

# Food Groups and Fun!

## Learning Objectives

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

## Teacher Notes

- The video will cover each food group and an example food from each group, and then include a movement/memory activity.
- Vocabulary: Vegetable, Fruit, Grain, Dairy, Protein
- Students will need some room to move while watching/participating with the main video.
- There are some good PAUSE MOMENTS in the video. See the outline and extensions below.

**Lesson Steps: Video Outline** [https://drive.google.com/file/d/1Yimqye9J8KM-CQtleNJa3PII8z\\_8rv4A/view?usp=sharing](https://drive.google.com/file/d/1Yimqye9J8KM-CQtleNJa3PII8z_8rv4A/view?usp=sharing)

### *Step 1 Introduction*

- Ask before the video: Can you name any of the five food groups?

### *Step 2 Activity*

- Food Group Freeze: Students will do an exercise/movement, when the music stops they will freeze and hear the color of a food group. YOU SHOULD PAUSE THE VIDEO HERE (before the teacher in the video answers) and ask them to NAME THE FOOD GROUP AND THE FOOD EXAMPLE THE TEACHER GAVE US EARLIER.

### *Step 3 Closure*

- Food Groups are reviewed at the end of the video.
- Ask after the video: What food group have you eaten from so far today? What food groups do you need to eat from more before the end of the day?

## Assessments

- Pre-Assessment- Call and Response: Can you name any of the five food groups? If they can easily name them, then focus the rest of the class on naming foods in those groups.
- Post-Assessment- Brainstorming: Ask after the video: What food group have you eaten from so far today? What food groups do you need to eat from more before the end of the day? Write answers on your board, screen (using classroomscreen.com) or in the chat.



Sample Lesson Plan  
Virginia 2021 SOL Edition  
Created by: Wayne Herninko  
**Nutrition GRK-Nutr-7**  
**Kindergarten - K.1c**

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

- During the activity when I call out a color and my partner shows the food example and calls out the food group name, this is a great time to PAUSE the video and ask the students, “What other food are in that group?” Or, “What foods have you eaten from that food group today?”

### **Resources/References**

- <https://classroomscreen.com/>
- <https://healthyfamilyproject.com/do-kids-need-more-protein-plus-20-protein-rich-foods-for-lunchboxes/> Protein can be a hard one for Kindergarteners, so this website has a nice visual of 20 different protein rich foods. You have to scroll about half-way down the page.