

1***November Supplemental Activity: Hungry or Full?*****Nutrition Lesson(s) Supported:**

- Food for Fuel: Go or Slow?
- Energy Balance

Supplies Needed:

- Hungry or Full worksheet
- Writing utensils (pencils, crayons).

Length of Time to Complete:

- 5 minutes to introduce activity
- 15 minutes to complete Hungry or Full worksheet

Audience (grades): 1st**Common Core Standards Taught:**

- English Language Arts: Writing Standards: 1.3
 - Write narratives in which they recount two or more appropriately sequenced events, include some details regarding what happened, use temporal words to signal event order, and provide some sense of closure.
- English Language Arts: Writing: 1.8
 - With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

Lesson:

This month we have been learning about food and how it fuels our bodies. When we don't eat enough food, we don't give our bodies the energy we need to perform at our best. Our bodies let us know when we are hungry by giving us signals. For example, our stomachs may grumble, or we might feel low on energy. This lets us know that it is time to refuel with 'go' foods.

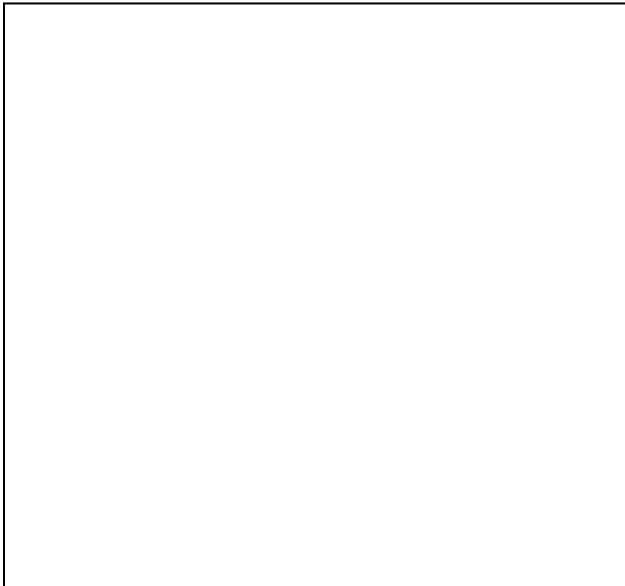
If we eat too much food (especially 'slow' foods), our bodies may give us a different signal to let us know that we over did it. For example, we may get an uncomfortable stomach, feel like throwing up, or we might feel very sleepy.

When we eat food, we want to eat enough to give us energy, but not too much or we might feel sick. It is important to eat your food slowly. This gives your body time to let your brain know it has had plenty of food. Today we are going to write about how our bodies feel when we are hungry, and how our bodies feel when we are full (pass out worksheet). Encourage students to write 2-3 sentences for each question.

You may want to write prompts on the board to assist students: I felt hungry _____. I knew I was hungry because _____. I ate _____. Have reflection/discussion time to address what they can do differently to avoid overeating, feeling really hungry, etc.

Hungry or Full?

Draw a picture of how you feel when you are hungry:



Describe a time when you felt hungry.

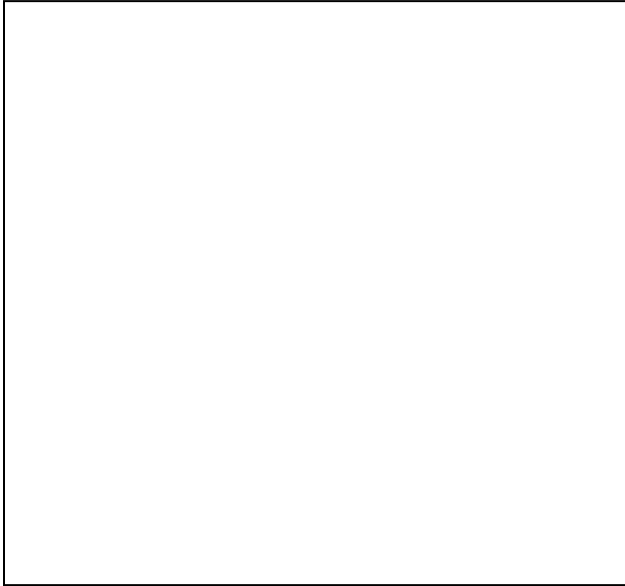
Draw a picture of how you feel when you eat too much:



Describe a time when you ate too much.

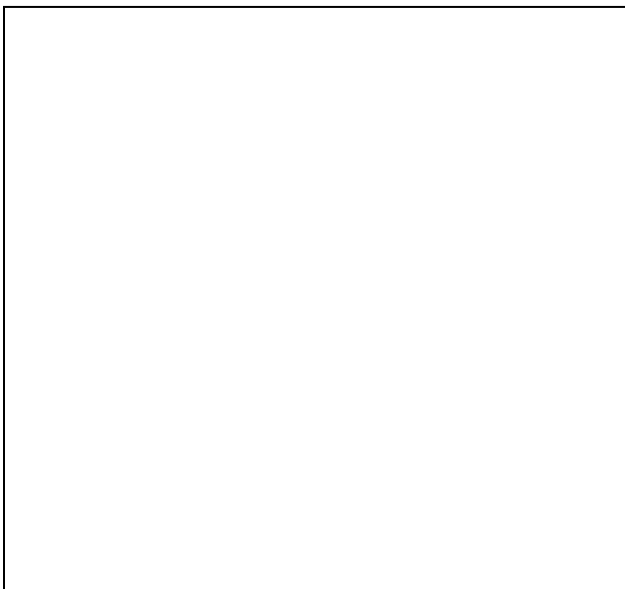
¿Tienes hambre o estás lleno?

Dibuja una imagen de cómo te sientes cuando tienes hambre:



Describe un momento en el que
hayas sentido hambre.

Dibuja una imagen de cómo te sientes cuando comes demasiado:



Describe un momento en el que
hayas comido demasiado.
