



SAMPLE LESSON PLANS

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.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.

