

Lesson: Celebrations and Appetite

Supplies Needed:

- Blank Paper Plates
- Writing Utensils

Goals:

- Students will learn that food is used to celebrate holidays, culture, and traditions.
- Students will understand the difference between hunger and appetite.
- Students will be more aware of the food they are eating at celebrations.

Background:

Go Foods provide long-lasting energy, tend to be minimally processed, and include things like whole grains, lean proteins, fruits and vegetables, and lean dairy.

Slow Foods may provide a quick burst of energy, but then slow you down. They are usually high in unhealthy fats, salt, or sugar and tend to be heavily processed such as chips, fried chicken, ice cream, cookies and soda.

When the kids bring up Slow Foods, it's okay. They are part of the celebration. Suggest they choose one or two of their favorites and enjoy those.

Lesson:

Okay, let's start with warming up our bodies. Who would like to suggest a cardiovascular exercise to get our hearts pumping? **(Do about two or three minutes of warm-ups.)**

Raise your hand if you can tell me why we need food.

(We need food for energy, to think clearly, to play, and to grow strong.)

However, food has another role in our lives. Don't we use food to celebrate? For example, during holidays or special events, isn't food often a big part of the celebration?

What food is often consumed at a birthday celebration?

(Cake and ice cream.)

What about at Thanksgiving?

(Turkey, pie, potatoes, green beans, etc.)

Thanksgiving is a holiday that is celebrated in the United States. Raise your hand if you know why people celebrate Thanksgiving.

Thanksgiving is a holiday that started hundreds of years ago, in the 1600's. The pilgrims and Native Americans experienced a bountiful harvest. To celebrate their success, they sat down together and feasted for three days!

Although the primary purpose of food is to fuel our bodies with energy, food is also used to celebrate culture, honor traditions, and unite people. Thanksgiving and birthdays are great examples of this. Can you think of others?

(Religious holidays, 4th of July, anniversaries, etc.)

Not all the foods we eat at celebration times are Go Foods, but it is okay to eat them every once in awhile, especially to celebrate a special event! If we eat these foods all the time, they wouldn't be as special.

You've probably heard the words hunger and appetite. Who can tell me a definition of hunger? **(Show slide 1.)** Hunger is a physical feeling of stomach pain or gurgling sounds or feeling light headed or spacey and/or weak from lack of food.

Can anyone give me an example?

(If you skipped breakfast and didn't have a mid-morning snack, by lunchtime your stomach may hurt and you may only be able to think about what you'll eat for lunch.)

Who can tell me a definition of appetite? **(Show slide 2.)** Appetite is an emotional wanting or desire for a food or beverage with no actual physical symptoms.

Can anyone give me an example? Who can give me an example of a time you felt hungry or you had an appetite?

(If you just had a meal and you see a picture of a cake or smell cookies baking, you may desire cake or cookies even though you aren't hungry.)

This is one of the reasons it's good to store Halloween candy and other treats in a drawer or cabinet. If you don't see them, it's harder for them to spark your appetite.

During special celebrations and holidays the foods are so special and our memory of them so pleasant they often spark our appetites! It's important to pay attention to how your body feels. Enjoy conversations with your family and friends and eat slowly. When you feel satisfied, stop eating. If you keep going because of your appetite for all the special foods, you may end up too full and feel sick or too tired to play.

Celebrations are a great time to play with family and friends! What are some ways that you could be physically active during celebrations?

- *(Play a family football game outside.)*
- *(Have a scavenger hunt.)*
- *(Go for a walk in the park before dinner.)*

Be sure that you are eating enough Go Foods during your celebration so that you have energy to play with your friends and family!

(Show slide 3.) I am going to pass out a blank plate. Think about a holiday or celebration that is centered around food and write the name of the celebration on the top of your plate. What foods are a part of your celebration? Which of these were Go Foods? Which of these are your favorites?

Now, fill in your plate with the foods you really want to eat. Keep MyPlate in mind – fill half your plate with fruits and vegetables and the other half should be protein and grains. If there are a lot of foods you want to eat, take small amounts of each. Keep in mind how much you can eat without feeling too full.

(Let the students work until five minutes before the end of class.)

As you were filling in your plate, did any of you start to crave or want any of the foods you were drawing? When was the last time you ate? Did thinking about these foods spark your appetite or are you truly hungry? Were you able to draw the amount of food on your plates that would leave you feeling satisfied -- not hungry and not too full? Was it hard to choose what you really wanted to eat?

Bring home your plates and share them with your parents. Maybe you can help your parents plan what food and drinks will be served at the celebration. Maybe you could even help cook some of the food! Working together to plan a celebration makes it even more special!