



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: [My Plate Relay]

Objectives/ Goals:

- [Students will review my plate guidelines]
- Students will know the 5 food groups
 - Students will be able to provide an example of 1 food from each of the 5 food groups
 - Students will learn the My Plate guidelines

Materials:

- [Equipment and Set Up]
- Food Cards- spread out in the center of the gym
 - Hula Hoops- 1 per group – group size should be 2 or 3

Procedure:

Intro- Discussion should cover:

- Review My Plate serving suggestions for 2000 calorie diet- 6 servings whole grain, 3

Lesson created by Tommy Landseadel

- vegetables, 2 fruit, 5 protein, 2 dairy
- Have students provide examples of foods in each group.

Description-

Teams try to collect recommended daily values of all 5 food groups in order to complete the task. They need 2 fruits, 3 veggies, 2 dairy, and 5 protein and 6 grains.

This is a relay, so 1 student from each team will go at a time. Students can collect 1 card with each trip to the center. Every team that is able to meet the My Plate recommendations has successfully completed the task.

Closure

- Review the serving recommendations for each food group

Assessments, References & Sources:

Resources:

- https://www.choosemyplate.gov/MyPlatePlan_2000cals_Age9-13
- <https://healthyeating.sfgate.com/purpose-rda-3190.html>

Assessments:

Ask each student to tell you their favorite healthy food and what food group it is in as he/she leaves class.