



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

Grade 1st

Unit      **Food Groups/My Plate**

**SOLs:**

- 1.5 A- Name the **food groups** as identified by the U.S. Department of Agriculture (USDA).
- 1.5 B- Name **one food** from each (USDA) food group.

**Title:**      **Fiber Tag**

**Objectives/ Goals:**

[Students are learning about the grain food group]

- Students will learn that “grains” are 1 of the 5 food groups
- Students will be able to provide examples of foods in the grain group

**Materials:**

[Equipment and Set Up]

- Small object like noodlets that students can easily carry and transfer to others- 3 per student

**Procedure:**

Lesson created by Tommy Landseadel and Luke Noble

**Intro-** Discussion should cover:

- Grains are made from rice, barley, wheat, oats and cereal
- Provide examples: bread, rice, pasta, cereal, oatmeal, etc.
- Whole grains contain all of the nutrients from the grain, refined grains have some of the nutrients stripped out. Whole grains are healthier.
- MyPlate recommends 5 servings of whole grains per day.

**Description-**

Every student starts with 3 noodlets (or substitute object). Each object represents a serving of whole grain. Everybody is it. When tagged, the taggee gives one of their “grains” to the tagger. The object is to collect 5 in order to meet the Myplate recommendation. Once a student gets 5, he/she cannot tag anybody else. But, students with 5 servings can still be tagged by others.

**Closure**

- Provide an example of a food in the grain group.

**Assessments, References & Sources:****Resources:**

- <https://www.choosemyplate.gov/grains>
- <https://kidshealth.org/en/teens/whole-grain-bread.html>
- <https://www.healthline.com/nutrition/why-is-fiber-good-for-you>

**Assessments:**

As students are leaving class, they need to high 5 the teacher while naming a food in the grain group.