

Session 8

Eating Away from Home

For today's lesson we are going to talk about meals we eat when we are not at home. We will talk about meals like you could have at a school or at your summer programming place like the Boys & Girls Club. We know this past year ended with many missed days of school, but you can answer these questions from the time you did have in the school year. Before we get to today's lesson, we want you to answer a few questions for us, these are true/false questions about you and your school.

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| 1. My school offers healthy foods I can eat for lunch | True / False |
| 2. Most days I choose to eat a vegetable or fruit at lunch | True / False |
| 3. I Like the choices for lunch at my school | True / False |
| 4. I Bring my lunch from home most days | True / False |
| 5. Even when I don't like the lunch at school, I try to eat
A little of each food group | True / False |
| 6. I don't like the choices for lunch at my school | True / False |
| 7. I don't eat much of my lunch | True / False |

Today's question to think about is this:

If or when you do not choose a healthier food option at school, what is the reason?

Session 8 Activity

Learning to choose healthy foods

For today's activity we are going to look at reasons why children do not choose healthier food options. This was the topic for your "question of the day." You can use the reasons why you said on this question or look at some of the excuses or reasons we provide as examples. For today's activity you are going to look at each reason/excuse and try and come up with ways to argue against that excuse. It is important to eat a balanced meal each chance you get, especially when you are away from home and your options may be limited for choices. Please look at the following reasons and try and come up with ideas to get around these excuses.

1. I do not choose healthy foods because they don't taste as good as other options

2. I do not choose healthy foods because my friends do not eat them

3. I do not choose healthy foods because they do not look or smell like they are good

Session 8 Conclusion

Today we discovered ways to fight the pressure to not eat healthy foods when we are away from home. Most places that offer feeding programs like school or The Cliff Hagan Boys & Girls Club will give you options on what to eat or give you the food altogether with the healthy options and it your choice on what to eat. It is important to understand that when you have the choice, to decide on eating healthy options that will be good for your overall health and include as many of the food groups in your meals.

In today's conclusion we want to think again about some differences each of us have. Think about your favorite animal. Each of us has a favorite animal, it can be a dog, cat, tiger, bear, giraffe or one of the thousands of other options available. Just because someone else does not choose your favorite animal as theirs does not mean it is any less special to you. If your favorite animal is a dog but your friend only likes cats, then dogs are still very important to you just as cats are important to them. Even though we have differences each of us are special in our own ways! Now, take the time to finish session 8's section of your "What I Like About me" page.