



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 3rd

Unit Food Groups/My Plate

SOLs:

- 3.5 B- Identify **one food per group** to create a health meal that meets USDA guidelines.

Title: Dairy Danger

Objectives/ Goals:

[Students are learning about the dairy food group]

- Students will be able to provide an example of a healthy dairy product
- Students will learn the health benefits of dairy
- Students will recognize that not all dairy products are healthy. Some are high in saturated fat and some have a lot of added sugar (ice cream, some yogurts, etc.)

Materials:

[Equipment and Set Up]

- Food cards- Set face up in the corner of the gym- use dairy cards only
- 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.
- Not all dairy products are healthy. Some are high in saturated fat and some have a lot of added sugar (ice cream, chocolate milk, some yogurts, etc.)
- It is possible to eat a healthy, balanced diet without dairy. Some nutritionists even advise people to limit or avoid dairy.

Description-

Phase 1- Students do 10 reps of any exercise to earn a trip to the grocery store, where they select a dairy product. After all the dairy products have been distributed, each group most sort into two piles: healthy and unhealthy. Students earn 5 bricks for each card they are able to correctly sort. It is up to teacher discretion how to judge healthy vs. unhealthy. Just make sure your students know your standards. Chocolate milk, ice cream, and whole milk products are examples of less healthy dairy items.

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-

- What does our body need calcium for?
- Name a healthy food in the dairy group
- Name a less healthy 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:

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 dairy. Please answer the following questions:

- 1) List a healthy dairy food low in fat and added sugar:
- 2) List an unhealthy dairy food that could either be high in saturated fat or added sugar: