Health Smart Virginia - Sample Lesson Plan

Grade 2nd

Unit: Food Groups/My Plate

SOLs:

- 2.5 B- Identify examples of healthy snacks.

Title: Name that Food Tag

Objectives/Goals:

- [Students are learning about the five food groups]
- Students will be able to provide examples of foods in all 5 food groups

Materials:

- [Equipment and Set Up]
- 5 colored tagging implements- blue, red, orange, purple and green
- 5 hula hoops matching the colors of the tagging noodles. Hula hoops are spread out around the perimeter of the gym

Procedure:

Intro: Discussion should cover:
- Review examples of healthy foods from each food group

Description:

Lesson created by Kim Gentry and Stevie Gray
Taggers represent the 5 food groups. Orange is grain, red is fruit, green is vegetable, purple is protein and blue is dairy. When a student gets tagged, they must go to the corresponding color and wait to be unfrozen. A student is free when another student comes and tells them the food group represented by the color of their hoop and an example of a food from that food group.

**Closure**
- Ask students to give examples of healthy foods in each group

**Assessments, References & Sources:**

**Resources:**

**Assessments:**
Use the exit slip found below. The “My Plate” assessment is also designed as a culminating assessment for the unit.
In class today, we learned about food groups. Please answer the following question:

1) List an example of a healthy food in each group:

   A) Fruit:

   B) Vegetable:

   C) Grain:

   D) Protein:

   E) Dairy: