



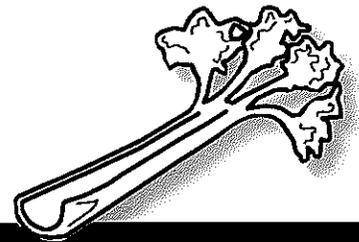
LESSON 2

Using Food Groups to Make Choices

Student Learning Objectives:	National Health Education Standards:
1. Identify the five food groups.	• Core Concepts
2. Categorize foods into the food groups.	• Core Concepts
3. Assess how many chosen snacks belong to a food group.	• Self Management

Lesson Synopsis

Review the importance of eating a variety of foods. Identify the five food groups and explain how the food groups can help a person make healthy food choices. Assess the variety snack plate created in Lesson 1 for foods that belong to a food group. Identify a healthy snack they enjoy that belongs to a food group.



Activity	Time in Minutes	Materials Needed
Introduction	2	• None
Teacher Input	10	<p>Health Education Materials</p> <ul style="list-style-type: none"> • Poster Set: "MyPlate: Know Your Food Groups," Michigan Model for Health Clearinghouse • Pictures: "Food Photos," Educational Materials Center, one set or "Food Models," National Dairy Council, two sets <p>Teacher Manual Resources</p> <ul style="list-style-type: none"> • Teacher Reference: "Family Letter: Healthy Snacks," from Lesson 1 (Extension Activity) <p>Supplied by the Teacher</p> <ul style="list-style-type: none"> • Healthy snacks (Extension Activity)
Application or Skill Practice	6	<p>Health Education Materials</p> <ul style="list-style-type: none"> • Poster Set: "MyPlate: Know Your Food Groups," Michigan Model for Health Clearinghouse <p>Supplied by the Teacher</p> <ul style="list-style-type: none"> • Variety snack plate, student generated in Lesson 1 • Crayons
Closure	2	<p>Teacher Manual Resources</p> <ul style="list-style-type: none"> • Family Resource Sheet: "Healthy Eating Habits" <p>Supplied by the Teacher</p> <ul style="list-style-type: none"> • Art supplies (Extension Activity)
TOTAL	20	

Preparation

Prior to the Lesson:

- **Decide if you want parents to bring** a variety of healthy finger foods for students to try. If you choose to ask them to help, **personalize and duplicate** the teacher reference, "Family Letter: Healthy Snacks," for distribution to each student. It is found at the end of Lesson 1. The letter requests help providing healthy snacks. (Extension Activity)

For Teacher Input:

- **Prepare an area for the poster set**, "MyPlate: Know Your Food Groups."
- **Select** food pictures to use for the classification activity that represent the five food groups. Try to avoid combination foods to reduce confusion. Gather enough for each student to have one.

For Closure:

- **Duplicate** the family resource sheet, "Healthy Eating Habits," to send home with each student.

LESSON PROCEDURE

Introduction: Review the importance of eating a variety of foods and introduce this lesson on the five food groups.

Approximately 2 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
Review the importance of eating a variety of foods.	<p><i>We have been talking about eating many different types of foods. If you have eaten two foods that are different colors, stand up.</i></p> <p><i>If you have eaten some crunchy foods, raise one hand. If you have eaten some crunchy and some soft foods, raise both hands.</i></p> <p><i>If you drank a glass of water today, move your arms like you are swimming.</i></p> <p><i>I'm happy to see that you are eating many different foods and drinking water.</i></p>	 <p>If time permits, have students share with the class the different foods they have eaten.</p>
Introduce the topic of this lesson.	<p><i>Today, we will learn how to know if you are picking foods that will keep your body strong and healthy.</i></p>	

Teacher Input: Identify the five food groups. Categorize foods into the five food groups.

Approximately 10 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Define the five food groups.</p>	<p><i>Smile at me if you know that most foods can be put into five food groups.</i></p> <p><i>Let's be sure we know what the five food groups are.</i></p>	
<p>Use the poster set, "MyPlate: Know Your Food Groups," to introduce the five food groups.</p>	<p><i>This poster will help us remember the five food groups.</i></p> <p>As you identify each food group, post the large food group name.</p> <p><i>The first group is the grains group. This group contains cereal, bread, crackers, rice, and pasta.</i></p> <p><i>The next group is the vegetable group. Make a "V" with your fingers if you can think of the name of a vegetable.</i></p> <p>Gather the students' ideas. Be sure a variety of vegetables are suggested by the students.</p> <p><i>The third group is the fruit group. Make an "O" for orange if you can think of the name of another fruit.</i></p> <p>Gather the students' ideas.</p> <p><i>Smile at me if you can name the food group that milk belongs to. It belongs to the dairy group.</i></p> <p><i>Make a "P" with your fingers if you think you know the name of the food group that hamburger, chicken, and fish belong to.</i></p> <p>Gather the students' guesses and reinforce the correct answer, protein foods.</p> <p><i>Nuts, eggs, and beans are in this group, too—even peanut butter.</i></p>	<p> Visit the U.S. Department of Agriculture website, MyPlate, for more information.</p> <p> Invite parents to bring in a variety of healthy finger foods for students to try as a reinforcement for this lesson. Encourage parents to bring unusual foods to provide students with the chance to try new options. When you ask families to bring food for classroom celebrations, encourage healthy choices.</p> <p>www.ChooseMyPlate.gov</p>
<p>Discuss the reasons we divide foods into five groups.</p>	<p><i>The five food groups will help us choose healthy foods to eat. In our last lesson, we learned we need to eat a lot of different foods. Today, we learned that we need to eat different foods from each of the five food groups each day.</i></p> <p>Who can guess why that is important?</p> <p>Answer: Different foods give our bodies different things we need to grow and have energy.</p> <p><i>That means eating carrots from the vegetable group and apples from the fruit group are healthy choices. But if we only eat carrots and apples from the vegetable and fruit groups, we will miss a lot of the things that our bodies need to stay healthy and have energy to learn and play. We need to eat lots of different fruits and vegetables to stay healthy.</i></p>	

<p>Categorize foods into food groups.</p>	<p>Move the large food group signs to five different locations in the room.</p> <p>Distribute a food picture to each student.</p> <p><i>Without talking, walk slowly to the food group sign that you think your food belongs in. Stand quietly under the sign.</i></p> <p>When the students have grouped themselves, have each food group show the class their food pictures. Clarify the food groups if needed.</p>	 <p>To encourage eating a variety of foods and reduce reluctance to try different foods, encourage students to taste a variety of foods.</p>
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Application or Skill Practice: Assess the snacks they selected on their variety food plate to identify the food groups.

Approximately 6 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Distribute to students the variety food plates they created in Lesson 1.</p>	<p>Make a checkmark on the board.</p> <p><i>Look at the snacks you put on your plate. Put a checkmark next to the snacks that have foods from the food groups in them.</i></p> <p><i>For example, if you have an apple on your food plate, you would put a checkmark by it because it is in the fruit food group. If you have carrots with dip, you would check it because carrots belong in the vegetable food group. If you have peanut butter on crackers, you would check it because peanut butter is in the protein foods group and crackers are in the grain group.</i></p> <p><i>If you do not have many checkmarks on your plate, add a few healthy snacks from the food groups.</i></p> <p>When students are finished, randomly select students to suggest foods from their plates that are in the food groups.</p> <p>Collect the food plates if you wish to review them for accuracy.</p>	 <p>Visit the school food service and categorize school lunch foods.</p>  <p>When you have food in the classroom, emphasize the characteristics of healthy food and the importance of eating healthy.</p>  <p>Have your snack calendar include only healthy snack choices. Distribute a list of healthy snacks for parents to provide or for them to use at home. There is a partial list on the family resource sheet, "Healthy Eating Habits."</p> 

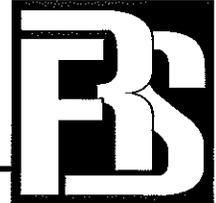
Closure: Summarize the importance of eating a variety of foods for energy.

Approximately 2 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Review the five food groups.</p>	<p><i>Stand up if you can remember one of the names of the five food groups.</i></p> <p>Call on students until all five food groups have been named.</p> <p><i>Who wants to tell me their favorite vegetable? fruit? protein food? dairy product?</i></p>	 <p>Create a classroom "Healthy Snack" booklet by having students draw pictures of their favorite healthy snacks. Then, put them together in a booklet. Or, have students create personal "Healthy Snack" booklets to take home.</p>
<p>Distribute the family resource sheet, "Healthy Eating Habits."</p> 	<p><i>Take home your plate and share it with your family. Talk with them about what you learned about food.</i></p> <p><i>This family resource sheet will also help your family know what we have discussed today and how important it is to eat a variety of foods.</i></p>	 <p>Return the plates after your review if you collected them.</p>  <p>Plan a trip to a neighborhood grocery store to talk about healthy food choices.</p>
<p>Introduce the next lesson.</p>	<p><i>In our next health lesson, we will learn about getting enough physical activity.</i></p>	



Healthy Eating Habits



Children come in all shapes and sizes. One way to help your child maintain a healthy weight is to help him or her learn healthy eating habits from the start.



Healthy Habit #1

Teach your child to eat a variety of nutritious foods.

- Include foods from all five food groups each day.
- Have a food theme for the week, such as green foods or foods from Mexico.
- Prepare a new food and ask your child to try a bite.
- Set a good example by eating a variety of healthy foods yourself.
- Cut pictures of healthy foods out of magazines and plan meals to include them.
- Ask your child to help you make a shopping list of nutritious foods.
- Take your child to a farmer's market to help pick out fresh fruits and vegetables.

Eat breakfast every day.

Healthy Habit #2

- Explain that breakfast helps your child learn in school and feel positive about trying new challenges.
- Get up early enough to eat breakfast with your child.
- Leftovers make good breakfast food.
- Grab a quick breakfast when rushed, such as fruit, cheese, granola, and a container of low-fat milk or 100% juice.



Healthy Habit #3

Plan for healthy snacks.

- Avoid forcing your child to "clean his or her plate." Offer healthy snacks in between meals. A child's stomach is small. He or she may need to eat more often than three times a day.
- Talk with your child about the benefits of eating healthy snacks.

Drink lots of water.

Healthy Habit #4

- Keep a pitcher of water in the refrigerator.
- Carry a water bottle.
- Keep a glass of water near you at home.

Five Food Groups

Grains: bread, cereal, pasta, crackers, rice, tortillas — Whole grains are best!

Vegetables: lettuce, broccoli, kale, corn, bok choy, carrots, celery, squash — Vary the colors!

Fruits: apples, oranges, kiwi, bananas, mangos, 100% fruit juices — Select a variety!

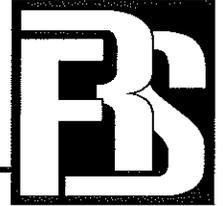
Dairy: milk, yogurt, cheese, pudding, frozen yogurt, calcium-fortified soy milk — Look for low-fat or fat-free products!

Protein Foods: poultry, fish, nuts, eggs, meats, beans, seeds, processed soy products — Choose lean or low-fat!

Try These Healthy Snacks

- Fresh fruit, cut up or whole
- Low-fat cheese or milk
- Unsweetened, whole-grain cereal
- Low-fat yogurt
- Baby carrots and other vegetables with low-fat dip
- Trail mix
- Nuts and seeds
- Graham crackers
- Whole grain crackers
- Animal crackers
- Low-fat popcorn
- Soft pretzels with mustard
- 100% fruit juice
- Whole grain bread with peanut butter
- Baked corn chips
- Pretzels
- Celery stuffed with low-fat cheese, peanut butter, or hummus
- Dried apricots

Healthy Eating at School



Children learn a lot by watching adults and their classmates. Make sure your child's school has policies for healthy nutrition at school:

- Snacks sent to school should be healthy foods.
- Birthday and holiday treats should be fun, nutritious foods.
- Rewards for good behavior and academic success should be non-food items or privileges, not sweets.
- Vending machines should offer healthy foods, such as milk, fruit juice, water, nuts, and fruit.
- Fund raisers should not involve the sale of high-fat, high-sugar snacks.

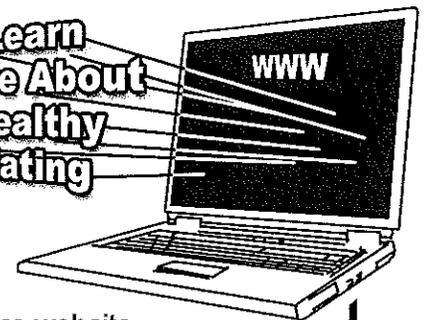
Learn More About Healthy Eating

Visit the United States Department of Agriculture's website called MyPlate at www.ChooseMyPlate.gov. This site will help you find a healthy eating plan for each member of your family. You will need to submit each person's age, sex, and level of activity into the "My Daily Food Plan." Then, the website will tell you exactly how much of each food group you should eat.

For more information on what families and schools can do to promote healthy eating habits for children, read *Healthy Kids Healthy Weight: Tips for Families With Kids of All Shapes and Sizes*. It is available at www.mihealthtools.org/schools.

To get involved in the Michigan Action for Healthy Kids Coalition, go to www.actionforhealthykids.org and click on state teams. Go to Michigan's homepage to get added to the mailing list.

Learn
More About
Healthy
Eating



Visit the American Academy of Pediatrics website at www.aap.org. Click on "Health Topics" and the "Parents' Corner."

If you would like to learn about books on healthy eating that your child might find interesting, visit the Team Nutrition website, <http://healthymeals.nal.usda.gov/resource-library/nutrition-education>. There are over 400 books listed for young children in kindergarten through grade two.

