

Understanding a Balanced Diet Activity

1. Ask your students to stand up at their desks. Ask them to stand with their legs shoulder width apart with their feet firmly planted on the ground. Ask students how they feel. (*If needed direct the conversation so they discuss balance*).
2. Compare their feelings and thoughts about being balanced to the importance of having a balanced diet.

Read: *Having a balanced diet is like when you're standing on two feet. Everything is balanced and steady, you aren't going to wobble and fall over and hurt yourself. Your body is happy and healthy and doesn't need anything else to stay this way.*

3. Ask your students to stand on one foot and put the other foot up against their calf or ankle like the picture below. You can perform the pose for your students to help with the visual learners in the class. Encourage the students to stay in the position for a short period of time (30 secs - 1:00). You can also have a friendly contest to see how long the students can hold the pose without dropping their foot to the ground.



(Microsoft stock image)

4. Ask your students how they felt during the pose. Did they feel different from having both feet shoulder width apart on the ground.
5. Compare their current feeling of being off balance to having an unbalanced diet.

Read: *Having an unbalanced diet is like feeling off balance when you're standing. You are wobbly, may fall over and could hurt yourself. When you are off balance, your body is trying to be steady, but it doesn't have what it needs, so it can't be strong and healthy.*

When you have a balanced diet you get all of the nutrients you need for your body to work and function correctly. Food is made up of little building blocks called nutrients. These nutrients are the pieces your body needs to work well. By eating a balanced diet, we supply our bodies with all the nutrients we need for a happy and healthy life.