



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: **Fruit Salad**

Objectives/ Goals:

[Students are learning about the fruit food group]

- Students will be able to provide examples of foods in the fruit group
- Students will learn why fruits are healthy

Materials:

[Equipment and Set Up]

- Gator Balls inside a boundary in the middle of the gym
- Hula Hoops- 1 per group of 3-4 students. Students should spread the hoops out around the perimeter of the gym.
- Tagging noodles- need 3-4 taggers per 20 students

Procedure:

Intro- Discussion should cover:

- Have students provide examples of fruits
- Fruits are a great source of many different vitamins and minerals, they always make a

healthy choice

- People should try to eat a variety of fruit, because each one has different nutrients
- Eating fresh fruit is the best option. Canned or prepackaged fruits often have added sugar. Fruit juices are often high in sugar content also.

Description-

Gator Balls represent fruit. Taggers are the fruit hoarding monsters. They are trying to protect their stash, while the humans try to steal fruit from the monsters. Humans are split into small groups of 3 or 4 at a plate (hula hoop). If a human makes it safely into the middle circle where the fruit is stored, they are safe until they exit again. They must either run their fruit back to their plate, or pass it to a teammate without getting tagged or allowing the ball to touch the floor. The object is to collect as much fruit as possible because fruit is a healthy choice for a sweet snack.

Closure

- Is fruit a healthy choice?
- Provide examples

Assessments, References & Sources:

Resources:

- <https://www.choosemyplate.gov/fruit>
- <https://www.choosemyplate.gov/focus-on-fruits>

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 fruit. Please answer the following question:

1) List 3 examples of foods in the fruit group:
