

# Healthy Food Hunt



Knowledge  
Through  
Entertainment

Food Science

Nutrition

Health

## Science Film Festival Films

▶ **Dino Dana – Growing Up Dino**

### Learning Goals

- To understand that a human body needs food to function properly.
- To recognize that foods, contain nutrients the body needs.
- To recognize the role of nutrients in helping the body grow and stay healthy.

### Explanation of Scientific Principles

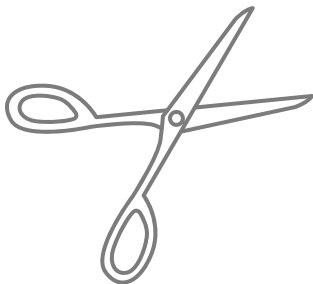
Food plays a vital role to sustain life and to meet our body's basic needs for growth, development, and function. Every cell in the body depends on a continuous supply of calories and nutrients. Nutrition is the intake of food, which considered in relation to the body's dietary needs. Having a good nutrition combined with regular physical activity is a cornerstone of good health. On the other hand, Poor nutrition can lead to reduced immunity, increased susceptibility to disease, impaired physical and mental development, and reduced productivity.

### Explanation of Connection to the Film

The film shows that dinosaurs needed to consume lots of food. Eating food is not only for growing up though, but also to increase the chance to survive amongst predators or any other threat. Moreover, eating nutritious food, leads to good health and growing strong.

### Materials

- Grocery ads
- Scissors
- Glue stick
- Paper plate



## Preparation

1 Bring in grocery ad pages from newspapers and magazines.

1

**Explain that fruits, vegetables, milk products, grains, and meat help our bodies grow to be healthy and strong.**

2

**Cut out pictures of many different kinds of foods from the grocery ads.**

3

**Hunt through the cut-out foods and have her place the healthy foods in one pile and the non-healthy foods in another.**

4

**Ask children to make a healthy dinner on a paper plate by picking some foods from the healthy foods pile and gluing them onto the paper plate to make a complete meal. They can even make extra healthy plates for other members of the family.**

5

**Discuss about the choices they make and ask questions about why they think their meal will be nutritious and delicious.**

→ <https://oley.org/page/FindBalanceCantEat>

→ [www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\\_313225.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_313225.pdf)

→ [www.education.com/activity/article/healthy-food-hunt/](http://www.education.com/activity/article/healthy-food-hunt/)

→ [www.who.int/topics/nutrition/en/](http://www.who.int/topics/nutrition/en/)