



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: Fruit Salad

Objectives/ Goals:

[Students are learning about the fruit food group]

- Students will know that fruit is one of the 5 food groups
- Students will be able to provide examples of foods in the fruit group
- Students will be able to explain that people get their energy from food

Materials:

[Equipment and Set Up]

- Gator Balls inside a boundary in the middle of the gym
- Hula Hoops- 1 per group of 3-4 students. Students should spread the hoops out around the perimeter of the gym.
- Tagging noodles- need 3-4 taggers per 20 students

Procedure:

Intro- Discussion should cover:

- Have students provide examples of fruits
- Fruits are a great source of many different vitamins and minerals, they always make a healthy choice
- People get energy from food. Healthy foods like fruits make the best energy sources

Description-

Gator Balls represent fruit. Taggers are the fruit hoarding monsters. They are trying to protect their stash, while the humans try to steal fruit from the monsters. Humans are split into small groups of 3 or 4 at a plate (hula hoop). If a human makes it safely into the middle circle where the fruit is stored, they are safe until they exit again. They must run their fruit back to their plate without getting tagged. The object is to collect as much fruit as possible because fruit is a healthy choice for a sweet snack.

Closure

- Provide examples of fruits
- Where do people get energy from?

Assessments, References & Sources:**Resources:**

- <https://www.choosemyplate.gov/fruit>
- <https://www.choosemyplate.gov/focus-on-fruits>

Assessments:

As students are leaving class, have them give the teacher a high 5 while telling you an example of a food in the fruit group.