



**Grade K  
Nutrition**

**Sample Lesson Plan 1  
Nutrition, Physical Activity, and Health Promotion**

**Objectives/Goals**

- Students will understand the importance of nutrition, physical activity and hygiene.  
Students will demonstrate skills in nutrition, physical activity and hygiene.

## Steps

Following are a few activity ideas. The Health Smart Virginia website provides a bank of *additional sample lesson resources* related to this health topic area. To directly access these on their source sites, click the links on the references below.

### Nutrition

- Present a nutrition lesson and share games, videos, activity sheets from the interactive My Plate – Kids Place site <https://www.choosemyplate.gov/kids>.
- Have students color in a paper plate using the recommended proportions of food groups or color in the plate outline from My Plate. Ask students to identify various foods that belong to each food group and encourage them to eat a variety of foods from all food groups.
- Explain why breakfast is important. Provide students with paper plates. Provide stickers that represent various foods and have them build a healthy breakfast plate consistent with the groupings on [myplate.gov](http://myplate.gov); you can also have them build healthy lunch and dinner plates.
- Create a mobile or poster of the five healthy food groups and ask students to identify them (bread, cereal, rice, and pasta group; fruit group; vegetable group; meat, poultry, fish, dry beans, eggs, and nuts group; and milk, yogurt, and cheese group). Talk to students about why they should eat foods from each food group (different foods give your body energy to move, think, and grow).
- Have students identify fats, oils, and sweets and discuss why these should be eaten in moderation (i.e., few fats and oils because they block blood vessels, and few sweets because they cause cavities) and ask them to identify one healthy food to eat more of every week.
- Describe a variety of healthy snack foods and plan a healthy snack party.
- Have students call out some of the food products they have seen advertised on television or on billboards and discuss how not all food products advertised and sold are healthy and encourage them to eat five fruits or vegetables a day.

### Assessment Idea

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

## References

### Nutrition

#### *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)
- 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](https://classroom.kidshealth.org/classroom/prekto2/personal/safety/food_safety.pdf)
- *-Healthy Snacking*
- [https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy\\_snacking.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy_snacking.pdf)
- *-School Lunch*
- [https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school\\_lunch.pdf](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/eatplaygr>

- [ow.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/](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 T\\_hru 5/ K-2 2.3 Food For Thought.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_T_hru_5/K-2_2.3_Food_For_Thought.pdf)
  - *-Healthy Eating Patterns*  
[http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K T\\_hru 5/ K-2 2.1 Healthy Eating Patterns.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_T_hru_5/K-2_2.1_Healthy_Eating_Patterns.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_Thru_5/K-2_2.2_Job_of_a_Nutrient.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/multimedia/tn/sump_level1.pdf)  
<http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>