

Service Learning School District

“Healthy Eating Habits” (*Healthy Choices, Healthy Me!*)

In this service learning project, students will learn:

- How to eat a variety of foods from each food group
- The importance of eating a balanced breakfast
- How to plan healthy snacks and meals

Our ultimate goal is to bring awareness of the importance of eating healthy and making healthy choices every day in our snacks, groceries, and meals. Also, we hope to encourage our students and families to make better choices in the lunch line and grocery stores, as well as bringing healthier snacks to school.

- *The following are key points that we will be covering and implementing in our service learning project:*
 - **Cook more meals at home.** Eating home cooked meals is healthier for the whole family and sets a great example for kids about the importance of food. Restaurant meals tend to have more fat, sugar, and salt.
 - **Get kids involved.** Children enjoy helping adults to shop for groceries, selecting what goes in their lunch box, and preparing dinner. It's also a chance for parents to teach their children about the nutritional values of different foods, and (for older children) how to read food labels.
 - **Make a variety of healthy snacks available instead of empty calorie snacks.** Keep plenty of fruits, vegetables, whole grain snacks, and healthy beverages (water, milk, pure fruit juice) around and easily accessible so kids become used to reaching for healthy snacks.

Community Partner: Henry Ford Health System