



GRADE 1

Farm to School Lesson Plan

Topic: Food and Nutrition—Food Groups (suggested month: **December**)

Monthly Essential Question: What does it mean to be healthy?

Content Areas Addressed: Science, Health

Standards Addressed:

- Participate in collaborative conversations with diverse partners about *grade 1 topics and texts* with peers and adults in small and larger groups. (CCSS.ELA-LITERACY.SL.1.1a, c)
- Ask and answer questions about key details in a text read aloud or information presented orally or through other media. (CCSS.ELA-LITERACY.SL.1.2)
- Ask and answer questions about what a speaker says in order to gather additional information or clarify something that is not understood. (CCSS.ELA-LITERACY.SL.1.3)
- Retell stories, including key details, and demonstrate understanding of their central message or lesson. (CCSS.ELA-LITERACY.RL.1.2)

Key Terms: MyPlate

Food groups

Materials Needed: Food and Nutrition PowerPoint

Blank paper or MyPlate Activity—worksheet

Coloring utensils

Sampling food and supplies

Introduction: (5 min) *Introduce essential question—What does it mean to be healthy? Ask two students to share what they think it means to be healthy. “In order for us to be healthy we must eat healthy and be active everyday. Eating the right foods and getting up to move will not only helps us as first graders but will help us the rest of our lives. Today we are going learn about the different food groups and how to check to see if we are eating all of them.”

Development: (20 min) Show MyPlate image. “MyPlate represents what your plate of food should look like everyday. There are five food groups listed on the plate. A food group is made up of foods that are similar to each other. For example, apples and pears are similar because both grow on trees and are fruits, so they are in the same food group. But apples and chicken are not similar, one grows on a tree and the other comes from an animal, so they are not in the same food group. Go over a few more examples if needed. Let’s watch a video about the benefits of the different food groups.” Encourage kids to sing along. Watch “Food Groups are Rockin’ Tonight” video. “The first food group is fruit, this category is red on our MyPlate picture. Can three people share an example of a fruit? (strawberries, apples, bananas, grapes, etc.) Next we have the vegetable group (green category). Can three people share an example of a vegetable? (zucchini, carrots, lettuce, green peppers, etc.) Who remembers how many fruits and vegetables we should eat everyday? (five) Moving on to the next side of the plate we have the grains group (brown category). Does anyone know what an example of a grain is? (bread, rice, noodles, etc.) The next group on the plate is protein (purple category). Can two students share an example of a food in the protein group? (meat, eggs, beans, tofu, etc.) The last food group is dairy (blue cup). Does anyone know what a dairy product is? (milk, yogurt, cheese, etc.) Each day you want to make sure you are eating foods from all five food groups. Some foods are considered *combo foods*. *Combo foods* contain more than one food group. For example, a sandwich could have grains for the bread, protein with sliced turkey, dairy with some cheddar cheese and vegetables with lettuce and tomato. If you have an apple on the side, you just ate all five food groups. Can anyone give me an example of another combo food and tell me what food groups it covers?” Instruct students to take out coloring utensils and either pass out blank paper or MyPlate Activity worksheet. Have students draw their favorite meal that includes all of the food groups. Remind them that combo foods can cover more than one food group. Leave the MyPlate graphic on the board so that kids can remember the five food groups. After a few minutes, bring the class back together and have a few students share the meal they drew. “Eating healthy is only one part of living a healthy life. We also need to make sure that we are exercising. Let’s all stand up next to our desks. We are going to look at some foods. If you like the food that comes up, I want you to do two jumping jacks.” Try using other exercises to keep students engaged (touch your toes, spin in a circle, find a partner who also likes that food, do a push up, etc.).

Sampling & Closure: (5 min) Conduct local fruit or veggie tasting. Instruct each student to take a ‘polite bite’ (eat at least one bite and only say polite things). *Review essential question—What does it mean to be healthy? Ask students what two things we need to do everyday to stay healthy. “Taking care of our body is important so that we can stay healthy. We can do this though eating the right foods and being active. We also want to make sure that we eat all five food groups daily. Can you help me list the food groups we talked about today?” Call on students until all five food groups are listed. (fruit, vegetables, grains, protein, and dairy) “I have a challenge for you! At dinner tonight, see if you have all five food groups.”

Adapted from: www.choosemyplate.gov



MyPlate Activity

Use the plate below to draw a well-balanced meal including food from all five food groups—Fruits, Vegetables, Grains, Protein and Dairy. Remember to fill at least half of your plate with fruits and veggies.

