



St. Austin Catholic School Pre-K Healthy Eating Habits

Project Goals

- Identify what healthy food is and does for your body.
- Encourage kids to make healthy food choices at snack and lunch.
- Instill the importance of drinking water throughout the day instead of sugary drinks because it helps you stay hydrated.
- Be able to identify and sort food into food groups that the body needs from the "My Plate" dietary guidelines: grain, protein, dairy, fruit, and vegetable.

Lessons Learned

- The importance of enlisting parent's help to send healthy food for lunches and class snacks.
- PreK kids really enjoyed playing games (My Plate) with food. They also enjoyed playing with food in a grocery store setting.
- Some PreK kids know what food groups food is in, but many do not know.

How To Replicate/Sustain

- Incorporate healthy eating habits/teachings in every themed unit (when plausible).
- Share the awareness of healthy eating habits with the rest of the school community, including teachers & staff, other students, and parents.
- Enlist the help of school staff, especially the P.E. teacher and the lunch staff to promote healthy eating habits in their daily interactions with students.

Contact Information

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