Health Smart Virginia - Sample Lesson Plan

Grade 3rd

Unit: Food Groups/My Plate

SOLs:
- 3.5 B- Identify **one food per group** to create a health meal that meets USDA guidelines.

Title: **Fiber Tag**

Objectives/ Goals:

- [Students are learning about the grain food group]
- Students will be able to provide examples of foods in the grain group
- Students will understand the difference between whole and refined grains
- Students will learn that fiber is an important nutrient found in whole grains

Materials:

- [Equipment and Set Up]
  - Small object like noodlets that students can easily carry and transfer to others - 3 per student

Procedure:

**Intro**- Discussion should cover:
- Grains are made from rice, barley, wheat, oats and cereal
- Whole grains contain all of the nutrients from the grain, refined grains have some of the nutrients stripped out. Whole grains are healthier.
- Provide examples of whole vs. refined grains
- Fiber helps the body in many ways. One is that it is very filling. People who eat high fiber diets are less likely to overeat.
- 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 in it. When tagged, the taggee gives one of their “grains” to the tagger. The object is to collect 5. Once a student gets have 5, he/she feels “full” because they have eaten plenty of fiber. Students who are “full” can no longer tag others, but they can still be tagged.

Closure

- Which are healthier, whole grains or refined?
- Provide an example of a whole grain
- What is the nutrient in whole grains that make us feel full?

Assessments, References & Sources:

Resources:
- [https://www.choosemyplate.gov/grains](https://www.choosemyplate.gov/grains)
- [https://www.healthline.com/nutrition/why-is-fiber-good-for-you](https://www.healthline.com/nutrition/why-is-fiber-good-for-you)

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 grains. Please answer the following questions:

1) Which are healthier?

Whole Grains  Refined Grains

2) List an example of a whole grain:

3) List an example of a refined grain: