



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade K

Unit Food Groups/My Plate

SOLs:

- K.5 A- Explain that **food provides energy for movement**.
- K.5 B- Identify **one fruit** and **one vegetable**.
- K.5 C- Explain that **fruits and vegetables** help the body keep moving.

Title: Veggie Risk Run

Objectives/ Goals:

[Students are learning about the vegetable food group]

- Students will learn that “vegetables” are 1 of the 5 food groups
- Vegetables are some of the healthiest foods in the world. They contain many important nutrients that our bodies need.
- Healthy foods like fruits and vegetables provide energy for our bodies

Materials:

[Equipment and Set Up]

- Hundreds of small objects like noodle bits that students can easily carry many of. Noodle bits get spread out near the wall on one end of the gym. They represent veggies.
- Hula Hoops- 1 per student- Hoops represent plates and are spread out near the wall opposite the noodle bits.
- Tagging noodles- 3 noodles per 20 students.

Procedure:

Intro- Discussion should cover:

- Provide examples of vegetables
- Veggies are the healthiest foods in the world and are full of important nutrients.
- You can eat as many vegetables as you want, but try to eat a variety. Different veggies have different nutrients. Try to get different color veggies.
- Fruits, vegetables and other healthy foods provide energy for our bodies.

Description-

Round 1- A few students start as taggers, everyone else starts at their “plate” (hula hoop). The goal is to make it safely across the playing area without getting tagged. If the student makes it, they get to collect 1 veggie (whatever object you use). If they get tagged, the taggee and tagger switch jobs. Round 1 only lasts a couple minutes.

Round 2: Students have a choice. If they don't wish to risk any of their veggies, they can play the same as round 1. Each trip earns them 1 piece. If they want to take some risk, they can carry as many of their veggies with them as they want. When successful, they get to collect as many food items as they risked. If tagged, however, the tagger gets to take any food the student was carrying with him/her. The goal is to end the game with as many veggies on your plate as possible.

Closure

- Provide an example of a food in the vegetable group.
- Are veggies healthy?
- Do veggies give us energy when we eat them?

Assessments, References & Sources:

Resources:

- <https://www.choosemyplate.gov/vegetables>
- <https://www.askdrsears.com/topics/feeding-eating/family-nutrition/vegetables/7-reasons-why-veggies-are-so-good-for-you>

Assessments:

As students are leaving class, they need to high 5 the teacher while naming a food in the vegetable group.