Grade K Sample Lesson Plan:
Unit 2 – Healthy Eating

SOLs

• K.1.a Recognize the importance of making healthy food choices (e.g., eating a variety of foods from all food groups, eating breakfast, choosing healthy snacks, eating at least five fruits and vegetables a day).
• K.2.a Describe healthy meal choices that include all food groups.
• K.3.a Describe a variety of healthy snacks foods.

Objectives/Goals

• The student will understand the importance of making healthy food choices
• The student will create a healthy meal that includes all food groups
• The student will describe healthy snack foods.

Materials

• PowerPoint: K-All About Me Nutrition
• Worksheet: A Healthy Me
Procedure

Step 1
Using the Powerpoint as a guide, begin the lesson with the scenario, Can You Help Me?, on slide 2. The teacher will ask for volunteers to help find a fruit, vegetable, protein, grain, and dairy from the pictures listed. This will allow the teacher to assess how much the students already know.

Step 2
Slide 3: Show students the video to introduce them to the food groups.

Step 3
Slide 4: Discuss the benefits of eating healthy and show the video clip to re-emphasize the importance of eating healthy. The video does not have words which will allow the teacher to narrate the benefits shown in the video.

Step 4
Slide 5: Instruct students to create a healthy lunch using the guidelines of MyPlate. This will be completed on the worksheet, A Healthy Me. Allow time for students to share their healthy breakfast as a whole group or with a partner.

Step 5
Slide 6: Introduce the importance of eating a healthy breakfast in a class discussion using the scenario on slide 6.

Step 6
Slide 7: The teacher will discuss the benefits of eating a healthy breakfast.

Step 7
Slide 8: Instruct students to create a healthy breakfast. This will be completed on the worksheet, A Healthy Me. Allow time for students to share their healthy breakfast as a whole group or with a partner.

Step 8
Slide 9: Introduce the importance of eating healthy snacks in a class discussion using the scenario on slide 9.

Step 9
Slide 10: Allow students to look at the pictures to decide if the food is a healthy snack or not. Call on volunteers to share their answers.

Step 10
Slide 11: Instruct students to create 3 healthy snacks they eat or could eat. This will be completed on the worksheet, A Healthy Me. Allow time for students to share their healthy breakfast as a whole group or with a partner.
Slide 12: Introduce the importance of eating fruits and vegetables using slide 12. Call on volunteers to share their favorite fruits and vegetables.

**Step 12**
Slide 13: Instruct students to draw and label their favorite fruit and vegetable. This will be completed on the worksheet, A Healthy Me. Allow time for the students to share their drawing with a partner.

**Step 13**
Slide 14: Summarize the lesson by emphasizing the importance and benefits of healthy eating (feel good, increased energy, increased focus in class, etc.)

**Step 14**
Slide 15: End class with a classroom energizer.

**References**
Mary McCarley, 2018

**Handout**
The next page includes a handout for the lesson. The handout is designed for print use only.
**A Healthy Me**

| Create a healthy lunch using MyPlate. Include all 5 food groups. Draw and label your foods. | Create a healthy breakfast. Draw and label your foods. |
| Draw and label 3 healthy snacks you eat or could eat. | Draw and label your favorite fruit and your favorite vegetable. |