



Healthy Habit: NUTRITION

NUTRITION – the act or process of nourishing or being nourished;
the process by which we take in and utilize food for growth

LEARNING OBJECTIVES

Students will learn the personal value of nutrition, and the impact nutrition has on Operation Smile patients.

MATERIALS

- Honduran Foods activity sheet (cut out)
- Pencils, Pens, or Markers
- “Nutritious” and “Not Nutritious” signs

FITNESS EXPERIENCE

INTRODUCTION

Have students brainstorm why it is important to eat healthy foods. Ask what will happen if someone does not or cannot eat healthy foods.

ACTIVITY

1. Explain how people who have cleft lips and/or cleft palates often do not receive the proper nutrition, which causes health difficulties. Ask what kind of health problems such people might experience (*answers: ear infections, malnutrition, difficulty speaking*).
2. Create a pile of papers using the cut-outs from the “Nutritious and Not Nutritious” activity sheet with Honduran and American foods.
Tip: For younger students have each child write or draw on a sheet of paper one type of food he/she eats (food can be healthy or unhealthy).
3. Put a sign on one side of the gym (or field) that says, “**Nutritious**” and another sign on the opposite side that says “**Not Nutritious.**” Pile the paper face down in the center of the gym.



4. Remind or teach students that last year's Operation Smile patient who came to run the Final Mile with all the runners is named Wendy. She has returned to her home in Honduras, and with the help of Operation Smile volunteers like them, she has a beautiful smile.
5. Ask students to imagine it is their job to teach Wendy what foods are healthy so she can be nutritious. Have students line up near the pile of paper. Each will take a turn picking up 1 piece of paper, reading aloud the listed native Honduran food in English and Spanish, and running to put the paper near the appropriate sign that indicates whether the food is nutritious.

Tip: for more advanced runners, place signs farther away from the pile of paper.

EVALUATION

1. Gather around the nutrition signs to assess whether students made the right choices. Ask students to brainstorm how they will eat healthier foods starting today.

EXTENSION

1. One of the pillars of Operation Smile Student Programs is *service*. Have students do a canned food drive as a service project, and donate the nutritious food to the local Food Bank.