



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

#### Grade 2 – Health Promotion

#### Unit 2

##### **SOLs:**

- 2.1.b** Identify foods that come from plants and animals.
- 2.1.c** Name a variety of healthy foods, and recognize the benefits of eating a healthy breakfast.
- 2.1.d** Identify characteristics of foods that should be consumed in limited quantities.
- 2.1.e** Identify foods and beverages that contain sugar and caffeine.
- 2.3.b** Design a meal with food from each food group.

#### **Title: Healthy Eating**

#### **Objectives/ Goals:**

- The student will identify foods that come from plants and animals
- The student will recognize healthy food and identify the benefits of eating healthy meals
- The student will identify foods that should be consumed in limited quantities
- The student will design a meal with food from each food group.

#### **Materials:**

- PowerPoint: 2<sup>nd</sup> Grade All About Me Nutrition
- Worksheet: MyPlate Healthy Lunch

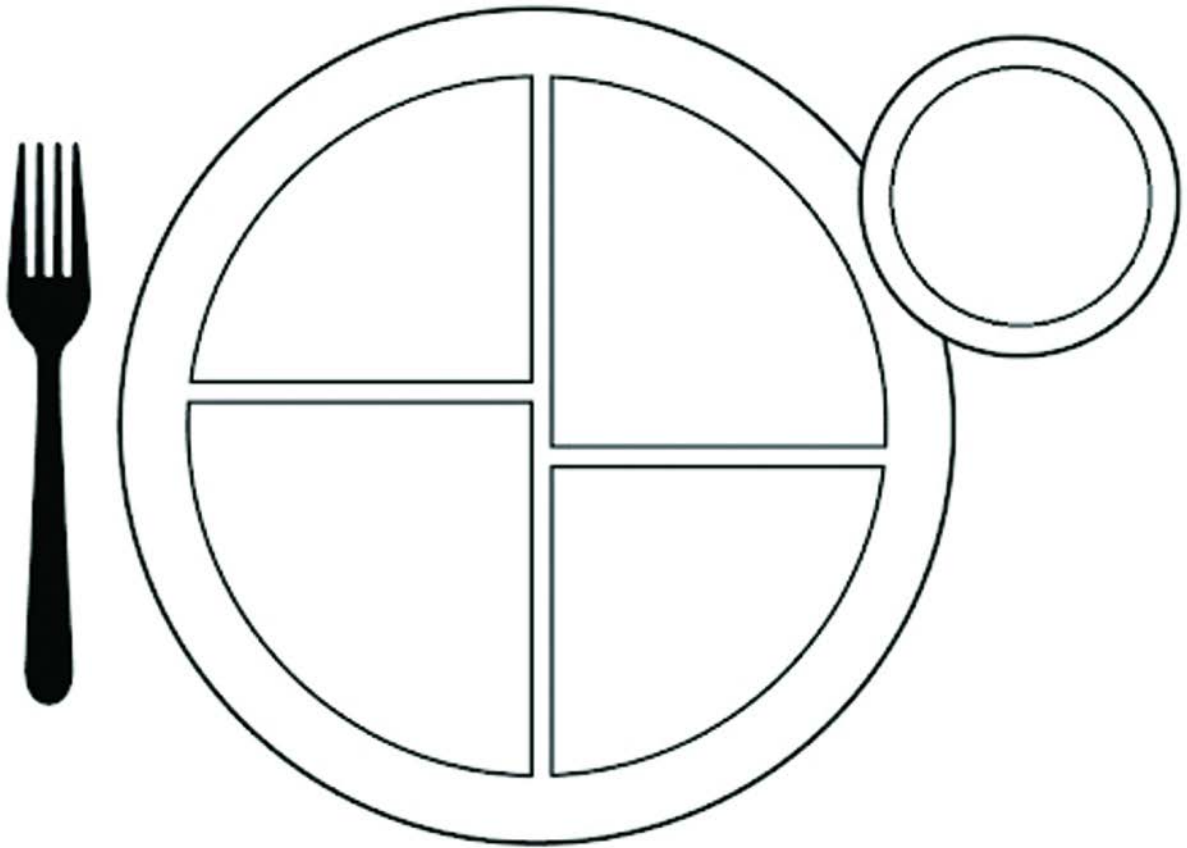
**Procedure:**

Step 1	Using the Powerpoint as a guide, begin the lesson by reviewing the topic of the lesson on slide 2.
Step 2	Slide 3: Review MyPlate and tips for healthy eating. Ask students to recall an example of a food from each food group.
Step 3	Slide 4: Discuss that food comes from plants and animals. Show the video clip to learn more about where fruits and vegetables come from. Then, give examples of foods that come from animals. Ask students to look at the pictures and decide if it came from a plant or an animal.
Step 4	Slide 5-6: Students will practice deciding if the food comes from a plant or an animal.
Step 5	Slide 7: Allow students to talk about healthy food they enjoy either at their tables or as a class.
Step 6	Slide 8: As a class, read the scenario, What Should I Do? Allow students to share their answers. Discuss the importance of eating a healthy breakfast. Allow students to share examples of a healthy breakfast.
Step 7	Slide 9: As a class, read the scenario, What Should I Do? Allow students to share their answers. Discuss the importance of eating healthy snacks. Allow students to share examples of healthy snacks that they enjoy. Show the video to emphasize the importance of eating healthy food.
Step 8	Slide 10: Discuss unhealthy foods and characteristics of these foods. Allow students to share examples of unhealthy foods they enjoy. Discuss the importance of moderation.
Step 9	Slide 11-14: Show the slide and allow students to choose the healthier food. Ask for a volunteer to explain why it is healthier.
Step 10	Slide 15: Instruct students to read the scenarios and decide on a healthier option.
Step 11	Slide 16: Ask students to share some of their favorite sugary foods and discuss healthier options and focus on moderation of their unhealthy foods.
Step 12	Slide 17: Read the scenario as a class and allow students to practice with a partner or as a class creating healthy meals using the ingredients listed.
Step 13	Slide 18: Pass out the worksheet: MyPlate Healthy Lunch. Instruct students to create a healthy lunch with the list of ingredients provided following the guidelines of MyPlate.
Step 14	Slide 19: End the lesson with a classroom energizer.

**Assessments, References & Sources:** Mary McCarley, 2018

# MyPlate Healthy Lunch

Directions: Create a healthy lunch by drawing foods from each food group in the diagram below. Label the foods. After drawing and labeling your meal, describe the meal and what makes it healthy in the space below.



**Describe your meal. Why is it healthy?**

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