


# Child Development

Level D


# Jacquelynn Miller

## Fun with Food Groups

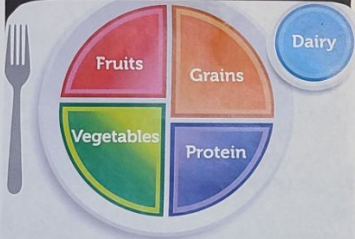
**Fruits**




**Vegetables**




One important way for children to make healthier choices is through educating them on what a healthy meal looks like. With MyPlate, kids can see what proper portion sizes look like of each food type.




**Dairy**




**Grains**



**Protein**





**Other**



Choose **MyPlate.gov**

Through this activity, kids can learn what group their favorite foods belong in. Children select a food and then place it in the correct group. Any 'junk food' can be placed outside of the chart, such as candy.

I did this activity with a 1<sup>st</sup> and 2<sup>nd</sup> grader. They loved learning new things such as what category eggs belong in. We discussed what foods are healthier than others and how to make good decisions based on understanding the MyPlate program. I enjoyed being able to educate them and even learned a few things along the way myself.



# Mallory Wood

## Goshen Boys and Girls

# Stay in Bounds



A program where student athletes teach fourth graders about life skills using the acronym, RICHER.



## Ice Breakers

Ice breakers are activities designed to help people get to know each other better. At stay in bounds every lesson starts with an ice breaker relating to the principle that lesson is about. For example we use an ice breaker called "That's me" for respect. With this activity one person stands and says something about how they feel like "I love a dog or I like pineapple on pizza. If this phrase applies to anyone else than those who it applies to clap their hands and say "That's me". At the end of the activity we explain how respect was demonstrated when nobody was made fun of or laughed at because of what they like or don't like. It also gives everyone a chance to learn more about each other.

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## Service Learning

Service learning is a volunteer activity or service that is connected to a class or course of study to enhance learning. With stay in bounds junior and senior athletes travel to the elementary schools of Goshen to teach fourth graders RICHER. Each lesson focuses on one principle. Every lesson includes an introduction an ice breaker an interactive activity a story a discussion and time for questions. This program is beneficial for both the fourth graders and the high schoolers while the fourth graders learn the RICHER principles the high schoolers learn how to present and interact with younger people.