

Enjoying Food: Make a Poster



Eating
too much food
can make you
gain weight.

Coach Note: Read this page to yourself, to get ready for the activity.

Purpose of Activity

To learn that we can eat any food if we eat the right amount

Teaching Points

1. We enjoy eating our favorite foods for many reasons.
2. You can eat any food you like, if you eat the right amount.
3. Favorite foods can be part of a healthy diet.



What You Need

Have these things nearby:

- Magazines with pictures of food to cut out for a poster.
- Poster board
- Scissors and glue stick

Are You Ready to Talk About Your Favorite Foods?

It's easy to eat too much of our favorite foods.

- What are some of your favorite foods?
- We like some foods because they taste good.
- We like other foods because they remind us of special people, holidays or birthdays.
- Sometimes when we are sad or mad, we eat a favorite food to make ourselves feel better.
- Lots of people choose ice cream, chips or spaghetti to cheer themselves up.
- Sometimes, when we are proud of ourselves, we eat a favorite food to celebrate.
- Lots of people choose cookies or cake to celebrate.



It's easy to eat too much of a favorite food when we are cheering ourselves up or celebrating.

Let's Practice: Find pictures of your favorite foods.

Let's make a poster!

- Get the poster board, scissors and glue stick ready.
- Look through a magazine to find a picture of a food you like.
- Cut out the picture and glue it to the poster.
- Continue cutting out food pictures, gluing each to the poster.
- Have fun! Make your own design.



- You have put some of your favorite foods on the poster.
- Tell me about the food pictures you used.
- Choose just the right amount of your favorite food to enjoy when you are celebrating.
- Take a walk or talk to a friend instead when you feel mad or sad.
- You can eat any food you like, if you eat the right amount!

Turn the
page to find
some helpful
hints!

Let's Review: You've Learned About Favorite Foods!

You Can Eat Any Food You Like, If You Eat the Right Amount.

Here's how:



Spaghetti



Crackers



Sweets



Light Ice Cream



Chips



Burger

Eat slowly to really taste the flavor of your favorite foods.