

## **1** *May Supplemental Activity: All About Me*

### **Nutrition Lesson(s) Supported:**

- From Slow to Go

### **Supplies Needed:**

- All About Me Worksheet
- Writing utensils (pencils, crayons)

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

- 5 minutes to introduce activity
- 10 minutes to draw cartoon
- 15-30 minutes to share with class

### **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.
- English Language Arts: Speaking and Listening: 1.5
  - Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.

### **Lesson:**

This year we have learned about different things we can do to build a healthy body.

Raise your hand if you can think of one thing you can do to be healthy.

(Eat 'go' foods, eat more fruits and veggies, exercise, wash your hands, get enough sleep etc.).

Today, we are going to assemble a short book that describes some of things we do to be healthy (pass out All About Me Worksheet).

Review the questions with the class. Have students draw pictures in each of the boxes. For the final question, encourage students to write 2-3 sentences that describe what they do to be healthy.

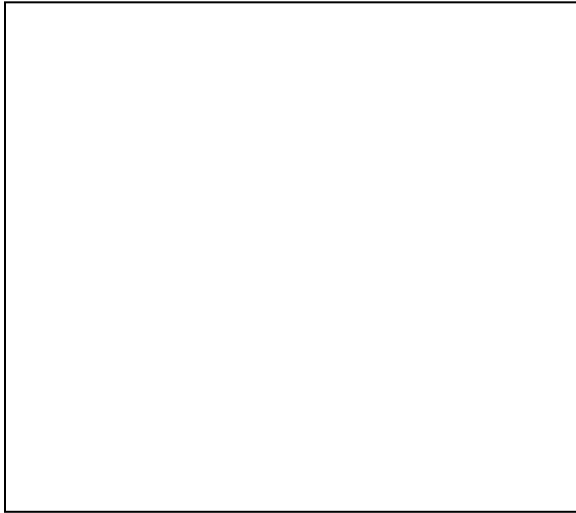
After each student completes the handout, allow students to share with the rest of the class.

Encourage students to share with their parents.

## All About Me

My name is \_\_\_\_\_.

### This is what I look like:



I have \_\_\_\_\_ hair.

My eyes are \_\_\_\_\_.

I am \_\_\_\_\_ years old.

### These are my favorite foods:

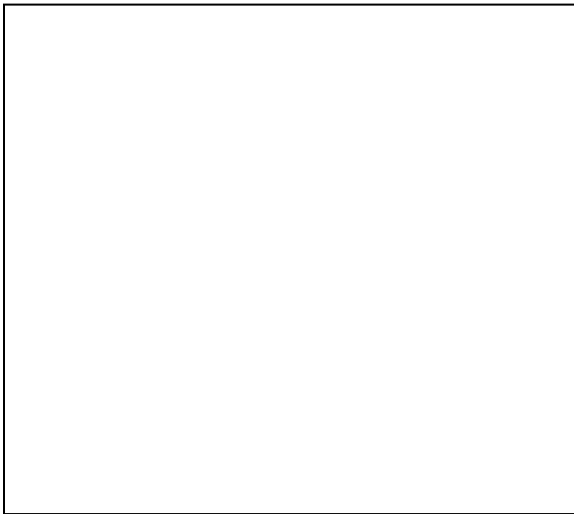


My favorite 'go' food is \_\_\_\_\_.

My favorite vegetable is \_\_\_\_\_.

My favorite fruit is \_\_\_\_\_.

**These are my favorite activities:**

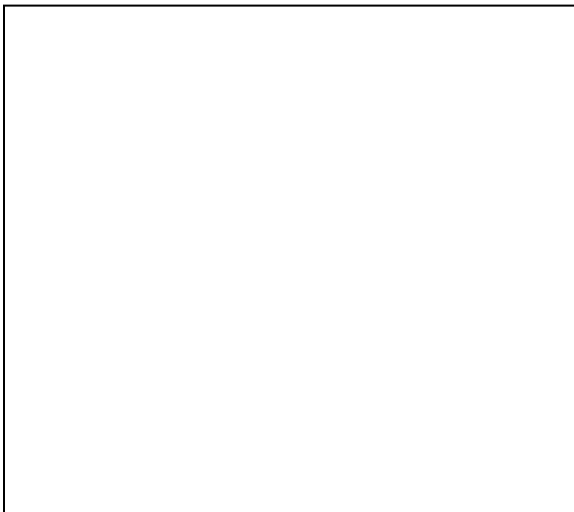


My favorite sport is \_\_\_\_\_.

At recess, I like to \_\_\_\_\_.

On a rainy day, I like to \_\_\_\_\_.

**These are the things that I do to stay healthy:**



To stay healthy, I \_\_\_\_\_

\_\_\_\_\_

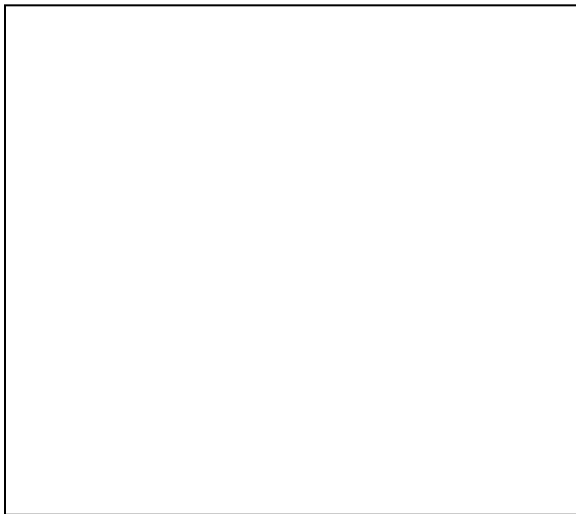
\_\_\_\_\_

\_\_\_\_\_.

## ¡Todo acerca de mí!

Me llamo: \_\_\_\_\_

### Así es mi apariencia:

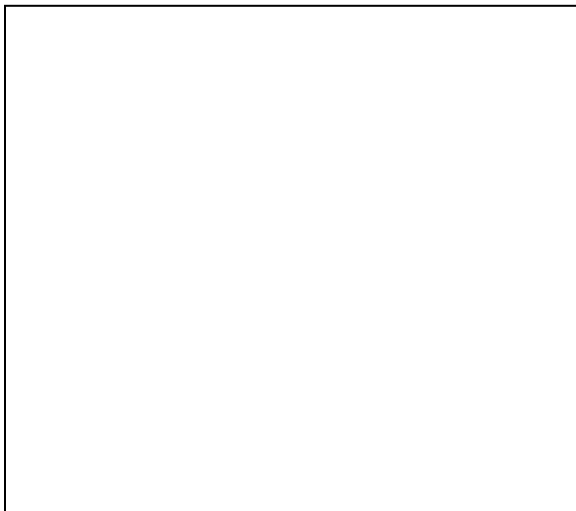


Mi pelo es \_\_\_\_\_.

Mis ojos son \_\_\_\_\_.

Tengo \_\_\_\_\_ años.

### Estas son mis comidas favoritas:

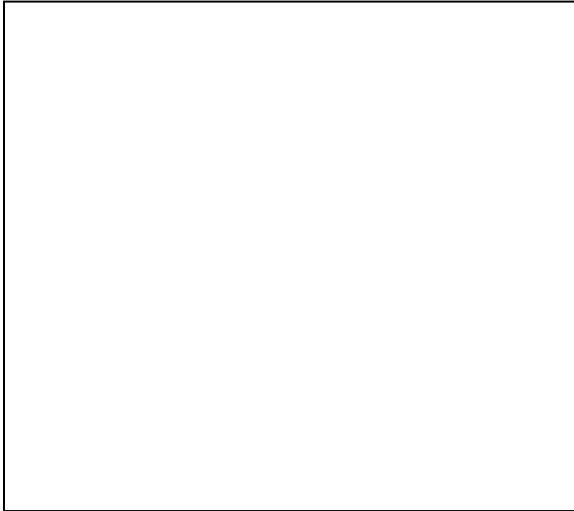


Mi comida favorita para llevar: \_\_\_\_\_

Mi verdura favorita es: \_\_\_\_\_

Mi fruta favorita es: \_\_\_\_\_

**Estos son mis actividades favoritas:**

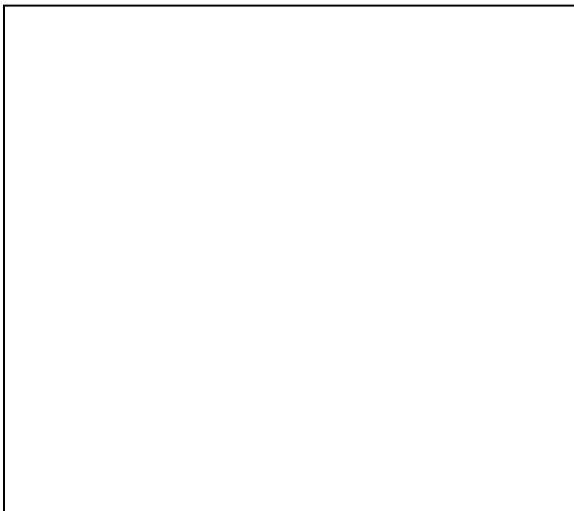


Mi deporte favorito es: \_\_\_\_\_

En recreo, me gusta: \_\_\_\_\_

Cuando está lloviendo me gusta: \_\_\_\_\_

**Esto es lo que hago para mantener mi salud:**



Para mantenerme saludable, yo \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_