



Grade 2 Sample Lesson Plan: Nutrition, Physical Activity, and Health Promotion

Objectives/Goals

- Students will demonstrate a good understanding of recommended nutrition principles.

Steps

Following are a few activity ideas and resource inks

- Utilize the www.choosemyplate.gov resources including resources of the My Plate Kids Place <https://www.choosemyplate.gov/kids>.
- Implement the Serving Up My Plate – A Yummy Curriculum for Grades 1-2 http://www.fns.usda.gov/multimedia/tn/sump_level1.pdf.
- Provide images for students to cut out to “prepare a healthy meal,” ensuring that all food groups are represented.
- Have students describe how each food group helps the heart and body.
- Describe food safety practices that keep foods safe from germs (e.g., washing, refrigeration, separation from meats and fats).
- Have students write a story about how their family and friends influence their food choices.
- Ask students to keep a record of all the foods they eat in a day and compare their log to the *My Plate* recommendations.

Assessment

- Evaluate student completion of class activities or worksheets and student participation in discussion and activity.

References

Interactive Site

- My Plate Kids Place <https://www.choosemyplate.gov/kids>
- *Other*
- American Heart Association (AHA) - Elementary Lesson Plans
<http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans>
 - [/Elementary-Lesson-Plans UCM 001258 Article.jsp#.WHVMj2VNGs0](http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0)
- BAM! Body and Mind Teacher's Corner Nutrition -
<http://www.cdc.gov/bam/nutrition/index.html>
- Food Plate Game - <https://lesson-plans.theteacherscorner.net/health/food-plate-game.php>
- Fuel Up to Play 60- 101 Tips for Teaching Nutrition in Physical Education
<http://westerndairyassociation.org/download/101-tips-for-teaching-nutrition-in-pe/>
- Great Body Shop - <http://www.thegreatbodyshop.net/curriculum/k-six/topics>
- Kids Health Teacher's Guides:
 - *-Breakfast*
 - <https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/breakfast.pdf>
 - *-Food and Cooking Safety*
 - https://classroom.kidshealth.org/classroom/prekto2/personal/safety/food_safety.pdf
 - *-Healthy Snacking*
 - https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy_snacking.pdf
 - *-School Lunch*
 - https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school_lunch.pdf
- Learning to Give- What Is a Balanced Menu?
<http://www.learningtogive.org/units/helping-others-feed-themselves/what-balanced-menu>
- Learning to Give- What Is My Plate - <http://www.learningtogive.org/units/helping-others-feed-themselves/what-my-plate>
- Learning to Give- World Hunger - <http://www.learningtogive.org/units/helping-others-feed-themselves/world-hunger>
- My Plate-based Grade K-2 Curriculum <http://www.maricopaschoolwellness.org/grades-k-2>
- NIH We Can! Eat Play Grow site <http://www.nhlbi.nih.gov/health/educational/wecan/>
- NIH Eat Play Grow Curriculum
<https://www.nhlbi.nih.gov/health/educational/wecan/downloads//eatplaygrow.pdf>
- PBS Arthur Nutrition – Eat Well <http://pbskids.org/arthur/health/nutrition/>
- PBS Fizzy's Lunch Lab site <http://pbskids.org/lunchlab/>
- PBS Fizzy's Lunch Lab videos <http://www.pbslearningmedia.org/collection/fizzys-lunch-lab/>
- PE Central Lessons <http://www.pecentral.org/lessonideas/pelessonplans.html>
- There's a Rainbow on My Plate

- http://www.pbhfoundation.org/pub_sec/edu/cur/rainbow/
- Together Counts K-2 Nutrition curriculum <http://www.togethercounts.com>
 - *-Food for Thought*
[http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K Thru 5/K- 2 2.3 Food For Thought.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K%20Thru%205/K-2%202.3%20Food%20For%20Thought.pdf)
 - *-Healthy Eating Patterns*
[http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K Thru 5/K- 2 2.1 Healthy Eating Patterns.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K%20Thru%205/K-2%202.1%20Healthy%20Eating%20Patterns.pdf)
 - *-Job of a Nutrient*
[http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K Thru 5/K- 2 2.2 Job of a Nutrient.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K%20Thru%205/K-2%202.2%20Job%20of%20a%20Nutrient.pdf)
- USDA - Serving Up My Plate – A Yummy Curriculum Grades 1-2
<https://www.choosemyplate.gov/kids-parents-educators>
http://www.fns.usda.gov/multimedia/tn/sump_level1.pdf
<http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>