



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: Food Group Assessment

Objectives/ Goals:

- [Assess student knowledge of food groups]
- Students will be able to provide an example of a food in each of the 5 food groups

Materials:

- [Equipment and Set Up]
- Food Cards- spread out face up in a corner of the gym- do not include cards that don't associate directly with a specific food group.

Procedure:

Intro- Discussion should cover:

- Review by asking students to name the 5 food groups and a couple examples of each.

Lesson created by Tommy Landseadel and Luke Noble

Description-

This assessment works very well as a station. It is best for the teacher to stay near the assessment station, so students need to be able to work somewhat independently at the other stations. Groups smaller than 6 work best, but some students need at least 5 minutes at the assessment station. Teacher should provide an alternative activity for students that finish the assessment before it is time to rotate.

For the final product, the teacher can take a picture of the student responses, or the teacher can use a checklist to record which groups each student was able to identify correctly.

Assessments, References & Sources:

- <https://www.choosemyplate.gov/MyPlate>

Assessments:

Students are instructed to select a total of 5 food cards, 1 from each food group, to make a meal. Their score represents how many food groups they were able to cover with their 5 cards.