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:   **Dairy Danger**

Objectives/ Goals:
[Students are learning about the dairy food group]
• Students will be able to provide an example of a dairy product
• Students will learn the health benefits of dairy

Materials:
[Equipment and Set Up]
• Food cards- Set face up in the corner of the gym- use all dairy cards, but also mix in some fruits and vegetables
• Foam Bricks- available for teacher to distribute to the groups
• Hula Hoops- 1 for every 5 or 6 students spread out evenly around the perimeter of the gym.

Procedure:
**Intro-** Discussion should cover:
- Dairy products are a great source of calcium, which is important for bone growth. They are also high in protein.
- All dairy products are made from milk
- Provide examples of dairy: (milk, cheese, yogurt, ice cream)

**Description**

Phase 1- Students do 10 reps of any exercise to earn a trip to the grocery store, where they select a card seeking dairy items. Students earn 5 bricks for each dairy card they are able to find. They get nothing for foods from other groups.

Phase 2- This part is optional and has nothing to do with the content. After students collected their bricks, you can play a knockdown game. Each team builds a brick tower in their hula-hoops and students throw gator balls at other teams’ towers to knock them down while protecting their own. Use cones or poly spots to designate throwing areas around the hula-hoop for each of the groups. Students may leave their areas to retrieve gator balls, but they may not throw until they are back in their home territory.

**Closure**
- Ask students to name a food in the dairy group

**Assessments, References & Sources:**

**Resources:**
- [https://www.choosemyplate.gov/dairy-nutrients-health](https://www.choosemyplate.gov/dairy-nutrients-health)
- [https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/calcium-and-milk/](https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/calcium-and-milk/)

**Assessments:**

As students are leaving class, have them give the teacher a high 5 while telling you an example of a food in the dairy group.

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