

Leader's Guide

Why Should I Eat Well?

Written by Claire Llewellyn and Illustrated by Mike Gordon

Objectives: In addition to the overall objectives for Book in a Bag:

- Children will learn the importance of a healthy diet.
- Children will learn how to make simple food choices.
- Children will learn to celebrate food.

Lesson Outline:

1. Read the Facts Page and the book *Why Should I Eat Well?* prior to the lesson.
2. Develop lesson plan for day's activity.
3. Review supplies and equipment needed for activity. Make copies of recipes and "A Look at Our Book: Parent's Page" as needed. If desired, attach a recipe "card" to each Parent's Page.
4. Prepare evaluation tool you will use with children.
5. Arrive early – be sure to encourage handwashing before activity.
6. Read book with children. Ask questions to facilitate discussion.
7. Lead activity. Encourage all children to participate.
8. Incorporate physical activity into lesson.
9. Assist children in completing evaluation tool.
10. Distribute pages for take-home, as appropriate.
11. Clean up.

Questions to Facilitate Discussion:

- What kind of foods did Monica like before she met Rachel?
- Why did that change?
- Ask the children to name their favorite food – any similarities to the story?
- Why is it important to eat a healthy diet?

Other related children's books:

Feast for 10 by Cathryn Falwell
Eating Well by Lisa Trumbauer
Good Food by DeMar Reggier
I Will Never Not Ever Eat a Tomato by Lauren Child
Good Enough to Eat by Lizzy Rockwell

KANSAS ACADEMIC STANDARDS	
Health Promotion and Disease Prevention 1.1	
Kindergarten Reading:	1. 2. 1, 2, 3
	1. 3. 2
	1. 4. 1, 2, 3, 4, 5, 6, 8, 10
Literature:	2. 1. 1
1st Grade Reading:	1.4.1 and 1.4.3
2nd Grade Reading:	1. 2.▲ 1, 2, 3
Literature:	2.1. ▲1, ▲2



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