



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Kindergarten – Health Promotion

Unit 2

SOLs:

- K.1.a** Recognize the importance of making healthy food choices (e.g., eating a variety of foods from all food groups, eating breakfast, choosing healthy snacks, eating at least five fruits and vegetables a day).
- K.2.a** Describe healthy meal choices that include all food groups.
- K.3.a** Describe a variety of healthy snacks foods.

Title: Healthy Eating

Objectives/ Goals:

- The student will understand the importance of making healthy food choices
- The student will create a healthy meal that includes all food groups
- The student will describe healthy snack foods.

Materials:

- PowerPoint: K-All About Me Nutrition
- Worksheet: A Healthy Me

Procedure:

Step 1	Using the Powerpoint as a guide, begin the lesson with the scenario, Can You Help Me?, on slide 2. The teacher will ask for volunteers to help find a fruit, vegetable, protein, grain, and dairy from the pictures listed. This will allow the teacher to assess how much the students already know.
Step 2	Slide 3: Show students the video to introduce them to the food groups.
Step 3	Slide 4: Discuss the benefits of eating healthy and show the video clip to re-emphasize the importance of eating healthy. The video does not have words which will allow the teacher to narrate the benefits shown in the video.
Step 4	Slide 5: Instruct students to create a healthy lunch using the guidelines of MyPlate. This will be completed on the worksheet, A Healthy Me. Allow time for students to share their healthy breakfast as a whole group or with a partner.
Step 5	Slide 6: Introduce the importance of eating a healthy breakfast in a class discussion using the scenario on slide 6.
Step 6	Slide 7: The teacher will discuss the benefits of eating a healthy breakfast.
Step 7	Slide 8: Instruct students to create a healthy breakfast. This will be completed on the worksheet, A Healthy Me. Allow time for students to share their healthy breakfast as a whole group or with a partner.
Step 8	Slide 9: Introduce the importance of eating healthy snacks in a class discussion using the scenario on slide 9.
Step 9	Slide 10: Allow students to look at the pictures to decide if the food is a healthy snack or not. Call on volunteers to share their answers.
Step 10	Slide 11: Instruct students to create 3 healthy snacks they eat or could eat. This will be completed on the worksheet, A Healthy Me. Allow time for students to share their healthy breakfast as a whole group or with a partner.
Step 11	Slide 12: Introduce the importance of eating fruits and vegetables using slide 12. Call on volunteers to share their favorite fruits and vegetables.
Step 12	Slide 13: Instruct students to draw and label their favorite fruit and vegetable. This will be completed on the worksheet, A Healthy Me. Allow time for the students to share their drawing with a partner.
Step 13	Slide 14: Summarize the lesson by emphasizing the importance and benefits of healthy eating (feel good, increased energy, increased focus in class, etc.)
Steps 14	Slide 15: End class with a classroom energizer.

Assessments, References & Sources: Mary McCarley, 2018

A Healthy Me

Create a healthy lunch using MyPlate. Include all 5 food groups. Draw and label your foods.

Create a healthy breakfast. Draw and label your foods.

Draw and label 3 healthy snacks you eat or could eat.

Draw and label your favorite fruit and your favorite vegetable.