

# Kindergarten Food Groups

## Learning Objectives

- I can identify the My Plate food groups. (SOI K.1a)

K.1 The student will identify and describe key health and safety concepts.

### Nutrition

- a) Identify the MyPlate food groups (i.e., dairy, proteins, vegetables, fruits, grains) and a variety of foods and beverages from each group.

## Teacher Notes

- Post a visual of My Plate to help identify location.
- Food groups: dairy, proteins, vegetables, fruits, grains
- Have examples of foods from each group.

## Lesson Steps

*Step 1 (Engage learners/access prior knowledge)*

- Q and A (1 minute) Who can name one of the food groups for the class?

*Step 2 (New information – direct instruction/teacher-facilitated learning)*

- Introduce each of the food groups on the MyPlate diagram. Go over each one and give examples of foods found in the group. Use the colors to help with the identification.

*Step 3 (Application – how student will apply/practice new learning)*

- Food Group Relay
  - Place students in groups at cones with hula hoops-each hula hoop has a My Plate diagram
  - On go the students take turns running down to the other end of the gym and getting a food that goes in one of the food groups on the plate. Once each food group has a piece of food, the team sits down. The teacher can come and check and have the team play again. Play until all food is gone.

## Assessments

	WOW!	GOT IT!	Getting There	Not Yet	Did Not Participate
<b>Food Group Identification</b> Can identify 5 Food Groups	All 5 food groups are identified. Fruits, vegetables, protein, grain and dairy.	Can identify 4 out of 5 food groups	Can identify 3 out of 5 food groups	Cannot identify the food groups. <u>Made an attempt.</u>	Did not participate
<b>Food Picture Matched</b> Pictures of food are matched to the food groups	All 9 pictures are matched to the correct food group	7 pictures are matched to the correct food group	5 pictures are matched to the correct food group	4 or less pictures are matched to the correct food group	Did not participate

## Extensions/Connections

My Plate This or that Game- <https://www.youtube.com/watch?v=NAuWB7Dnvmk>

## Resources/References

- The 5 Fabulous Food Groups-<https://www.youtube.com/watch?v=L9ymkJK2QCU>
- Dairy- <https://www.youtube.com/watch?v=fNH9IVLWtZs>
- Foods we need to eat less often- <https://www.youtube.com/watch?v=vADtodHhfKU>
- Grains- <https://www.youtube.com/watch?v=Vhtyup4OoQk>
- Proteins- <https://www.youtube.com/watch?v=KSKPgSGSYA>
- Fruits and Vegetables- [https://www.youtube.com/watch?v=DTK-uWx\\_VQo](https://www.youtube.com/watch?v=DTK-uWx_VQo)

## Handout

- MyPlate templates and handouts-<https://www.myplate.gov/>