



## 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:**        Fiber Tag

**Objectives/ Goals:**

[Students are learning about the grain food group]

- Students will be able to provide examples of foods in the grain group
- Students will understand the difference between whole and refined grains
- Students will learn that fiber is an important nutrient found in whole grains

**Materials:**

[Equipment and Set Up]

- Small object like noodlets that students can easily carry and transfer to others- 3 per student

**Procedure:**

**Intro-** Discussion should cover:

- Grains are made from rice, barley, wheat, oats and cereal
- Whole grains contain all of the nutrients from the grain, refined grains have some of the nutrients stripped out. Whole grains are healthier.

- Provide examples of whole vs. refined grains
- Fiber helps the body in many ways. One is that it is very filling. People who eat high fiber diets are less likely to overeat.
- MyPlate recommends 5 servings of whole grains per day.

### **Description-**

Every student starts with 3 noodlets (or substitute object). Each object represents a serving of whole grain. Everybody is it. When tagged, the taggee gives one of their “grains” to the tagger. The object is to collect 5. Once a student gets have 5, he/she feels “full” because they have eaten plenty of fiber. Students who are “full” can no longer tag others, but they can still be tagged.

### **Closure**

- Which are healthier, whole grains or refined?
- Provide an example of a whole grain
- What is the nutrient in whole grains that make us feel full?

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

#### **Resources:**

- <https://www.choosemyplate.gov/grains>
- <https://kidshealth.org/en/teens/whole-grain-bread.html>
- <https://www.healthline.com/nutrition/why-is-fiber-good-for-you>

#### **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 grains. Please answer the following questions:

1) Which are healthier?

Whole Grains

Refined Grains

2) List an example of a whole grain:

3) List an example of a refined grain: