

Making Community Connections

Ages 11-14

Activity Card 3
75 Minutes
**Topics: Community Connections,
Food Choices, Personal Skills**



Activity Overview

Children will examine personal food preferences and explore partnerships available within their community.

Assessment

The educator will observe children's demonstrated knowledge and understanding related to healthy eating choices and making connections to the community.

Equipment

Coloured markers, Definition cards

Minds On

Working in small groups, children identify the importance of healthy eating as it connects to overall health and well-being, for example, healthy eating:

- makes you feel great
- helps maintain a balanced level of energy
- supports positive mood

The educator writes "Community" on the board.

Using two different coloured markers, children create a mind map of community resources available to support

(a) healthy eating, and

(b) emotional well-being within their school community.

Responses may include:

For (a)

- Dietician
- Farmer's Market
- Health Food Store
- Grocery Store
- Farmer

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- Parents

For (b)

- Public Health
- Social Worker
- Doctor
- Guidance Councilor
- Parents

Consolidation

Following the student-led activity, children use the Think-Pair-Share Strategy to share their experiences in planning and implementing their student-led activity.

Children complete an Exit Card by finishing the following statements:

1. One thing about healthy eating and emotional wellbeing that I have learned through this activity is ...
2. I plan to use this new knowledge by ...