



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

Grade 3rd

Unit      **Food Groups/My Plate**

**SOLs:**

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

**Title:**      **My Plate Capture the Flag**

**Objectives/ Goals:**

- [Students will review my plate guidelines]
- Students will know the my plate guidelines for each food group
  - Students will be able to identify a healthy food from each group

**Materials:**

- [Equipment and Set Up]
- Cones or poly spots to divide playing area into 4 equal sections and to mark puppy guard zones
  - 4 hula hoops- 1 red, 1 green, 1 orange and 1 purple- 1 hoop goes in each section of the gym, with a small puppy guard zone around it
  - Food cards- start with 18 grain cards in orange hoop, 6 fruit cards in red hoop, 9 vegetable in the green hoop, 15 protein cards in purple, and 8 dairy cards, 2 in each hoop
  - Flag belts- 1 per student
  - Pinnies to split teams- red, orange, green and purple if possible

**Procedure:**

**Intro-** Discussion should cover:

- Review My Plate serving suggestions for 2000 calorie diet- 6 servings whole grain, 3 vegetables, 2 fruit, 5 protein, 2 dairy
- Fruits and vegetables are always healthy
- Whole grains are healthier than refined grains
- Get some of your protein from nuts, seeds, seafood and beans. Animal meats are high in saturated fat.
- Low fat dairy is preferred. Calcium from dairy products can be replaced by green leafy vegetables, so dairy is not as essential as the others.

**Description-**

Teams try to collect recommended daily values of all 5 food groups in order to win. They need 2 fruits, 3 veggies, 2 dairy, and 5 protein and 6 grains. Each student needs a pinnie and a flag belt.

Students are safe in their own team's home zone. If they leave their zone, their belt can be pulled by any other team. If pulled, they "active freeze" (plank, cherry pickers, etc.) until either a teammate rescues them, or the teacher calls jail break. Teams invade other areas to try and collect the food items they need to reach their daily nutritional needs. They may only take 1 food card with each trip out of their home zone. If the student's belt gets pulled, the defender who pulls it gets to take the food card the captured student was holding.

The puppy guard area around each hoop is used as a safety precaution. Once a player from an opposing team reaches the puppy guard zone, they are safe until they choose to leave again. The teacher can institute a time limit inside the puppy guard zone if needed.

**Closure**

- Review the serving recommendations for each food group

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

- [https://www.choosemyplate.gov/MyPlatePlan\\_2000cals\\_Age9-13](https://www.choosemyplate.gov/MyPlatePlan_2000cals_Age9-13)
- <https://healthyeating.sfgate.com/purpose-rda-3190.html>

**Assessments:**

Use the exit slip found below.

In class today, we learned about My Plate serving guidelines. Please answer the following question:

1) List a healthy example of a food from each of the 5 food groups:

A) Fruit: \_\_\_\_\_

B) Vegetable: \_\_\_\_\_

C) Grain: \_\_\_\_\_

D) Protein: \_\_\_\_\_

E) Dairy: \_\_\_\_\_