



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 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

[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 6-12

[Governments Formed around Farming Principles: Native America: Nature to Nations \(Grades 6-12\)](#)

Learn how Native Americans domesticated plants and formed a democratic society based on farming principles. Students will explore how ancient Native Americans domesticated wild plants to produce hundreds of plants we use today.