

# ***Ollie the Owl Learns About Healthy Eating***

## Lesson Objective:

Children will learn about the importance of healthy eating and the different types of healthy foods that can keep them strong and happy.

## Materials Needed:



- The story, “Ollie the Owl Learns About Healthy Eating”
- The song, “Ollie the Hungry Owl”
- Paper and pencils, crayons and markers, glue stick
- Activity 1- Healthy Foods Handout
- Activity 2- Various fruits (apples, bananas, berries, etc.), plastic knives, cutting boards, bowls
- Home Connection Letter

## Introduction to the Topic (10 minutes)

### Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Briefly talk about what they know about healthy foods.

## Greeting and Circle Time Teacher Script

### 1. Warm Welcome and Opening Discussion:

- “Hello, friends! Let’s all sit in a circle. Today, we’re going to talk about something really important—*healthy eating*! Can anyone tell me what they think healthy food is?”
- (Encourage the children to share their ideas.)

### 2. Discussion Starter

- “Those are great ideas! Healthy foods help our bodies grow strong and keep our minds sharp. They also give us energy to play and have fun! Let’s start by thinking about some of the healthy foods we know. What is your favorite fruit or vegetable?”
- (Encourage each child to share.)
- “Wonderful! Eating healthy foods makes us feel good inside and out. Now, I’m going to read a story about Ollie the Owl and how he learned to make healthy food choices.”

Read the Story (15 minutes)

Story Time Outline:



- Read the story “Ollie the Owl Learns About Feeling Proud” aloud to the class
- Ask questions during key parts in the story.

**Story Time Teacher Script:**

**1. Prepare the Students for the Story:**

- “Now, it’s time to listen to a story called ‘*Ollie the Owl Learns About Healthy Eating.*’ I’ll ask some questions while I read, so make sure you’re listening closely!”
- (Read the story aloud, pausing at key moments to ask questions and engage the children.)

**2. Read the story with emphasis on key moments:**

While reading, pause during key moments to ask the following questions:.

- "What do you think healthy eating means?"
- "What kinds of foods do you think Ollie likes to eat?"
- "Why do you think Ollie is feeling tired today?"
- "What kinds of foods do you think will help Ollie feel better?"
- "Why do you think Ollie wants to eat only sweet treats?"
- "What does Grandma Owl say about eating different kinds of food?"
- "What happens when Ollie eats his fruits and vegetables?"
- "How do Ollie’s friends help him learn about healthy eating?"
- "Do you think Ollie will feel better now that he’s eating different foods?"
- "What is your favorite healthy food to eat?"

## Ollie the Owl Learns About Healthy Eating

In a forest green and bright,  
Lived Ollie the Owl, with wings so light.  
With feathers soft and eyes so wide,  
He loved to play and often glide.

One sunny day, as Ollie flew,  
He felt a rumble, something new.  
His tummy grumbled, it made a sound,  
He felt so hungry, he looked around.

"What should I eat?" Ollie did think,  
As he landed by the forest's brink.  
Grandma Owl, so wise and sweet,  
Came to help him choose a treat.

"Ollie dear, when you're hungry inside,  
Choose healthy foods, let them be your guide.  
For a strong body and a sharp mind,  
Healthy foods are the best you'll find."

Ollie nodded, eager to learn,  
About the foods for which he'd yearn.  
"Grandma, what should I eat today,  
To keep my hunger far away?"

"Fruits and veggies, fresh and bright,  
Will make you feel just right.  
Berries, apples, carrots, and greens,  
Are healthy foods that fill your dreams."

Ollie flew to find a treat,  
Something yummy he could eat.  
He found some berries, red and sweet,  
A healthy snack that couldn't be beat.

Next, he saw his friend, Betty the Beaver,  
Eating carrots by the river's quiver.  
"Hi, Betty," said Ollie, with a grin,  
"Carrots are healthy, shall I begin?"

Betty nodded, munching away,  
"Carrots give me strength to play.  
They're good for eyes and help me see,  
Healthy foods are the key."

Ollie munched a carrot stick,  
It tasted sweet, and he felt quick.  
He felt the hunger start to fade,  
With the healthy choice he'd made.

Then Ollie found Sammy the Squirrel,  
Eating nuts with a little twirl.  
"Hi, Sammy," Ollie said with cheer,  
"Nuts are healthy, it's very clear."

Sammy nodded, munching a nut,  
"They're good for brains and keep you up.  
They make me strong, they help me grow,  
Healthy foods are the way to go."

Ollie nibbled on a few,  
Feeling strong and happy too.  
He knew that choosing foods so right,  
Would keep him healthy, day and night.

Later that day, as the sun went down,  
Ollie wore a healthy crown.  
He'd learned to choose the foods so good,  
To fill his tummy, as they should.

He found some greens, fresh and crisp,  
And ate them up with a happy wisp.  
"Grandma," Ollie said with glee,  
"Healthy foods are right for me!"

Grandma smiled and hugged him tight,  
"You've learned, dear Ollie, you're so bright.  
Healthy foods are the best way,  
To keep you strong and ready to play."

So remember Ollie, wise and bright,  
Who learned to eat healthy, day and night.  
With fruits and veggies, nuts, and greens,  
He found the best in all his dreams.

Ollie the Owl, with heart so true,  
Chose healthy foods in all he'd do.  
With Grandma's wisdom and friends so dear,  
He found that healthy eating brought good cheer.

### 3. Post-Story Teacher Script

- “So, Ollie learned about the importance of choosing healthy foods to eat to make his body strong and help him feel good. I think that’s true for us too. If we choose to eat healthy foods, we’ll feel better too.”

### 4. Post-Story Questions

Ask these questions to help students reflect on the story and connect it to their own experiences:

- "What did Ollie learn about eating healthy?" (Summarize the main idea of the story.)
- "How did Ollie feel before he started eating different foods?" (Encourage recall and emotional awareness.)
- "What kinds of foods made Ollie feel better?" (Review examples of healthy eating from the story.)
- "Why is it important to eat different types of food?" (Discuss the benefits of balanced nutrition.)
- "What do you think would happen if Ollie only ate sweets all the time?" (Encourage critical thinking.)
- "How do you feel after eating a healthy meal?" (Help children connect to personal experiences.)
- "What are some foods that help give you energy for playing and learning?" (Reinforce key concepts about food and energy.)
- "How can you help a friend make a healthy food choice?" (Encourage discussion about peer influence.)
- "What was your favorite part of the story?" (Engage students in reflecting on their learning.)
- "What is one healthy food you want to try after hearing Ollie’s story?" (Encourage goal-setting for better eating habits.)

## Sing the Song (10 minutes)



- Teach the children “Ollie the Hungry Owl”
- Sing the song together a few times, encouraging the children to join in with the actions.

“Ok, now, let’s learn a song about Ollie the Owl who learns about healthy eating. We’ll also learn some fun actions to go along with the song.”

### “Ollie the Hungry Owl”

### Hand Movements

#### [Verse]

Ollie the owl so wise  
Looking at the nightly skies  
Stomach rumbling oh so loud  
Time to eat and make him proud

Rub stomach

#### [Verse 2]

Found some berries on a tree  
Chirping bugs a sight to see  
Crunchy leaves and yummy fruit  
Choices that make him feel so cute

Hug yourself and smile

#### [Chorus]

Ollie eats for body strong  
Healthy foods will sing his song  
Brighter eyes and sharper mind  
Smartest owl you'll ever find

Flex arm muscles

Point to head

#### [Verse 3]

Chose the nuts and grains to chew  
Fish to eat and veggies too  
Feeling full and feeling bright  
Hungry days are out of sight

Pat stomach and smile

#### [Bridge]

Ollie's lesson learned so well  
Healthy foods will always tell  
That his body and his brain  
Need good food to rise again

Point to head

Point to body

Spread arms wide

[Chorus]

Ollie eats for body strong

Flex arm muscles

Healthy foods will sing his song

Brighter eyes and sharper mind

Point to head

Smartest owl you'll ever find

Do an Activity (20 minutes)

- Students will practice identifying healthy foods.

**Please choose from the following 2 activities:**

### Activity 1: Healthy food collage (15 minutes)

#### 1. Introduce Activity

“Now, we’re going to make a healthy food collage. A collage is a fun way to show pictures of things we like. You’ll get to cut out pictures of different foods and you decide if they are healthy or not healthy. If they are healthy, we will glue the picture Helathy Foods handout.”

#### **Activity Instructions**

- Distribute materials for the activity

“Here is your handout, scissors, glue, and pictures of food. Let’s look for pictures of fruits, vegetables, and other healthy foods. If we see a picture of a food that is healthy, we can cut it out and glue it on out Healthy Foods Handout”

- (As they work, circulate and engage with the children.)  
“Wow! You found a picture of a banana. What makes bananas good for you?”

(Encourage conversations about the foods they choose.)



1. (When the collages are done:)

“Let’s all share our healthy food collages! Who wants to go first and tell us about the foods they picked?”

(Encourage each child to share their collage.)

## Activity 2: Making a Healthy Snack (15 minutes)

### 2. Introduce Activity

“Ok we’re going to make a yummy fruit salad together! I’ve already washed the fruits. Now you’ll help me cut them up and mix them into a big bowl.”

#### Activity Instructions

- Wash and prepare the fruits in advance.
  - Let the children help by cutting up soft fruits with plastic knives.
  - Mix the fruits together in a large bowl to make a fruit salad.
  - Enjoy the healthy snack together and discuss how these fruits help their bodies.
1. (Distribute plastic knives and cutting boards.)  
“Remember to be careful with your plastic knives. We’re going to cut up soft fruits like bananas, strawberries, and grapes.”
  2. (As the children work:)  
“Does anyone know how bananas help our bodies? That’s right—they give us energy to play!”
  3. (After the fruit is cut:)  
“Now, let’s mix all the fruits together. Look at all the colors! Healthy foods come in so many different colors, and each color is good for our bodies in a different way.”
  4. (Serve the fruit salad and enjoy together.)  
“How does your fruit salad taste? What other healthy snacks do you like?”

### List of Some Healthy Fruits and Their Health Benefits

1. Apples - may help reduce the risk of heart disease, diabetes, and cancer. They also promote gut health.
2. Bananas - Bananas help with muscle function, support heart health, and provide quick energy
3. Blueberries - can improve brain health, support heart health, and help reduce inflammation.
4. Strawberries - support heart health, regulate blood sugar levels, and improve skin health.
5. Oranges - boost the immune system, improve skin health, and aid in digestion.
6. Grapes - Grapes support heart health, improve blood circulation, and provide anti-inflammatory benefits.
7. Pineapple - aids digestion, reduces inflammation, and boosts the immune system.
8. Watermelon- supports heart health, improves hydration, and reduces inflammation.
9. Cherries - reduce inflammation, improve sleep quality, and support heart health.
10. Raspberries - support heart health, improve digestion, and provide anti-inflammatory benefits.

### Reflection

"Today we learned a lot about healthy eating and what is healthy for our bodies. We also learned that it is important to choose healthy foods to keep our bodies strong."



### Wrapping it Up

- "Let's sit together and think about what we learned today. Can anyone tell me why we should choose healthy foods?" Encourage answers.

### Wrap Up the Lesson (5 minutes)

#### 1. Review and Reflection Overview:

- Review what they learned about healthy eating.
- Ask a few children to share one healthy food that they like.

### Review and Reflection Teacher Script

#### Gather in a Circle for Reflection:



- "What's one healthy food you want to eat more of at home?"
- (After everyone has shared:)  
"You all did such a great job today! Now you know that healthy foods help you feel strong, think clearly, and have fun. I'm so proud of you!"

## Home Connection Letter

### 1. Sending Information Home:

- “Before we go, I have a special letter for you to take home. It tells your family all about what we learned today, and it gives them some ideas for how you can make healthy choices at home too.”
- Hand out the letters as the children prepare to leave.

### Parent Letter

#### Sending Information Home:

- Provide each child with a letter to take home to their parents explaining the lesson



Dear Parents/Guardians,

Today in class, we learned about healthy eating through the story "Ollie the Owl Learns About Healthy Eating." This story teaches children the importance of choosing healthy foods to keep their bodies strong and minds sharp.

Here's what we learned:

- **Understanding Healthy Foods**: Recognizing which foods are healthy and why they are important.
- **Healthy Eating Habits**: Learning to make healthy food choices and understanding the benefits of eating fruits, vegetables, nuts, and other nutritious foods.
- **Expressing Knowledge**: Participating in activities like creating a healthy food collage and making a fruit salad to reinforce healthy eating concepts.

We practiced these concepts through making a healthy food collage and preparing a healthy fruit salad together. You can help reinforce this at home by encouraging your child to choose healthy snacks and involving them in preparing nutritious meals.

Thank you for your support!

Sincerely,  
[Your Name]



# ***My Healthy Foods***



