

In this lesson, students will learn about the five food groups and know which food belongs to each group. They will also understand the importance of eating healthy meals. This lesson is a great hands-on activity that will keep the students' interest. Teaching and reinforcing nutrition at all levels is very important due to the growth that takes place every year in children. This lesson gives students the opportunity to see if they are following the food pyramid and if not, what changes need to be made.

GRADE LEVEL: 3-4

Concept: Introduction to Nutrition

Objectives:

1. Students will understand the five food groups and know which foods belong to each group.
2. Students will understand the importance of eating healthy meals.

Materials:

Nutrition Song

Poster of Food Pyramid

Procedure:

1. Over the weekend ask students to keep track of all the meals that they eat and also the snacks that they have.
2. When you begin the lesson, ask students if they know why you had them keep track of the food that they ate for the past two days.
3. Offer ideas if the students don't have any. (Example-1 just wanted to see what you liked to eat, Wanted to know what your mom or dad cooked for meals.)
4. Tell the students that the reason that they kept track of the food that they ate was because we are going to look at their eating habits and compare it to the food pyramid.
5. Show the students the poster of the food pyramid. Explain to them that there are five food groups and each group has a recommended serving that they should try to eat every day to get the nutrition that their bodies need. Give many examples of the different foods that belong to each group. List them on the black board.
6. Go through each food group and explain thoroughly that each group plays an important role in providing their bodies with nutrients and vitamins to keep them healthy. Proteins help keep muscles strong. Dairy products provide calcium to keep bones strong. Carbohydrates are used to provide energy for the body. Fruits and vegetables provide many needed vitamins and nutrients. Fats are also used in helping provide energy.

7. Explain to students that they need to eat something from each food group at least once a day. This will keep your body strong and healthy.
8. Have students make their own pyramids and list the foods that they ate over the weekend in the correct groups.
9. Have students decide if they are eating healthy or if they need to eat more of a certain group.
10. Have students keep track of the food that they eat for another two days and ask them to try to even out their diets so that they are following the food pyramid and eating healthier.

Evaluation:

Evaluation will be done as the students are placing the foods that they ate into the correct food groups. It will also be done when students keep track the second time and are following the pyramid guide for better nutrition.