



THIRD GRADE

LESSON: Choosing a Healthy Dessert

SC STANDARD: 3.W.2



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
- Complete a “How to” writing assignment with corresponding drawings

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

ACTIVITY (15 MINUTES):

- Create an instructional “How to” writing assignment with drawings to illustrate the process of making a healthy dessert

WRAPPING UP (5 MINUTES):

- Review healthy dessert options
- Hand out Boss' Backpack Bulletin sheet and explain the weekly task

SC STANDARDS:

- 3.W.2 Write informative/explanatory texts to examine and convey complex ideas and information clearly and accurately through the effective selection, organization, and analysis of content.

MATERIALS:

- “The Great Dessert Comparison” Handout
- Creative Writing “How to Make...” Handout
- Boss' Backpack Bulletin Handout

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!

- Distribute the Dessert Comparison worksheet and talk about which desserts are the healthiest and why. Ask students if they have eaten any of the healthier dessert options.

DIALOGUE BOX

- Look at the three desserts in each row and circle the one that is the healthiest option.
- Who knows which dessert in row one is the best? Why?
 - Apples are a Go food, but still sweet from natural sugar. The peanut butter is a good source of protein and healthy fats, and the chocolate chips and coconut add a little extra flavor and sweetness, which makes this the perfect healthy dessert.
- What about number two?
 - The fruit popsicles are made with fresh fruit, so they don't have chemicals or added unhealthy fats and sugars. Fruits have natural sugar as well as healthy vitamins and minerals.
- And which is the healthiest option in row three?
 - Frozen yogurt is generally low in fat and sugar, and the fresh fruit can supply your suggested daily serving of fruits!

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.

ACTIVITY

- Distribute the informative writing "How to" handout. Explain the assignment and allow students to write and draw pictures illustrating how to make their favorite healthy dessert.

DIALOGUE BOX

- Use this sheet to explain how to make your favorite healthy dessert. Write down clear instructions, explaining each step involved. Imagine you are explaining it to someone who has never made it before!
- Be sure to draw pictures to help explain each step!
- If there is time, ask students if anyone would like to share their assignment with the class.

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!
- Distribute the Boss' Backpack Bulletin with the weekly goal and the healthy dessert recipe. Go over the recipe on the handout and encourage students to try making it this week.



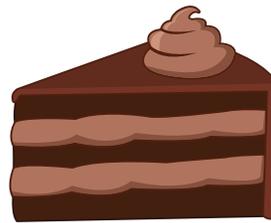
THE GREAT DESSERT COMPARISON

Inspect the desserts in each row. Decide which one is the healthiest option and then draw a circle around it.

1. Peanut Butter Apples with Chocolate Chips and Coconut



Chocolate Cake



Ice cream Sundae



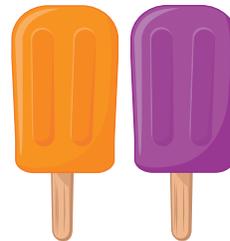
2. Strawberry Cheesecake



Chocolate Cupcake



Homemade Fruit Popsicles



3. Apple Pie with Ice Cream



Frozen Yogurt with Fresh Fruit



Chocolate Chip Cookies



BOSS' BACKPACK BULLETIN

Your goal this week is to try a healthy dessert! Most desserts are Whoa foods, which means they aren't very healthy and shouldn't be eaten all the time. Here are some healthier desserts that you can try this week:

- Frozen Fruit Popsicles
- Fresh Fruit Dipped in Chocolate
- Jell-O
- Low Fat Pudding
- Frozen Yogurt
- Fresh Fruit Salad



This week I ate a healthy dessert!
Describe your dessert choice below.

Boss' Frozen Banana Pops

Ingredients

- Baking sheet
- Wax paper
- 4 ripe medium bananas
- 8 wooden popsicle sticks
- 2 cups chocolate chips
- Sprinkles, nuts, coconut, etc.

Directions

1. Peel bananas and cut in half. Insert a popsicle stick into one end of each banana half.
2. Place bananas on a baking pan lined with wax paper and chill in the freezer until thoroughly frozen.
3. Place chocolate chips in a microwave safe bowl and microwave in 30-second intervals until melted and smooth, stirring in between each interval.
4. Remove bananas from freezer and dip each one into chocolate, letting the excess drip off. Place bananas back on baking sheet and sprinkle desired topping on chocolate covered banana.
5. Repeat with each banana. Return to freezer when finished. Let freeze for at least on hour.
6. Enjoy!

