



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade K

Unit Food Groups/My Plate

SOLs:

- K.5 B- Identify **one fruit** and **one vegetable**.

Title: Food Group Assessment

Objectives/ Goals:

[Assess student knowledge of food groups]

- Students will be able to provide an example of a food in the fruit and vegetable categories

Materials:

[Equipment and Set Up]

- None needed for the assessment

Procedure:

Intro- Discussion should cover:

- Review by asking students to name examples of fruits and vegetables.

Description-

This is an extremely simple assessment, as all Kindergarten assessments should be. Set up stations or another activity that allows students to work mostly independently. While students are engaged, call each child over 1 at a time to give the verbal assessment at the bottom of the page.

Each child's score is out of a possible 2 correct.

Assessments, References & Sources:

Resources:

- <https://www.choosemyplate.gov/MyPlate>

Assessments:

Ask the following 2 questions:

- 1) Name 1 example of a fruit
- 2) Name 1 example of a vegetable