

KID NATION

LESSONS



Objective

DEVELOPING
HEALTHY
EATING AND
DRINKING
HABITS

Intro

Why is water
so important
to drink?

Video

H2O

Activity

Students
fill out
attached
worksheet
individually

Discussion

Regroup and
discuss the first
four questions
together. Then
have students
explore the final
question in pairs.

Takeaway

MAKE SURE THAT
YOU'RE MAKING
HEALTHY CHOICES
WHEN PICKING
FOODS AND
DRINKS



H2O

What's your favorite healthy food? Can you share three facts about it?

Use linking words, such as **also**, **another**, and, **more**, or **but** to connect information with one another.



INTRODUCTION

FACT 1

FACT 2

FACT 3

CONCLUSION

My name

My teacher

My grade and section

Date

DISCUSSION QUESTIONS

QUESTION 1

What types of foods should you eat with breakfast?
Why is it important to eat these?

QUESTION 2

Why is it not a good idea to always eat junk food?

QUESTION 3

What are some healthy snacks you can eat every day?

QUESTION 4

What's your favorite healthy snack?

LET'S DISCUSS!

Turn to a classmate or ask a friend. What are some ways we can make healthy snacks more exciting or make water more exciting to drink?