**Title:** “I Get So Hungry”

**Author:** Bebe Moore Campbell and illustrated by Amy Bates

**Grade Level:** 1st- 3rd Grade



**Synopsis:**

Nikki loves to eat and can’t stop eating. Her vibrant teacher, Mrs. Patterson, is also overweight. Both Nikki and Mrs. Patterson sneak food during class and are made fun of by the other children in the class. When Mrs. Patterson leaves school for some time, Nikki notices that it has something to do with her weight. Nikki asks her mom if they can go on a diet. Mrs. Patterson comes back to school, suddenly thinner and a little bit healthier. Nikki decides she wants to exercise with Mrs. Patterson who also gives her advice not to eat when she is bored or angry. Mrs. Patterson explains to Nikki on their walks that eating more healthy foods like fruits and vegetables is better for you.

**Resources:**

1. <http://www.thesuperteacher.com/preschool-healthy-foods-worksheet/>
2. https://www.teacherspayteachers.com/Product/Healthy-and-Unhealthy-Food-game-board-207399

**Materials:**

1. Healthy or Not Healthy worksheet
2. Crayons, colored pencils, markers
3. Dice
4. Healthy and Unhealthy Foods Gameboard
5. Place-markers or game pieces

**Activity:**

1. After reading “I Get So Hungry”, have the students take their *Healthy or Not Healthy* worksheet. They should be able to identify which foods are healthy and color those in. Then they should be able to identify which foods are unhealthy and cross them out.
2. After completing the first worksheet, the students should get into pairs of two with the *Healthy and Unhealthy Foods Gameboard*. They start the game by rolling a die and moving that many places forward. They need to name the food they land on and state if it is a healthy or unhealthy food choice. If it is unhealthy, they have to move backwards two spaces. In order to go to the next term, the student has to state a healthy life choice or activity.



