



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 5th

Unit Food Groups/My Plate

SOLs:

- 5.5 A- Explain RDA (**Recommended Dietary Allowance**).
- 5.5 B- Explain that there are different RDA recommendations for children, teens, and adults.
- 5.5 C- Explain the effect of **portion size** on RDA.

Title: My Plate Capture the Flag

Objectives/ Goals:

- [Students will review my plate guidelines and learn about RDA]
- Students will know the my plate guidelines for each food group
 - Students will learn about RDA and how eating a healthy, balanced diet with a variety of foods from all 5 groups is the best way to meet guidelines

Materials:

- [Equipment and Set Up]
- Cones or poly spots to divide playing area into 4 equal sections and to mark puppy guard zones
 - 4 hula hoops- 1 red, 1 green, 1 orange and 1 purple- 1 hoop goes in each section of the gym, with a small puppy guard zone around it
 - Food cards- start with 18 grain cards in orange hoop, 6 fruit cards in red hoop, 9 vegetable in the green hoop, 15 protein cards in purple, and 8 dairy cards, 2 in each hoop
 - Flag belts- 1 per student

- Pinnies to split teams- red, orange, green and purple if possible

Procedure:

Intro- Discussion should cover:

- Review My Plate serving suggestions for 2000 calorie diet- 6 servings whole grain, 3 vegetables, 2 fruit, 5 protein, 2 dairy
- RDA = Recommended Dietary Allowance
- RDA is a guideline for how much of each specific nutrient our bodies need on a daily basis- RDA amounts vary for children, teens and adults
- Best way to get close to RDA is to meet My Plate suggestions with a variety of healthy foods within each category

Description-

Teams try to collect recommended daily values of all 5 food groups in order to win. They need 2 fruits, 3 veggies, 2 dairy, and 5 protein and 6 grains. Each student needs a pinnie and a flag belt.

Students are safe in their own team's home zone. If they leave their zone, their belt can be pulled by any other team. If pulled, they "active freeze" (plank, cherry pickers, etc.) until either a teammate rescues them, or the teacher calls jail break. Teams invade other areas to try and collect the food items they need to reach their daily nutritional needs. They may only take 1 food card with each trip out of their home zone. If the student's belt gets pulled, the defender who pulls it gets to take the food card the captured student was holding.

The puppy guard area around each hoop is used as a safety precaution. Once a player from an opposing team reaches the puppy guard zone, they are safe until they choose to leave again. The teacher can institute a time limit inside the puppy guard zone if needed.

Closure

- Review the serving recommendations for each food group
- What is RDA?

Assessments, References & Sources:

Resources:

- https://www.choosemyplate.gov/MyPlatePlan_2000cals_Age9-13
- <https://healthyeating.sfgate.com/purpose-rda-3190.html>

Assessments:

Use the exit slip found below.

Lesson created by Tommy Landseadel

In class today, we learned about RDA. Please answer the following questions:

1) Which of the following is what RDA stands for?

- A) Radioactive Donkey Alpacas
- B) Recommended Dietary Allowance
- C) Really Dirty Apples

2) In your own words, explain what RDA is and why it is important:
