



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: **[Protein Builders]**

Objectives/ Goals:

[Students are learning about the protein food group and why our bodies need protein]

- Students will learn that proteins are 1 of the 5 food groups
- Students will be able to identify at least 1 food from the protein group
- Students will learn that protein is needed to build muscle

Materials:

[Equipment and Set Up]

- Food cards- set face up in 1 corner of the gym- Only use foods from the protein group for 1st graders.
- Foam bricks- in another corner- need as many as possible
- Hula hoops- 1 per group of 3-5 students

Procedure:

Intro- Discussion should cover:

- Protein is one of the 5 food groups.
- Protein is needed to build muscle, repair tissue and make enzymes. Protein consumption + strength exercises lead to muscle growth.
- All foods in the protein group are great sources of protein. Foods in this group include: meat and fish, nuts, beans, seeds.
- make sure to eat a variety of proteins, not just animal meats. Seafood, nuts, beans and seeds are all very healthy because they are low in saturated fat.

Description-

Students must do 10 reps of a muscular strength or muscular endurance exercise. When they complete their exercise, they earn a trip to the grocery store where the food cards are. Students may select 1 card per trip. For every 10 grams of protein (I always round up) they earn, they get to trade it for a brick (grams of protein per serving are listed on the cards). The bricks stand for muscle. The object is to build the largest “muscle” in their space using the bricks. Exercise plus protein consumption builds muscle.

Closure-

- What does our body use protein for?
- Name foods in the protein group

Assessments, References & Sources:

Resources:

- <https://www.webmd.com/men/features/benefits-protein#1>
- <https://www.choosemyplate.gov/protein-foods>

Assessments:

As students are leaving class, have them give the teacher a high 5 while telling you an example of a food in the protein group.