

## **Supplemental Activity: Need or Want?**

### **Supplies Needed:**

- 1.6\_SW\_Need-or-Want-Worksheet
- Writing utensils (pencils, crayons)

### **Length of Time to Complete:**

- 5 minutes to introduce activity
- 15 to 20 minutes to draw picture and write narrative

### **Audience (grades): 1st**

### **Common Core Standards Taught:**

- English Language Arts: Speaking and Listening: 1.3
  - Ask and answer questions about what a speaker says in order to gather additional information or clarify something that is not understood.
- English Language Arts: Speaking and Listening: 1.4
  - Describe people, places, things, and events with relevant details, expressing ideas and feelings clearly.

### **Lesson:**

Raise your hand and tell me what things we can do to grow a strong body?  
(Eat Go Foods, drink water, rest, and exercise).

What would happen if we ate too many Slow Foods?  
(We might feel tired or get an upset stomach.)

What would happen if we didn't drink enough water?  
(We might get a headache, get a stomach ache or feel dizzy.)

What would happen if we didn't get enough rest?  
(We would be more likely to get sick, we would have a hard time paying attention, and we would not have a lot of energy.)

In addition to eating mostly Go Foods, drinking water, and getting enough sleep, our bodies also need to exercise. Exercise helps build strong muscles and bones. Can you think of fun ways to exercise?

*(Play soccer, ride your bike, go sledding, even something as simple as playing tag, etc.)*

**(Distribute handout.)** This handout has pictures of things your body needs, and things your body does not need (although you may want them). For example, does your body **NEED** cookies? No, your body may **want** cookies, but it doesn't **need** them.

If the picture is of something your body needs, put a check next to need. If the picture is of something your body wants, put a check next to want.

**(Allow 5 minutes for students to complete the worksheet.)**

**Review the worksheet as a class.**

- **Soda is a want. Can you think of a better beverage choice?**
- **Water is a need.**
- **Chocolate is a want. Can you think of a better choice?**
- **Video games are a want. Can you think of a better choice?**
- **Salad is a need. Veggies are 'go' foods that give your body energy**
- **Banana is a need. Fruit is a 'go' food that nourishes your body with vitamins and minerals.**
- **Biking is a need. Biking is a great way to exercise.**
- **Ice cream is a want. Can you think of a better choice?**
- **Sleep is a need.**