

## Balanced Meals, Snacks and Drinks

### Learning Objectives

- I can describe healthy meal, snack, and beverage options that include food from the MyPlate food groups (i.e., dairy, proteins, vegetables, fruits, grains). (K.2c)

### Teacher Notes

- You should review the food groups with the students briefly before the video.
- The video starts with a scavenger hunt to gather equipment for the game (one small thing for each color/food group of the My Plate, a ball, and a “plate” to put the “food” on [like a blanket or a piece of clothing]), they should use what’s available and close to them. Pause the video if they need more than one minute to find things.
- Then I demo and we play a throwing and catching game building a meal together.
- For the second round of the game you will pause the video so the students can make a meal on their own.
- Vocabulary: healthy, meal, snack, drink/beverage
- Students will need some room to move while watching/participating with the video.
- At the end of the video I set up your next activity asking your students to come up with one snack and one beverage for each food group (for beverages: skip grains and see “Resources” below for suggestions on protein based drinks).

### Lesson Steps: Video Outline

<https://drive.google.com/file/d/1572XEW6kHqTuPml3LFixEsOsZt7JkVyl/view?usp=sharing>

#### *Step 1 Introduction*

- Ask before the video: What are the five food groups on My Plate?
- The video will start with a brief introduction and then the scavenger hunt.

#### *Step 2 Activity*

- Balanced Meal: students will complete 3, 4, or 5 catches to earn a piece of food to put on their plate. When they have a food from each food group on their plate they are done. The second round is explained but you pause the video and let them do it.

#### *Step 3 Closure*

- The video reviews the food groups.



- The end of the video gives them the following activity: Try to come up with one snack and one drink for each food group.

### **Assessments**

- Pre-Assessment- Call and Response: Name the five food groups (if it's easy for them, have them name a food from each group).
- Post-Assessment- Brainstorm: Try to come up with one snack and one drink for each food group. Let them struggle a bit with the hard ones (as time allows) giving them hints, etc. (guided discovery).

### **Extensions/Connections/Applications**

- Have the students choose one healthy snack and drink that they will consume tomorrow. Have them write it down.
- Ask them, "Is there anything more healthy that you don't have in your house that you would like your parents/guardians to buy the next time they go to the store?"

### **Resources/References**

- Drinks high in protein are not as obvious. Here's a website to help with that:  
<https://www.livestrong.com/article/290924-drinks-high-in-protein-to-help-with-nutrition/>