



## KINDERGARTEN

**LESSON:** Choosing a Healthy Dessert

**SC STANDARD:** Literacy Standards



It's your world.

### CHOOSING A HEALTHY DESSERT

#### OBJECTIVES:

- Understand that most desserts are Whoa foods and should be limited
- Recognize how to choose healthier desserts

#### LET'S GET STARTED! (10 MINUTES):

- Explain why most desserts are Whoa foods
- Discuss how to make healthier dessert choices
- Examine and compare desserts to practice making the healthiest choice

#### STORY (15 MINUTES):

- Read the story "Boss Chooses a Healthy Dessert!"

#### WRAPPING UP (5 MINUTES):

- Review healthy dessert options

### LET'S GET STARTED!

- This week we are going to talk about dessert! Explain how certain desserts are Whoa foods because they often contain high levels of sugar and fat. Review how Whoa foods are "special occasion" foods.
- Explain how to make healthier dessert choices. Looking for low fat and low sugar options is an easy way to make healthier dessert choices. Incorporating fruits into homemade desserts can be both fun and healthy!
- Reinforce that desserts are not off limits, but it's important not to eat them all the time. Encourage students to make healthy choices most of the time and save Whoa desserts for every now and then.

### DIALOGUE BOX

- Today we are going to talk about desserts! Can you name some of your favorite desserts?
- Desserts are usually not the healthiest food choice foods like cake, ice cream, cookies, and brownies have lots of unhealthy fat and sugar that could be harmful to your body if you eat them every day. The high amount of fat and sugar in desserts make them Whoa foods.
- Remember that Whoa foods should only be eaten every once in a while, like on special occasions. Eating too many Whoa foods, like desserts, can be harmful to your body. They don't have very many healthy nutrients, so your body doesn't get all the good vitamins and minerals it needs to grow big, strong, and healthy.
- It's not bad to eat Whoa foods like desserts, but you shouldn't eat them for every meal every day. Eat healthy foods daily, and enjoy desserts every now and then.
- Just because you shouldn't eat Whoa desserts all the time doesn't mean you can't have dessert at all! There are lots of healthy and sweet dessert options that are better for you!
- Options like frozen yogurt, Jell-O, and low fat pudding are Slow foods you could eat for dessert instead of Whoa foods.
- Fruits have a lot of natural sugars that may satisfy your sweet tooth! Fruit salad makes a great dessert that is also super healthy.
- Making your own healthy desserts can also be fun! Homemade fruit popsicles are a great dessert, and a fun project!

## BOSS' FUN FACTS

Try using fresh fruit to make a fruit salad for dessert! Add whipped cream for extra sweetness. Satisfy your sweet tooth, get your daily serving of fruits, and get the health benefits from the fresh fruit all at the same time!

- Reinforce that desserts are not off limits, but it's important not to eat them all the time. Encourage students to make healthy choices most of the time and save Whoa desserts for every now and then.

## STORY

- Read the Story "Boss Chooses a Healthy Dessert".

## WRAPPING UP

- Ask students if they have any questions about the lesson.
- Remind students that healthy desserts can be super tasty and fun to make!



## Boss Chooses a Healthy Dessert!

During the summer when school is out, Boss does not get to see his friends as much as he would if he were in school! So, once a week, Boss and his friends all go out to eat or have dinner at a friend's house. This is a great time for Boss and his friends to catch up and talk about what all they have done so far during the summer and how excited they are for school to start! This week, they decided to have dinner at Jake's house, and he told them that his mom was going to make homemade pizza and salad with some dessert! Boss loves pizza, especially homemade, but he loves dessert more! When the day came, they all rode home with Jake and played in the back yard until it was dinnertime! The pizza was fantastic and so was the salad his mom made! When the deserts came around, Jake's mom offered us a few different things so that we all liked the desert we ate! She had some chocolate cake that she bought from the local bakery, some chocolate chips cookies she made from home, and some strawberries with low fat whip cream on top that she also made from home! Boss thought they all looked so delicious and had no clue what to chose! He asked his friends, "What are you all going to eat for desert?" His friend Jake replied, "I think I want the strawberries with whip cream!" And his other friend replied, "Yes I think I want that too!" Boss was shocked they did not want the chocolate cake because it looked so good, so he asked, "How can you all chose the strawberries over the chocolate cake or even the chocolate chip cookies?" His friends say there and answered by saying, "Well we already had some pizza and salad so I am not that hungry, and also, the strawberries have a lot more nutrients and vitamins and minerals that the chocolate cake does not have! Strawberries are a very healthy option to have for a dessert while the chocolate cake or chocolate chip cookies are not as healthy for you!" Boss replied, "but the strawberries are not as good as the cake or cookies!" and without hesitation his friends said, "Well Boss, you are right. I am sure the cake and cookies would taste better than the fruit, but they do not offer you any healthy benefits. Having fruits for dessert give you extra vitamins, minerals, and fiber that will help your body function the right way! You can also eat low fat pudding, blueberries, a few nuts, among many other things as a desert that are very healthy for you unlike the cake and cookies!" After listening to what all his friends had to say about choosing healthy desserts, he knew exactly what he wanted to choose for dessert! Instead of picking the cake or cookies that he knew were full of fat and were not healthy, he chose the strawberries with whip cream like the rest of his friends!