



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

Grade 2nd

Unit      General Nutrition

#### SOLs:

- 2.5 B- Identify examples of **healthy snacks**.
- 2.5 D- Explain that choosing **nutritious foods** and being physically active are components of being healthy.

**Title:**      Not in my Bowl: Healthy Foods vs. Junk Foods

#### Objectives/ Goals:

[Students are learning how to analyze food labels]

- Students will know that our bodies need fat. About 20% of our daily caloric intake should come from fat
- Monounsaturated fat and Polysaturated fat are healthy! Saturated fat is okay in moderation, but needs to be limited. Trans fats should always be avoided.
- Students will learn where to find fat content on the food label

#### Materials:

[Equipment and Set Up]

- 4 large containers to throw objects in- 1 goes in each corner of the gym. Allow enough space for students to travel behind the container so they can shoot from all directions.
- Cones or poly spots arranged in a 6'-8' radius circle around the container (no throw zone)
- 8 pool noodles, 2 near each container in the "no throw zones"
- Any safely throwable objects you can find. The more objects, the better! Objects need to be split in 2 groups either by color or type (healthy foods and junk foods). Students need to be able to readily identify which group the object falls in.

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## **Procedure:**

### **Intro-** Discussion should cover:

- Healthy foods provide energy for our bodies
- Ask students to provide examples of healthy snack foods
- Ask students to provide examples of junk foods that are unhealthy

### **Description-**

Designate some of the objects as “healthy foods” and some as “junk foods”. Students try to collect “healthy foods” by throwing them in the bowl on their side, while trying to throw “junk foods” in the other teams’ bowl. Each bowl will have 1 or 2 defenders (give defenders a pool noodle to identify and help block). Defenders are the only players allowed in the no throw zone. They try to block the opposing team from throwing junk foods into their bowl, while allowing teammates to deposit healthy foods. Each team is trying to see who can have the healthier bowl at the end (healthy foods – junk foods). Keeping score is optional. Only allow students to pick up 1 food item per trip, so the rounds last longer.

### **Closure-**

- Review examples of healthy snack foods
- Review examples of unhealthy junk foods

## **Assessments, References & Sources:**

### **Resources:**

- <https://www.superhealthykids.com/15-healthy-after-school-snacks/>

### **Assessments:**

Use this exit slip on the next page. Read it aloud before giving to students.

In class today, we learned about how healthy foods provide energy for our bodies.

1) Please give an example of 1 unhealthy food junk food:

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2) Please give an example of a healthy snack food:

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