



SAN ANTONIO FOOD BANK

[CLICK HERE TO WATCH VIDEO](#)

For Families (Infants through 5 Years Old)

[The Healthy Kids Project: Foods That Grow](#)

In these lessons, families learn about the importance of eating fruits and vegetables, or, “foods that grow”. Activity adaptation ideas for children with special needs are also included in these fun lessons which promote interaction.

For PreK

[Colorful Foods](#)

In this video segment from *Between the Lions*, real kids introduce colors and food: yellow–lemon, red–apple, black–olive, green–broccoli, brown–potato, purple–grapes, orange–carrot, and blue–blueberry.

For Grades 1-3

[Cyberchase: Ugly Food and Food Waste](#)

Jackie wants to make her perfect pumpkin pie for Giving Thanks Day, but all the “perfect” pumpkins are gone! All that’s left on the farm are dented pumpkins and lots of “ugly” produce that no one wanted to buy. This video from *Cyberchase* teaches students that “ugly” looking produce tastes the same and is just as healthy as produce that looks “perfect.” Support materials include fruit and vegetable cards, discussion questions, vocabulary, and a blind taste test activity.

For Grades 5-8

[SciGirls | Science Cooks!](#)

Good nutrition is an essential part of maintaining a healthy lifestyle. Nutrients provide energy and are the building blocks our bodies need to function. Learning to make sound choices about food is an important life skill, one that can be practiced by looking at and understanding Nutrition Facts labels.

For Grades 5-8

[Eating Healthy Foods](#)

Learn about the importance of eating healthy foods, in this video adapted from *Media That Matters*. A group of students present and explain the types of foods that are good for our bodies, the nutrients they provide, and how these benefit our bodies. They then explain what processed foods are, why some people like them, and why they are unhealthy.

For Grades 6-8

[Curriculum Family Sheets](#)

This is a compilation of all of the take home Family Sheets from Lessons 1-10. These help students bring messages learned in the In Defense of Food Curriculum back to their families. The Family Sheets also have tips that are practical ideas for how to follow the Food Rules at home.

For Grades 6-12

[Food, Inc.: The Dollar Menu](#)

In *Food, Inc.*, filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that's been hidden from the American consumer with the consent of our government's regulatory agencies, USDA and FDA. In this clip, a family compares the cost of eating fast food to healthier options at the grocery store. Students should discuss the economics of the food industry and how the cost of foods affects their choices.

For Grades 6-12

[Minnesota Indigenous Food Lab](#)

Members of the Sioux Chef group and youth from the Dream of Wild Health organization host an Indigenous Food Lab to share information about the importance of healthy traditional food revitalization. The event took place on August 31, 2018 at the Minnesota State Fair.

For Grades 6-12

[Food Justice](#)

Urban high school students discuss problems in food systems and what can be done about them in this adaptation of a video they created in collaboration with the Environmental Justice League of Rhode Island. They discuss lack of access to fresh fruits and vegetables in urban areas; the high cost of healthy food compared to cheap and abundant junk food; the lack of food grown locally; and animal cruelty. The students offer solutions to these problems, such as urban gardening, buying local food at farmers markets, composting, recycling, and tree planting.