

Title: Healthy Foods People

Audience: K-2

Duration: 45-60 min.

Objectives: The learner will be able to identify the five basic food groups.
The learner will be able to discuss specific foods that are found in of these groups and where in agriculture we find them.
The learner will use their knowledge of the food groups to construct their own Healthy Foods Person.

Processing Skills: Discovering the Food Pyramid
Classifying what foods belong in each group
Comparing what foods come from plants and which come from animals.

Standards: Food Science and Nutrition

11.3C Explain the importance of eating a varied diet in maintaining health.

11.3D Classify food by food group within the food guide pyramid including serving size and nutrient function in the body.

Materials: Poster of Food Pyramid
Plastic pieces of food
Stuffed animals
Mini food pyramid poster sheets to send home for families
Glue /scissors/markers
Construction paper cut outs already copied to build healthy foods person

Anticipatory Set:

This morning for breakfast I had a bowl of oatmeal with blueberries and strawberries on top, a glass of milk, and some yogurt. Yesterday I had two chocolate doughnuts, a sports drink, and some Sugar Smacks Cereal. On which of my two days of breakfast do you think I ate healthier and how do you know?
(Answers)

Well today we are going to learn more about eating healthy, where our healthy foods come from, and why it is important to put healthy foods into your diet each day.

Procedures:

1. Let's take a look at this poster. Do you know what shape is on this poster? It is a pyramid. This is a special pyramid called our Food Pyramid. It is broken down into 5 main sections. The first area of the pyramid we see is whole grains in the orange color. (show plastic food bread and box of cereal). Whole grains are plants such as wheat, corn, barley, rice and oats. These grains have something in them called carbohydrates which give our bodies energy. Whole grains are grown on farms and are important not only to people, but also in feeding the animals on the farm(show stuffed animals of pig, cow, chicken, etc.).

2. The lesson would continue on with green for vegetables(show plastic veggies like corn, broccoli, carrots, etc.) which provide us with protein, fiber, and many essential vitamins especially vitamins A and C. Noting that most of our vegetables are grown on farms. The red section of the pyramid is for fruits which are great sources of vitamin C which helps our bodies to fight colds and heal.(show plastic apple, orange, grapes, etc. Once again most of our fruits are grown on farms. The blue section of our pyramid is our dairy or milk section. Dairy products provide our body with calcium, protein, riboflavin, and vitamin D which make our bones and teeth strong. Discuss that milk comes from cows and farmers raise cows. Other foods in the dairy section are cheese, yogurt, cottage cheese and everyone's favorite ice cream. (show stuffed cow and plastic yogurt cup, ice cream, cheese, etc. while explaining. Our final section in purple is for meats and proteins. Beef, pork, and chicken belong in this group. Proteins help to form muscle. Beans, nuts and eggs go in this group, too. Pork comes from pigs raised by farmers, beef comes from cows raised by farmers, and chickens, too. We all know that eggs come from the chickens. Explain that the thin yellow line is for oils and that is not a food group. Our bodies need some, but not too much.

3. Now that we have discussed the food pyramid, what food group each color stands for, what type of foods go into each group, and how farms play a very important part in the healthy foods that we eat, I would like to introduce you to my Healthy Foods Person. I named her Susie Strong because she is made up of healthy foods that are good for her body and make it strong. (Boys can think of boy names). Who can tell me what her head is made of? Yes, a glass of milk. Where does milk come from? What section of our food pyramid is it found in? What does milk give our bodies? Continue with hair/hat slice of orange for fruit, arms are corn on the cob for vegetables, body is wheat bread for whole grains, legs are slices of bacon and feet are eggs for meat and protein.

4. As children finish up making their Healthy Foods People call them back into a circle. Discuss that along with eating healthy, people also need to exercise or move around for at least 60 min. a day. Show students how to do the Healthy Food Hokey Pokey. You put an ear of corn in, you take an ear of corn out, etc. and you

shake it all about, you do the Healthy Foods Hokey Pokey and you turn yourself around, that's what's it's all about. Go through each part of the the Healthy Foods Person with the song.

Evaluation:

Since this is the start of a unit on healthy foods we would continue to emphasize the Food Pyramid, where our healthy foods come from, and would eventually create our own Pyramid using drawings and magazine pictures. To end this lesson we would gather with our Healthy Foods People and introduce them to one another(if names were given) and review what each part of the person is and what part of the food pyramid they represent. We would then hang them above our seats or display them in the hall.