Assignment: Create a Children's Book

Students will create an electronic or paper storybook that teaches children ages 4 to 8 years old about the importance of eating a healthy and balanced diet and the benefits of regular exercise. The storybook will combine text and photographs. This project can be done individually or in a small group. Students are encouraged to share the electronic storybook with a child or a group of children.

**Criteria**:

* Include the recommended number of *Food Guide Servings* per day and examples of foods for each
* The importance of a healthy diet for growth and development in children. (Explain why we need nutrients)
* Stressing the importance of portion size for young children
* Regular exercise as a vital component of a healthy lifestyle for children
* Include other aspects of healthy living

**Project Submission**:

Once you have completed your project, upload it to TEAMS.