## **Enjoying Food: Make a Poster**

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

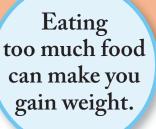
#### **Teaching Points**

- 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 Sweets Crackers Light Ice Cream Chips Burger

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