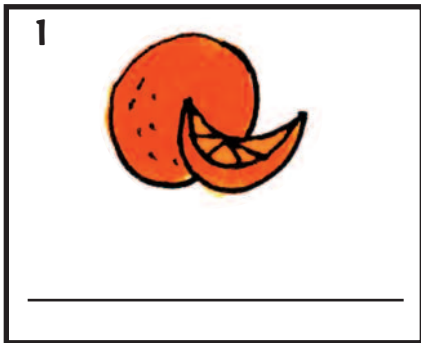
Proteins

Dairy

For each of the pictured foods, hold up the correct

Healthy Choice Food Card.

Then, write the "MyPlate" Food Group name for each nutritious food.



"MyPlate" Land Game

Healthy Trail to Nutritious Eating and Building a Strong Body!

Leader's Guide

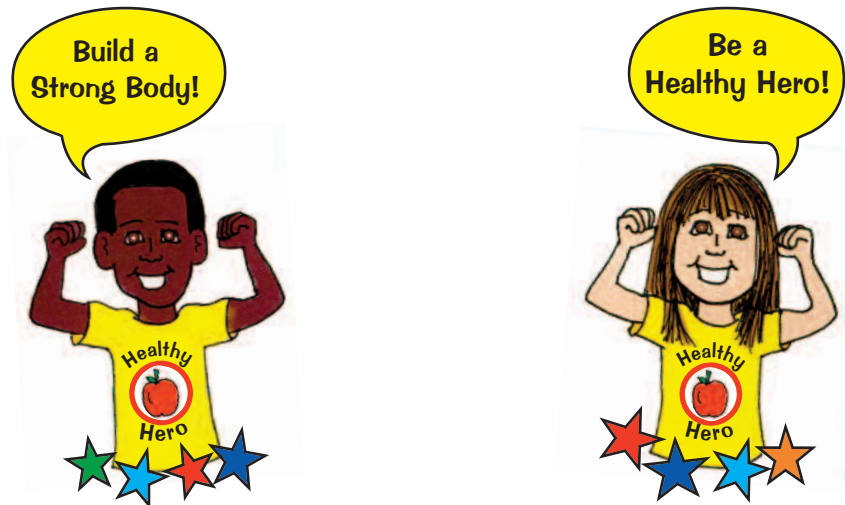
"MyPlate" Land is an active and fun board game engaging students to learn about nutrition and mindful eating through the Five Food Groups of "MyPlate"* and how they are important to build a strong healthy body.

Moving through the Five Food Group Lands of Fruit Frontier, Veggie Villa, Grain Town, Protein Palace and Dairy Depot, students answer True or False questions.

At the end of the game, when the students cross the finish line, they become **Healthy Heroes!**

*"MyPlate" is the USDA Center for Nutrition Policy and Promotion current nutrition guide.

Before starting the game, please display the "MyPlate" Land game page (on the next page) and distribute tokens; they can be anything you want (e.g., paper clips, coins, erasers); something for the students to move around the "MyPlate" Land game board. We suggest using nickels as it reinforces the theme of "Give-Me-Five Fridays".



Read aloud to students:

Let's **Follow the Healthy Trail to Nutritious Eating to Build a Strong Body!**

Place your token on **START**, which is in **Fruit Frontier**.

The object of the **"MyPlate" Land Game** is to answer the True or False questions correctly and move along the Game Board through the 5 Food Lands.

When we cross the Finish Line, we will **Be a Healthy Hero!**

Here's our first True or False Question:

Let's play "MyPlate" Land

Build a Strong Body!



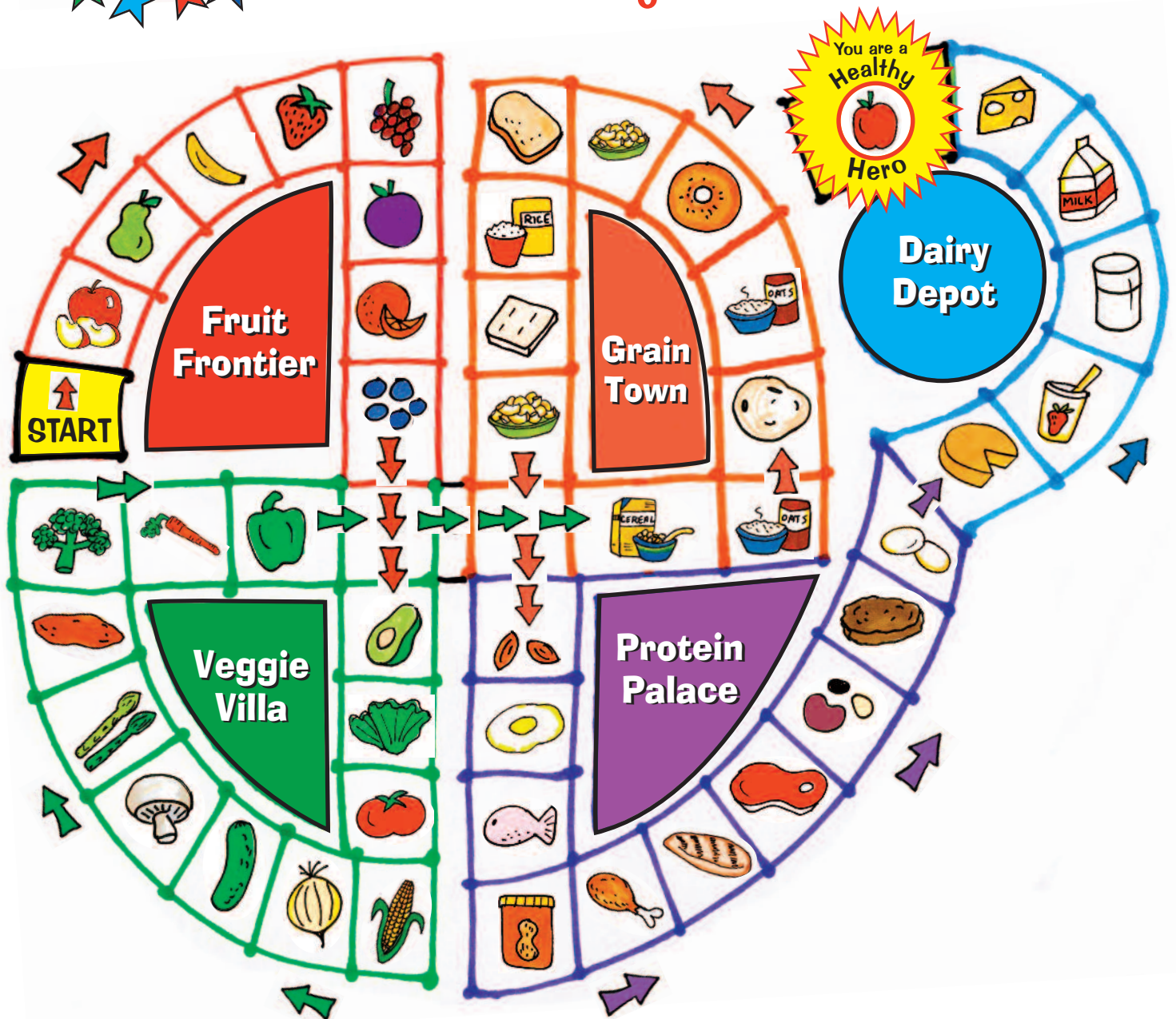
Be a Healthy Hero!



Follow the **Healthy Trail** to Nutritious Eating to **Build a Strong Body!**

The object of the "MyPlate" Land Game is to answer the True or False questions correctly and move along the Game Board through the 5 Food Lands.

When we cross the Finish Line, we will **Be a Healthy Hero!**



“MyPlate” Land Game Leader's Guide pg. 2

1. True or False: Fruits are high in vitamins and nutrients.
Touch your Elbow if you think that is True.
The answer is True. Move ahead 3 spaces. (Banana)
 2. Fruits are naturally low in fat and calories.
Touch your chin if you think that is True.
The answer is True. Move ahead 2 spaces. (Grapes)
 3. It is better to drink 100% fruit juice instead of fruit flavored juice.
Touch your shoulder if you think that is True.
The answer is True. Move ahead 2 spaces. (Orange)
- Bonus Question:** Name all of the Fruits in Fruit Frontier.
Move ahead 2 spaces. (red arrows)

Now we are heading into **Veggie Villa**

4. Vegetables, just like fruits, are high in vitamins and nutrients.
Touch your knee if you think that is True.
The answer is True. Move ahead 4 spaces. (Corn)
5. Vegetables help keep our skin and eyes healthy.
Touch your ear if you think that is True.
The answer is True. Move ahead 2 spaces. (Cucumber)
6. French fries are a healthy vegetable.
Touch your elbow if you think that is True.
The answer is False. French fries are NOT a healthy choice.
Move BACK 1 space. (Onion)
7. Sweet potatoes are a better choice than French fries.
Touch your nose if you think that is True.
The answer is True. Move ahead 3 spaces. (Asparagus)

BONUS POINT

We should make half of our plate fruits and vegetables.
Stand up if you think that is True.
The answer is True. Move ahead 4 spaces. (Green Pepper)

Now we are going into **Grain Town**

“MyPlate” Land Game Leader's Guide pg. 3

8. Whole grains contain the entire grain kernel.
Touch your chin if you think that is True.
The answer is True. Move ahead 4 spaces. (Oatmeal)
9. The entire grain kernel has lots of B vitamins, fiber and iron.
If you think that is True, touch your shoulder.
The answer is True. Move ahead 5 spaces. (Whole Grain Bread)
10. White bread and white rice are whole grains.
If you think that is true, raise your hand.
The answer is False. Move BACK 1 space. (Whole Grain Pasta)
11. Sugary cereals are good for you.
If you think that is True, touch your head.
The answer is False. Move BACK 1 space. (Whole Wheat Bagel)

BONUS POINT

Whole Grain bread, brown rice and oatmeal are healthy choices.
If you think that is True, stand up.
The answer is True. Move ahead 6 spaces. (Orange and Green Arrows)

Now we are heading into Protein Palace

12. Proteins help build strong bones and muscles.
If you think that is True, touch your head.
The answer is True. Move ahead 3 spaces. (Fish)
13. Lean, which means low-fat, proteins are low in saturated fat and cholesterol.
If you think that is True, clap your hands.
The answer is True. Move ahead 4 spaces. (Steak)
14. A double cheeseburger and french fries are a healthy choice.
If you think that is True, touch your ear.
The answer is False. Move BACK 5 spaces. (Eggs)
15. Eating a grilled chicken sandwich and apple slices are nutritious choices.
If you think that is True, touch your knee.
The answer is True. Move ahead 4 spaces. (Chicken Breast)
16. Good protein sources are eggs, beans and nuts.
If you think that is True, hop on one foot.
The answer is True. Move ahead 4 spaces. (Eggs)

“MyPlate” Land Game Leader's Guide pg. 4

Our Healthy Trail continues into its last land: **Dairy Depot**

17. Dairy is high in Calcium and Vitamin D.
If you think that is True, touch your elbow.
The answer is True. Move ahead 2 spaces. (Yogurt)
18. Calcium builds strong teeth and bones.
If you think that is True, touch your ear.
The answer is True. Move ahead 3 spaces. (Cheese)
19. Cream and Cream Cheese have lots of Calcium.
If you think this is True, wiggle your hips.
The answer is False. Move BACK 1 space. (Milk)
20. Drinking low-fat or fat-free milk is a healthy choice.
If you think that is True, jump up and down.
The answer is True. Move ahead 2 spaces. (Healthy Hero)

**Yay!! We have completed the Healthy Trail to Nutritious Eating
and we are all **Healthy Heroes!**
Give each other a High Five!**



Chef Can-Do's Can-Do Crew Food Pantry

Leader Guide

What **Healthy Hero** foods should we put on the shelves?




















Let's use our **Healthy Choice Food Cards**

to help us select the healthiest foods.

1. Circle each **Healthy Hero** food and draw a line to the correct food shelf.
2. Write the name of the food on the shelf.
3. Cross out the unhealthy food choices - We do not put them on our Food Pantry shelves.



Let's help fill the shelves with **Nutritious Choices!**

 French Fries	 Mushroom	FRUITS Pear Banana Raisins	FRUITS  Steak	 Apple Pie
 Pear	 Cheese	GRAINS Whole Wheat Pasta Rice Oatmeal	GRAINS  Green Pepper	 Raisins
 Whole Wheat Pasta	 Fish	VEGETABLES Mushroom Green Pepper Tomato	VEGETABLES  Banana	 Cottage Cheese
 Soda	 Peanut Butter	PROTEINS Steak Peanut Butter Fish	PROTEINS  Rice	 Doughnut
 Tomato		DAIRY Cheese Cottage Cheese Yogurt	DAIRY  Oatmeal	 Yogurt




















Chef Can-Do's Can-Do Crew Food Pantry

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Let's help fill the shelves with **Nutritious Choices!**

 French Fries	 Mushroom	FRUITS	_____	FRUITS	 Steak	 Apple Pie
 Pear	 Cheese		GRAINS		_____	GRAINS
 Fish	 Whole Wheat Pasta	VEGETABLES	_____	VEGETABLES	 Banana	 Cottage Cheese
 Peanut Butter	 Soda	PROTEINS	_____	PROTEINS	 Rice	 Doughnut
 Tomato		DAIRY	_____	DAIRY	 Oatmeal	 Yogurt

Healthy Eating is not a Joke!

It is important to make **NUTRITIOUS** choices everyday to grow strong.

It also is good for your body to **LAUGH!**

Here is some Healthy Fun!



What does a mixed up hen lay?

A: Scrambled Eggs



What is orange and sounds like a parrot?

A: A Carrot



What do you call 150 strawberries bunched together?

A: Strawberry Jam

Why do fish avoid the computer?

A: So they don't get caught in the Internet

What do you give to a sick lemon?

A: Lemonade

Why did the student eat his homework?

A: The teacher told him it was a piece of cake

Why are bananas never lonely?

A: They hang out in bunches

How do you make an apple turnover?

A: Roll it down a hill



Why did the pickle stay in bed?

A: He felt dill

What is an Elephant's favorite vegetable?

A: Squash

What are Twin's favorite fruit?

A: Pears



Chef Can-Do's Healthy Hero Checklist

Check off as many as you can in one week!
It is even better to check them off more than one time!

Eat Dark Green Vegetables

Drink Water instead of sugary drinks

Eat a Lean Protein with Dinner

Eat an Apple

Eat Fruit for dessert

Make 1/2 my plate Fruit and Veggies

Eat a Fruit with Breakfast



Drink Low-Fat or Skim Milk

Drink 100% Fruit Juice

Eat colorful Vegetables

Eat Whole Grain bread

Eat a "MyPlate" Healthy Snack

Eat a Fruit or Vegetable instead of chips

Eat Carrots

Eat Lean (Low-Fat) Protein

Eat a Vegetable with Lunch

Choose Whole Grain Cereal

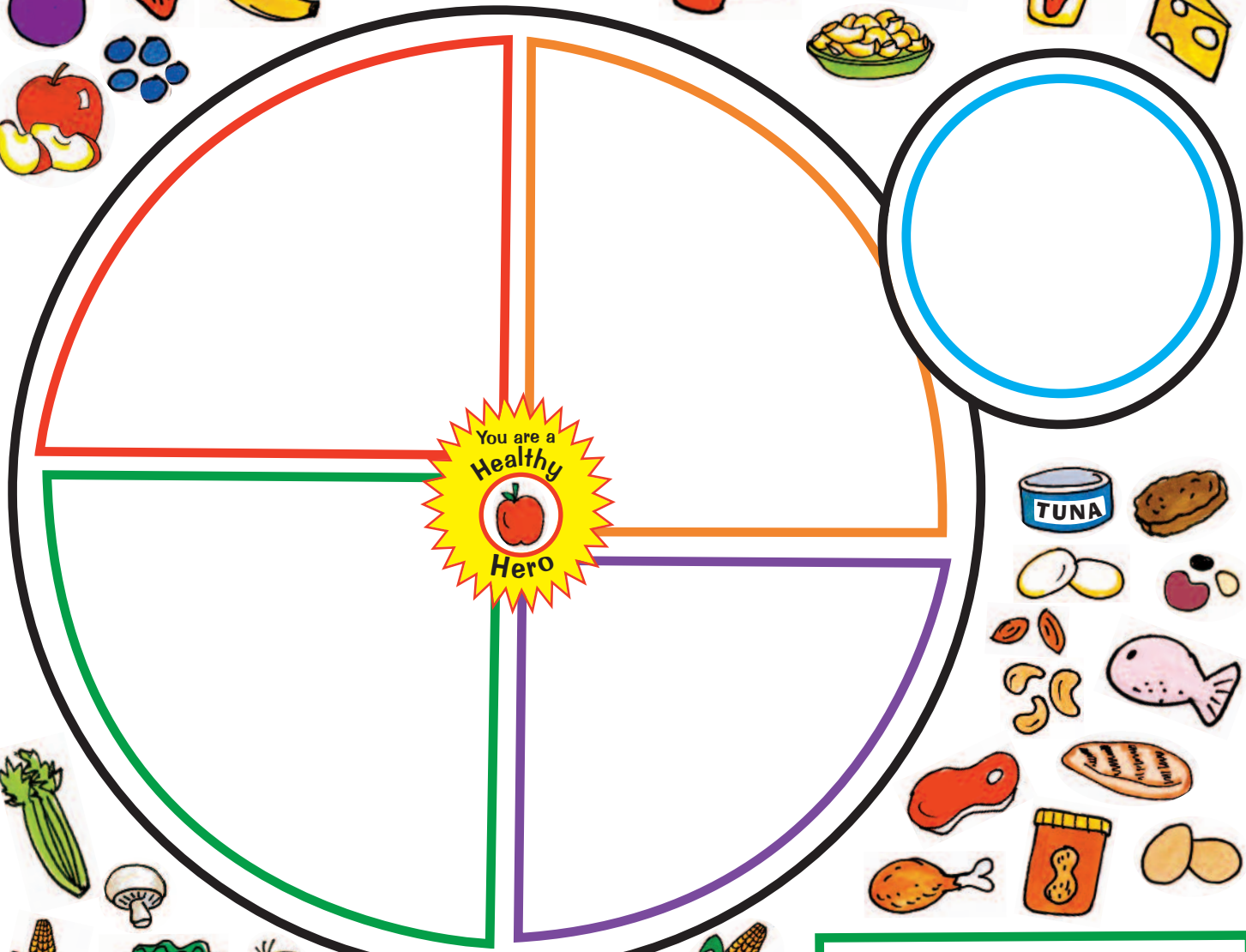
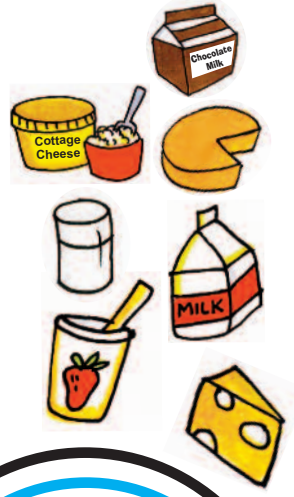
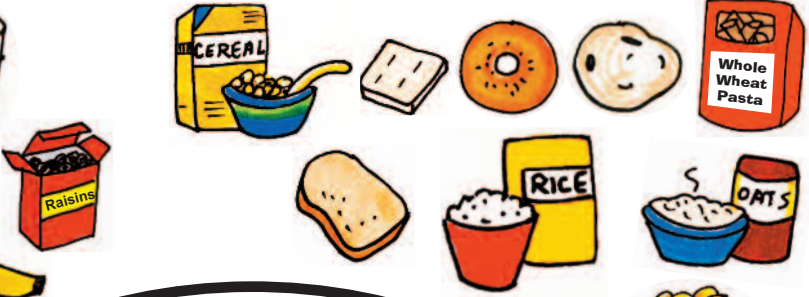
Eat Low-Fat Yogurt

I'm a Healthy Hero! _____

Chef Can-Do's "MyPlate" Healthy Hero Meal



Help **Chef Can-Do** plan a **Nutritious** meal!
 Choose one item from each Food Group
 and draw your **Healthy Hero** plate.



"MyPlate" Healthy Hero Meal
 created by: _____

The Can-Do Crew



THE ROAD OF RESPECT
Respect



ALTRUISTIC ALL-STARS
Altruism



HANDFUL OF COMPASSION
Compassion



BE A PHILANTHROPIST
Philanthropy
Fundraising
Caring & Commitment



COOPERATION CREW
Cooperation



HEALTHY HERO
Nutrition



BE A LEADER!
Empathy
Empowerment
Inclusion



SPOTLIGHT ON INTEGRITY
Integrity



KINDNESS KID
Consideration
Kindness
Multigenerational
Relationships
Community



GENEROUS GARDNER
Generosity



A TRUE FRIEND
Friendship