Healthful Living

Ready or Not!
Understanding that food gives you energy

Give each child a large blank card. On one side of the card, have him draw a picture of himself energetic and awake. On the other side, direct him to draw himself tired and unenergetic. Read aloud one of the situations below. After reading, ask students to hold up their cards to represent how they would feel. Encourage discussion after each situation, inviting students to describe situations in which eating certain foods gives them energy or does not give them energy.

Extend the learning: Explain to students that physical activity, such as playing at recess, gym class, or on a sports team, takes even more energy. What are good things to eat before or after activities like these? Lead students to see that water, protein, and higher-carb fruits such as bananas and raisins are good choices.

> **Fun Fact:**
>
> Jacob Fussell established the first large-scale ice cream factory in the United States in 1851. The factory was in Baltimore, Maryland.

Situations
- You woke up late this morning and skipped breakfast. You are now sitting in class at school. How do you feel?
- It is about two hours after lunch. You eat an afternoon snack of a banana and a glass of milk. How do you feel?
- It is your birthday. After eating a nutritious dinner, you eat a piece of birthday cake. How do you feel?
- It is your sister's birthday. You eat two pieces of pizza plus birthday cake, ice cream, and a cookie. How do you feel?
- You're late for your soccer game. You eat an apple with peanut butter before heading out the door. How do you feel?
- Lunchtime is over! You still have your peanut butter sandwich, a small bag of carrots, and a small bag of pretzels to eat. You put everything back in your lunchbox and rush back to class. How do you feel?
- You are waiting with a parent at the car repair shop. You feel hungry and see a vending machine. You choose a granola bar and a bottle of water for a snack. How do you feel?
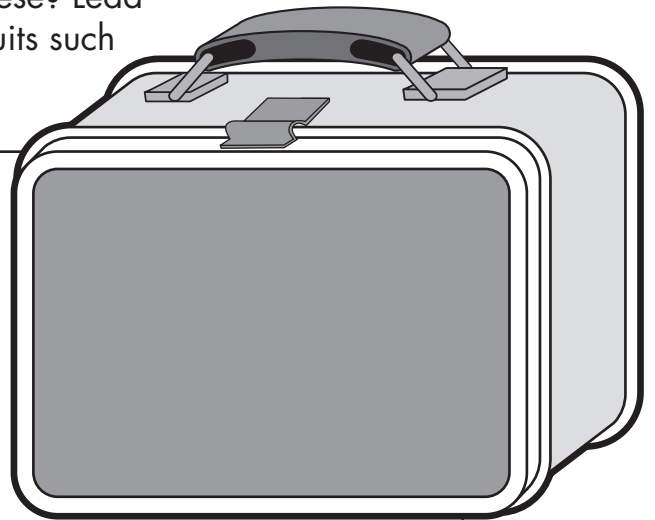
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