



**Human Growth and Development**

# **Healthy Preschool Meals**

**April 24, 2020**



Lesson: April 24, 2020

**Objective:** Students will be able to analyze and plan healthy meal choices for preschoolers.

**Learning Target:** 2.1.3



## How to do assignments:

If you created a google doc last week, continue on it. If you did not, then:

- Create a google doc.
- Put today's date and the lesson topic
- Put the questions and answers under that date. (You may need to copy the questions from the lesson and paste them into your doc)



You will need to open the slideshow below to get information about preschoolers.

## [Planning Healthy Meals](#)

Please type or take notes on anything that you feel is important that you want to remember.



## Activity

You will be planning a week's worth of meals for a preschooler. You will include breakfast, lunch, and two snacks.

The next slide has the format to use on your google doc.



Monday: Breakfast, Lunch, Morning Snack, Afternoon Snack

Tuesday: Breakfast, Lunch, Morning Snack, Afternoon Snack

Wednesday: Breakfast, Lunch, Morning Snack, Afternoon Snack

Thursday: Breakfast, Lunch, Morning Snack, Afternoon Snack

Friday: Breakfast, Lunch, Morning Snack, Afternoon Snack