

# Preschool and Early Elementary

# **NUTRITION FOR YOUR EYESIGHT AND EYE HEALTH**

Health Science / Nutrition

## **OBJECTIVE:**

Students will understand the importance of nutrition and other habits in maintaining healthy eyesight, recognize eye-healthy foods, and learn fun activities to keep their eyes strong.



## **MATERIALS NEEDED:**

- Pictures of eye-healthy foods (carrots, spinach, fish, eggs, berries)
- Craft supplies (paper, crayons, scissors, glue)
- Healthy snacks (carrot sticks, berry mix, boiled eggs)
- Chart paper and markers
- "Eye Spy" game printouts
- Books about eye health(e.g., "My Five Senses" by Ailiki)
- Screen for showing short educational videos



## **STANDARDS MET:**

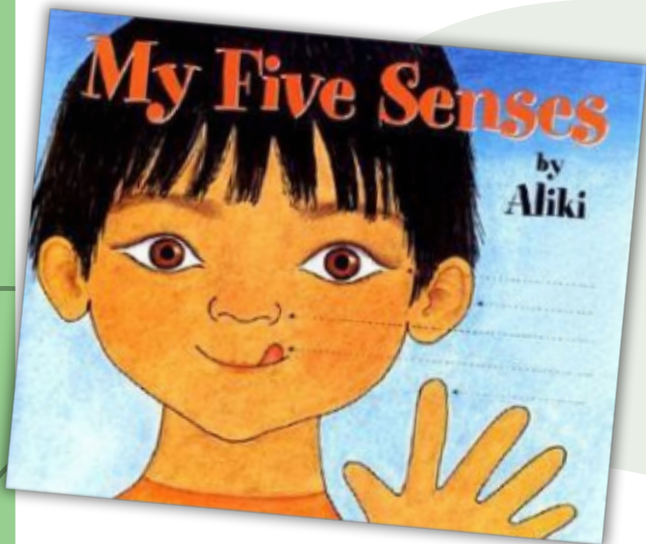
- Understanding the role of nutrition in overall health
- Recognizing the importance of physical activity and healthy habits



# INTRODUCTION (10 MINUTES)

## 1. Welcome & Warm-Up:

- Begin by asking students what they know about eyes and eyesight.
- Explain that August is National Eye Exam Month, a perfect time to learn about keeping our eyes healthy.



## 2. Story Time:

- Read a short, engaging book about senses or eye health (e.g., "My Five Senses" by Aliko).



# MAIN ACTIVITY (30 MINUTES)

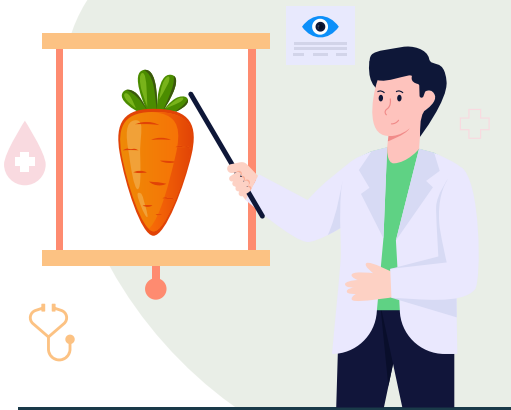
## 1. Discussion: Why Healthy Eyes Are Important:

- Use chart paper to list reasons why good eyesight is important (e.g., reading, playing, recognizing faces).
- Introduce the idea that eating certain foods can help keep our eyes healthy.



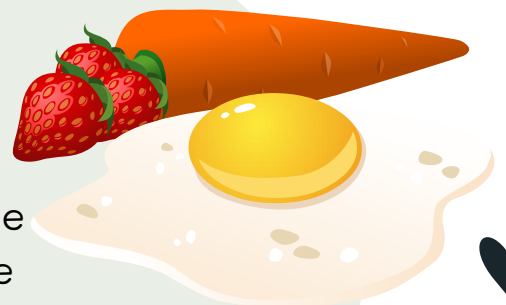
## 2. Super Foods for Super Eyes:

- Show pictures of eye-healthy foods (carrots, spinach, fish, eggs, berries).
- Briefly explain how each food helps our eyes (carrots have Vitamin A, spinach has lutein, etc.).
- Pass around real samples of these foods for children to see and touch



## 3. Interactive Snack Time:

- Provide healthy snacks like carrot sticks, a berry mix, and boiled eggs.
- Encourage children to try the snacks while discussing which parts of their eyes these foods help.



# FUN ACTIVITIES (15 MINUTES)

## 1. Craft Time: Making "Super Eyesight" Glasses:

- Provide paper, scissors, crayons, and glue.
- Guide children to create and decorate their own "super eyesight" glasses.
- Talk about how wearing these imaginary glasses reminds us to eat eye-healthy foods and take care of our eyes.



## 2. "Eye Spy" Game:

- Hand out "Eye Spy" game printouts with pictures of eye-healthy foods hidden in a scene.
- Let children find and color the foods that are good for their eyes.

