



# GRADE 3

## Farm to School Lesson Plan

**Topic:** Food and Nutrition—Healthy Choices

**Monthly Essential Question:** What choices do we make when we eat?

**Content Areas Addressed:** Science, Health

### Standards Addressed:

- Ask and answer such questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers. (CCSS.ELA-LITERACY.RI.3.1)
- Determine the meaning of general academic and domain-specific words and phrases in a text relevant to a grade 3 topic or subject area. (CCSS.ELA-LITERACY.RI.3.4)
- Engage effectively in a range of collaborative discussion (one-on-one, in groups, and teacher-led) with diverse partners on grade 3 level topics and texts, building on others' ideas and expressing their own clearly. (CCSS.ELA-LITERACY.SL.3.1a, c, d)
- Ask and answer questions about information from a speaker, offering appropriate elaboration and detail. (CCSS.ELA-LITERACY.SL.3.3)

**Key Terms:** MyPlate

**Materials Needed:**

Food and Nutrition PowerPoint  
Blank paper

Writing utensils  
Sampling food and supplies

**Introduction: (5 min)** \*Introduce essential question—What choices do we make when we eat? “Why do we need food?” Ask a few students their thoughts. “Food is fuel for our bodies that gives us energy, helps us grow and keeps us healthy. If I am eating food so I can have energy to learn, play and grow, what should I think about when choosing foods? (healthy foods, variety of foods, ingredients, right amount) That sounds like a lot to remember every time I sit down to eat, doesn't it? Luckily, we have experts who study food and health that want to make those things as easy to remember as possible. Today we are going to look at a tool that can help us create and eat a healthy meal.”

**Development: (20 min)** “Think back to what you had for dinner last night. Can everyone imagine their meal? On a piece of paper, take two minutes to write everything from your meal.” Give students a couple of minutes to complete their list. “Now that we have our food, we need to organize it into food groups. There are five food groups we want to make sure to have in every meal – fruits, vegetables, grains, protein and dairy.” Instruct students to flip their paper over and write each category leaving enough space to write underneath it. “We're going to sort what we had for dinner into these categories. Let's go over an example. For dinner last night I had spaghetti, a glass of milk and pineapple. I would put spaghetti noodles into the grains category. Where would I put tomato sauce? (vegetables) I had cheese on my spaghetti. What category would that go in? (dairy) I had meatballs on my spaghetti too. What category would that go in? (protein) “Where would I put my glass of milk? (dairy) What about the pineapple?” (fruit) Review entire example. Offer more examples if students are confused. “Now it's your turn.” Give students a few minutes to sort their own meals. “We all have our meals sorted into food categories, but how do we know if we are eating the right balance of foods to keep our bodies healthy? This is where the experts come in. Let's watch a video about MyPlate.” Show “MyPlate Food Groups” video. “What do you notice about what the experts have created? (plate is on the table, beverage is milk, food divided by food categories, fruits and vegetables are half of plate) “Now that we know what the experts think our plates should look like, we can work to change our plates to support what they say will help us to grow healthfully.” Instruct students to make additions or changes to their meals so that all five food groups are covered. Give students a few minutes to work.

**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 choices do we make when we eat? “While as kids we don't always have a lot of control about what we have for dinner, we can have the knowledge to share with others so we know we are working to be our healthiest selves. Starting with one small goal sets us on the correct path. Maybe your goal is to eat dinner at the table a few times a week, or maybe you're going to choose milk instead of soda every other day. Take a few minutes to come up a realistic goal for yourself. instead of soda every other day. Take a few minutes to come up a realistic goal for yourself. Write that goal on your paper to remember your commitment. Write that goal on your paper to remember your commitment. It's never too early or too late to set goals to protect our health.”