

Introducing the 5 Fabulous Food Groups

Lesson Description

In this lesson, students learn to organize foods into the 5 food groups of the MyPlate model: vegetables, fruits, grains, proteins and dairy. They are introduced to the nutritional value of each group.

- Time required: 60 minutes
- Location of lesson: Classroom

Learning Objectives

- Identify the 5 basic food groups in MyPlate and list examples of each.

Attitude and Behavior Goals

- Eat a balanced diet by making healthy choices from each of the 5 food groups.


Materials and Preparation

- Crayons; at least 1 per student
- Tape for posting food cards on the white board
- 📖 **5 Fabulous Food Groups**
- 📖 **Organize the Food Groups**
- 🙌 **MyPlate**
- 🙌 **My Native Plate**
- 🙌 **Food Card Pictures** (photocopied and cut out); at least 1 card per student
- Prepared vegetable snack of the week – 1 for each student
- Water to drink during the Class Warm-up – water dispenser in the classroom and 1 cup or a water bottle for each student

Class Warm-up: Champion Cheer and Veggie Taste Test (5-10 minutes)

- Give each student a cup of water or ensure that they have a filled water bottle in front of them.
- Give each student the prepared veggie snack of the day.
- Lead the students in enthusiastically reciting the 📖 **Champion Cheer**.
- At the end of the cheer, drink water and eat the veggie snack together.
- Have students complete their 📖 **Taste Test Observations** about the vegetable snack of the week.

Review of Last Lesson (2-3 minutes)

- Review the evaluation questions from last week’s lesson. Evaluation questions from all lessons are listed at the end of the workbook .
- Ask some warm-up questions about today’s topic:
 - *Has anyone heard about the food groups?*
 - *What do you know about the food groups?*
 - *Does anyone know the names of some of the food groups?*

Class Discussion (10 minutes)

Show students the MyPlate and the My Native Plate.



There are 5 basic food groups. They are grains, vegetables, fruits, proteins and dairy. Each of these food groups is important for our health. Healthy whole grains like bread, cereal, rice and ground corn give us energy. Ask students to help brainstorm more grains examples.


Healthy proteins come from foods like chicken, beans, fish, and nuts and they help us to grow and build strong muscles. Ask students to help brainstorm more protein examples.

Vegetables and fruits contain many different vitamins and minerals which protect us from diseases and help us to look and feel our best. Each color has different types of vitamins and minerals. Some colorful examples are broccoli, carrots, peppers, cantaloupe, strawberries and grapes. Ask students to help brainstorm more fruit and vegetable examples.

Healthy dairy foods provide us with calcium, a mineral which helps build strong bones and teeth. Healthy dairy foods come from low-fat milk, cheese and yogurt. Soymilk and almond milk are also included in the dairy group. Ask students to help brainstorm more dairy examples.

Activities (30-35 minutes)

-  **“5 Fabulous Food Groups” (10 minutes):** Have students complete the workbook exercise and review the correct answers.
-  **“Organizing Food Groups” (10-15 minutes):** Students place food card pictures into the proper food group.
 1. Have food cards photocopied and cut-out.
 2. Write the names of the 5 food groups on the board with some room to post food pictures below each group.
 3. Pass out at least 1 food card to each student.
 4. Have students place their food picture into the correct food group.
 5. Each time a student adds a food picture have him/her say what the food group does for the body.

-  **“Organize the Food Groups” (10 minutes):** Have students complete the workbook exercise and review the correct answers.

Evaluation Questions (5-10 minutes)

1. *What are the 5 basic food groups?* (Answers: grains, vegetables, fruits, milk (dairy) and protein)
2. *What do fruits and vegetables have that is important for our health?* (Answers: vitamins and minerals that help us to look and feel our best and protect against diseases)
3. *What does the grain group do for us?* (Answers: gives us energy and fiber which helps with digestion)
4. *What food group does squash (like zucchini) belong in?* (Answer: vegetables)
5. *What are some examples of foods in the protein group?* (Answers: any meat, beans, eggs, nuts and seeds)
6. *How much water should you drink every day?* (Answer: at least 6 cups of water a day)
7. *How many fruits and vegetables should you eat every day?* (Answer: at least 5 fruits and vegetables a day)
8. *Does gardening connect you to your culture and help you learn new words in your language?* (Answer: yes)

Preparation for Future Lessons – Reminder for the Instructor

- Review the materials and preparation needed for the next lesson.
- Remember that an Elder guest instructor is needed for these Fall lessons: Lesson 2 (What is a Plant?), Lesson 4 (Seed Exploration), Lesson 6 (Preserving the Harvest), and Lesson 10 (Companion Planting and Traditional Cooking).

Notes
