



Grade K Sample Lesson Plan: Unit 2 – Healthy Eating

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.

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.)

Step 14

Slide 15: End class with a classroom energizer.

References

Mary McCarley, 2018

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

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.**