



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 2nd

Unit **Food Groups/My Plate**

SOLs:

- 2.5 B- Identify examples of **healthy snacks**.

Title: **Name that Food Tag**

Objectives/ Goals:

- [Students are learning about the five food groups]
- Students will be able to provide examples of foods in all 5 food groups

Materials:

- [Equipment and Set Up]
- 5 colored tagging implements- blue, red, orange, purple and green
- 5 hula hoops matching the colors of the tagging noodles. Hula hoops are spread out around the perimeter of the gym

Procedure:

Intro- Discussion should cover:

- Review examples of healthy foods from each food group

Description-

Lesson created by Kim Gentry and Stevie Gray

Taggers represent the 5 food groups. Orange is grain, red is fruit, green is vegetable, purple is protein and blue is dairy. When a student gets tagged, they must go to the corresponding color and wait to be unfrozen. A student is free when another student comes and tells them the food group represented by the color of their hoop and an example of a food from that food group.

Closure

- Ask students to give examples of healthy foods in each group

Assessments, References & Sources:

Resources:

- <https://healthy-kids.com.au/kids/primary-school/the-five-food-groups-1/>

Assessments:

Use the exit slip found below. The “My Plate” assessment is also designed as a culminating assessment for the unit.

In class today, we learned about food groups. Please answer the following question:

1) List an example of a healthy food in each group:

A) Fruit:

B) Vegetable:

C) Grain:

D) Protein:

E) Dairy: