



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 3rd

Unit Food Groups/My Plate

SOLs:

- 3.5 B- Identify **one food per group** to create a health meal that meets USDA guidelines.

Title: Food Group Assessment

Objectives/ Goals:

[Assess student knowledge of food groups]

- Students will be able to provide an example of a healthy food in each of the 5 food groups

Materials:

[Equipment and Set Up]

- Food cards, face up in a corner of the gym + 1 hula hoop for each student/group
- 1 hula hoop for each student/group

Procedure:

Intro- Discussion should cover:

- Review by asking students to name healthy examples from each food group (optional)

Description-

How to use this assessment:

The teacher has the option to have students work individually or with 1 partner. Making this a partner activity turns it into more of a continued learning experience, which can also be beneficial depending on the teacher's objectives.

Each student (or group) gets 1 paper and writes their name at the top. Once they have finished and they believe they have met all the guidelines, the teacher can either check them off, or take a picture of their final product. Food cards must be placed inside the hula hoop next to the group's paper with their name on it.

Assessments, References & Sources:

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

Assessments:

Use the form at the bottom of the page

Name: _____

Name: _____

Directions: Each group needs 1 hula hoop. When you are finished, your food cards go face up inside your hoop, with this paper beside it. Make sure to write your name on the paper.

Your task is to use the food cards to make up a healthy meal. You need 1 food from each of the 5 food groups, but be careful to follow the guidelines below:

Dairy: Your dairy product must be *low fat* and must not contain a lot of *added sugar*.

Protein: You must select a protein that is low in *saturated fat*.

Grain: Your grain product must be a *whole grain* product.

Fruit: Any fruit

Vegetable: Any vegetable