








ADAPTED

GRADES K—1

SCHOOL PARTNER
LESSON PLAN

| | | |
|---|---|---|
| Lesson Title: Discovering Food Groups | | |
| Grade: K-1 | Lesson Number: 7 | |
| Estimated Time: 45 mins. | Season:  Winter | Type:  Cooking Concept |
| <p> Teacher Background and Lesson Description: To help people make smart food choices, the U.S. Department of Agriculture (USDA) designed an easy-to-follow symbol: <i>MyPlate</i>. The plate graphic, with its different food groups, is a reminder of what — and how much — we should put on our plates to eat healthy. <u>In this lesson</u>, students will be introduced to the major food groups. Students will work in small groups to sort foods into the major food groups, make a snack using all of the food groups, and describe their favorite meal in terms of the group(s) represented.</p> | | |
| <p> Lesson Objectives: HC.K.3 Name a food group. HC.K.4 Identify a food group in the garden. CLS.4 Students appreciate and are respectful of differences and diversity in their communities.</p> | | |
| <p> Academic Standard Connections: CCSS.ELA-LITERACY.L.K.5.A Sort common objects into categories (e.g., shapes, foods) to gain a sense of the concepts the categories represent. CCSS.MATH.CONTENT.K.MD.B.3 Classify objects into given categories; count the numbers of objects in each category and sort the categories by count.</p> | <p> Health Standard Connections: National Health Education Standard 7: Students will demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks.</p> | |
| <p> Essential Questions: What are the major food groups? What food items belong in each group? What food groups are represented in my favorite meal?</p> | | |





NOTE:

Adapted from **Grade K Kitchen Lesson #9: Discovering Food Groups**, pg. 262.



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| <p> Vocabulary: food group(s), fruit(s), vegetable(s), grain(s), protein(s), dairy, represented</p> | | | | |
| <p> Materials:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; vertical-align: top; padding: 5px;"> <p>Lesson Introduction:</p> <ul style="list-style-type: none"> ● MyPlate graphic ● Food groups poster ● Recipe: Food Group Friend </td> <td style="width: 33%; vertical-align: top; padding: 5px;"> <p>Equipment:</p> <p>For whole class: (if choosing to show optional video)</p> <ul style="list-style-type: none"> ● TV/Screen ● Computer ● MyPlate template (1 per student) ● MyPlate pledge (1 per student) <p>For each group:</p> <ul style="list-style-type: none"> ● Food picture cards (set can be split between two groups) ● Chart or butcher paper (divided into 5 sections) </td> <td style="width: 33%; vertical-align: top; padding: 5px;"> <p>Ingredients:</p> <ul style="list-style-type: none"> ● Plain rice cakes ● Sliced bananas ● Blueberries ● Red apple slices ● Red bell pepper slices ● Sliced cucumbers ● Almonds ● String or shredded cheese </td> </tr> </table> | | <p>Lesson Introduction:</p> <ul style="list-style-type: none"> ● MyPlate graphic ● Food groups poster ● Recipe: Food Group Friend | <p>Equipment:</p> <p>For whole class: (if choosing to show optional video)</p> <ul style="list-style-type: none"> ● TV/Screen ● Computer ● MyPlate template (1 per student) ● MyPlate pledge (1 per student) <p>For each group:</p> <ul style="list-style-type: none"> ● Food picture cards (set can be split between two groups) ● Chart or butcher paper (divided into 5 sections) | <p>Ingredients:</p> <ul style="list-style-type: none"> ● Plain rice cakes ● Sliced bananas ● Blueberries ● Red apple slices ● Red bell pepper slices ● Sliced cucumbers ● Almonds ● String or shredded cheese |
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| <p>Materials for Enjoying Food:</p> <ul style="list-style-type: none"> ● Plates | <p>Materials for Cleaning Up:</p> <ul style="list-style-type: none"> ● Trash, recycling, and compost bins ● Sponge (for counters) ● Broom and dustpan | | | |
| <p> Assessment: Observations, food sorting activity, MyPlate activity</p> | | | | |
| <p> Teacher Prep:</p> <ul style="list-style-type: none"> ● Gather books and other materials. ● Print and laminate MyPlate and food groups poster for display. ● Print and cut food picture cards. ● Divide the chart or butcher paper into five sections. Label each section with one of the food groups (fruits, vegetables, grains, protein, dairy). ● Prepare/pre-cut foods with enough for each student to make a “food group friend.” | | | | |
| <p>+ Additional Resources: For more information, games, tips, and resources for kids, see:</p> <ul style="list-style-type: none"> ● MyPlate-U.S. Department Of Agriculture ● <i>Your Healthy Plate...</i>book series by Katie Marsico | | | | |

 **Engage:** *Ignite Interest*

- Prompt students to think of things that can be sorted or times when they have sorted things. Take a few responses.
- Let students know that today the class will learn about a way that foods can be sorted.
- Introduce the five major food groups (fruits, vegetables, grains, protein, dairy) using a visual ([ENG/SPA](#)). Discuss some of the items in each group. Why should we eat foods from each of the five groups? Are some of the food groups better than others?
- Explain [MyPlate graphic](#).
 - MyPlate has sections for vegetables, fruits, grains, and protein foods, as well as a "cup" on the side for dairy. Color-coded sections — green for veggies, red for fruits, orange for grains, purple for protein, and blue for dairy — show at a glance how much of these foods to eat.
 - MyPlate reminds us to:
 - Choose variety: The best meals have a balance of items from different food groups.
 - Make half of your plate vegetables and fruits.
 - Make at least half of your grain serving whole grains.
 - Drink fat-free or low-fat (1%) milk and water instead of soda, sports drinks, and other sugary drinks.
 - Avoid large portions.
- Optional: Watch [SciShow Kids: The 5 Fabulous Food Groups](#)

 **Explore:** *Stir Discoveries*




- Pass out a piece of chart or butcher paper and a set of [food picture cards](#) to each small group.
- In their group, students will sort the picture cards provided into the five food groups.
- Complete a gallery walk and discuss with students.
 - Are you familiar with all of the foods in your set of cards?
 - Were any of the foods tricky to sort?
 - Are there any foods in your set of cards that you've never tried, but would like to?
 - Can any of the foods in your set be found in our school garden?

 **Explain:** *Clarify New Ideas*

- Ask students about their favorite meal. Take a few responses.
 - What food groups are represented in your meal?'
- Individually students will complete the [MyPlate template](#) for their favorite meal.

 **Elaborate:** *Watch It Rise*

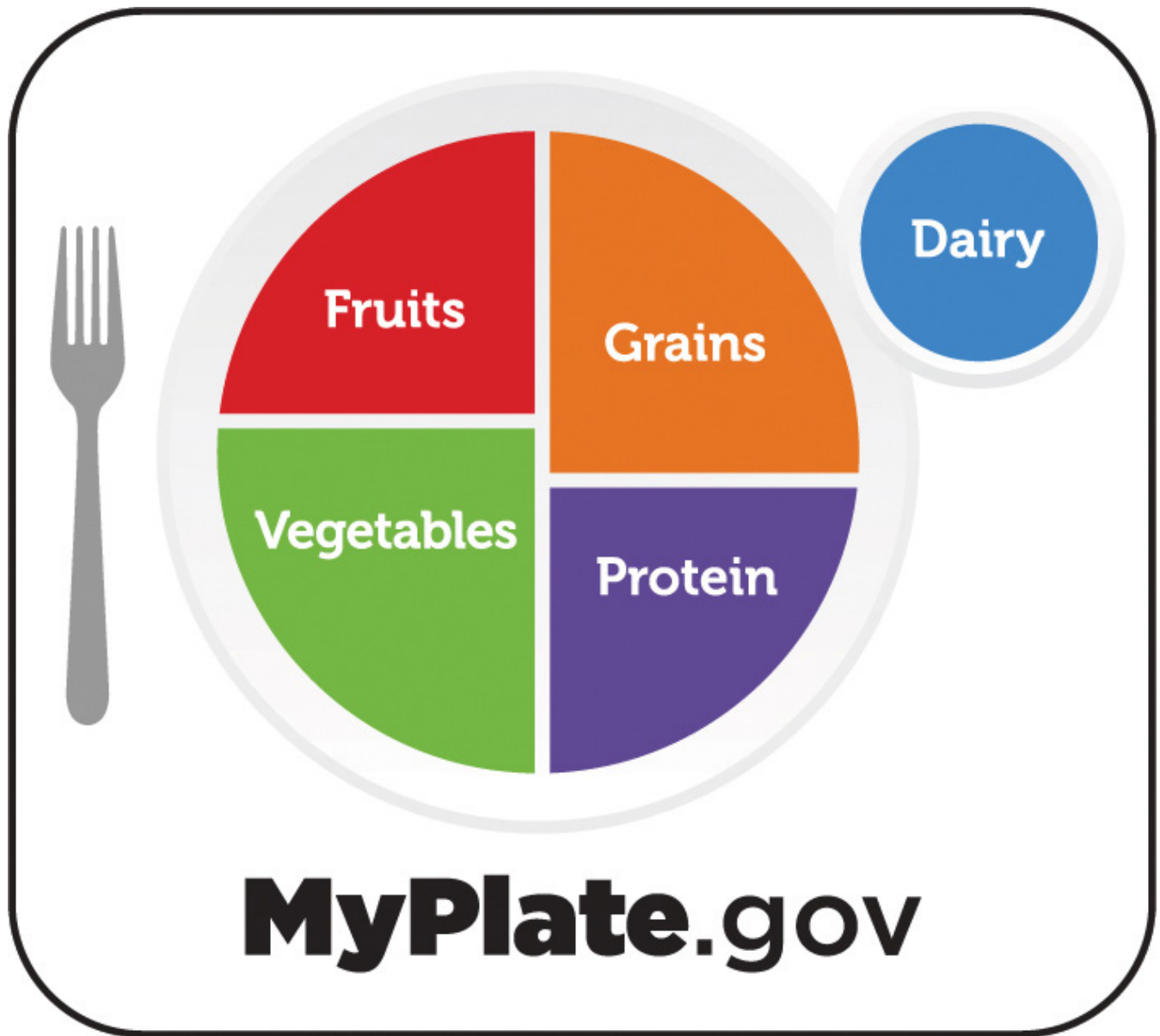
- While students work on creating their ideal meal/plate, call one small group at a time to make their "[food group friend](#)."
- Once their snack is made, students can return to enjoy it at their table and continue working.

| | |
|---|--|
| <p> Evaluate: <i>Reflect</i></p> <ul style="list-style-type: none"> • Complete MyPlate pledge. • Recognize students' behaviors that aligned with the enduring understandings that they developed together with the goal of being the best for themselves, their communities, and their environment. • Share appreciation for each of their individual contributions to the kitchen and to the community, and for their respect for the kitchen. Express excitement for your next time together. • Dispose of waste in the appropriate bins and have a few students help to wipe down counters/tables and sweep any trash. | |
| <p> Connections to Garden Lessons: Look for food groups growing in the garden.</p> | <p> Possible Extensions: Identify the food groups in a school lunch.</p> |



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Source credit: [My Plate](https://www.myplate.gov)



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The infographic is titled "The Five Food Groups" and is presented in a vertical layout. At the top left, it features the USDA logo and the text "Food and Nutrition Service U.S. DEPARTMENT OF AGRICULTURE". The main title "The Five Food Groups" is written in large, bold, white letters on a dark blue background. Below the title, five food groups are displayed in colorful, rounded rectangular panels, each with a cartoon mascot:

- Fruits:** A red panel with a smiling fruit character. It shows various fruits like apples, oranges, grapes, and watermelon.
- Vegetables:** A green panel with a smiling vegetable character. It shows items like carrots, broccoli, and a tomato.
- Grains:** A brown panel with a smiling grain character. It shows items like rice, wheat, and cereal.
- Protein Foods:** A purple panel with a smiling protein character. It shows items like eggs, beans, fish, and nuts.
- Dairy:** A blue panel with a smiling dairy character. It shows items like milk, cheese, and yogurt.

At the bottom right of the infographic is a circular "MyPlate" diagram divided into five colored sections: Fruits (red), Vegetables (green), Protein (purple), Grains (orange), and Dairy (blue). Below the infographic is an "Activity Area" section with a white background and a blue border. At the bottom of the infographic, there is a small logo for "Cunningham Elementary School" and the text "© 2013 USDA Food and Nutrition Service".

Source credit: [USDA Food and Nutrition Service](https://www.fda.gov/food/food-groups)



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USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Los cinco grupos de alimentos

Frutas

Vegetales

Granos

Alimentos ricos en proteína

Lácteos

Área de actividad

Frutas, Vegetales, Proteína, Granos, Lácteos

Source credit: USDA Food and Nutrition Service

Source credit: [USDA Food and Nutrition Service](#)



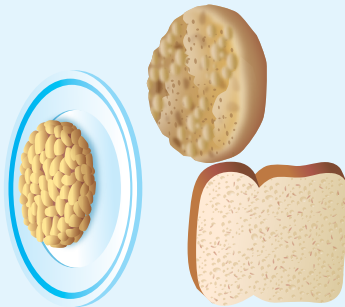
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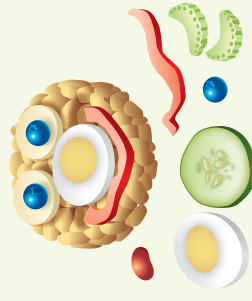
Food Group Friend

1 Get a Head



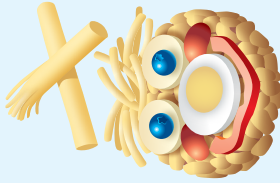
Put a grain on your plate.

2 Make a Face



Pick fruits, vegetables, and a protein food to make eyes, nose, and a mouth. Have fun and be colorful!

3 Hair or Hat?



Choose a dairy food and cover the head.

4 Name Your Friend

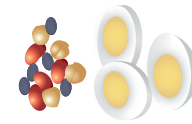


Have you used a food from each food group? If so, enjoy!

Ingredients

Protein Foods

beans or egg



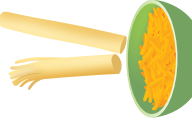
Vegetables

carrots, celery, broccoli, tomatoes, peas, cucumber, or bell pepper



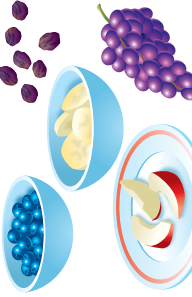
Dairy

low-fat cheese



Fruits

blueberries, bananas, raisins, apples, or grapes



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Source credit: [USDA Food and Nutrition Service](https://www.fns.usda.gov/food-group-friend)



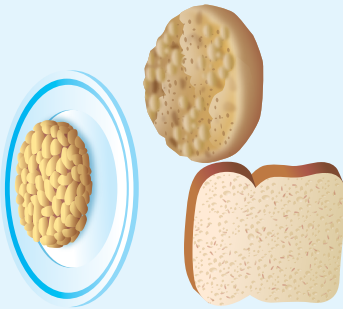
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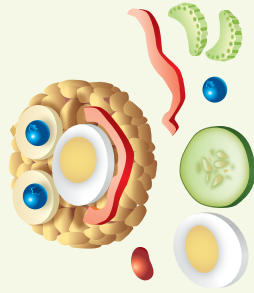
Amigo del grupo de alimentos

1 Consigue una cabeza



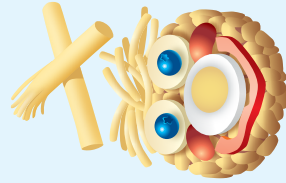
Pon un grano en tu plato.

2 Haz una cara



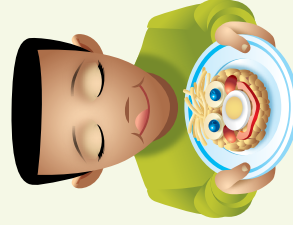
Elige frutas, vegetales y un alimento rico en proteína para hacer los ojos, la nariz y la boca. ¡Diviértete y hazlo colorido!

3 ¿Cabello o sombrero?



Elige un producto lácteo y cubre la cabeza.

4 Ponle nombre a tu amigo

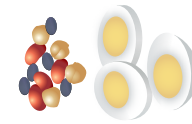


¿Haz utilizado un alimento de cada grupo alimenticio? Si es así, ¡disfrútalo!

Ingredientes

Proteínas

frijoles o huevo



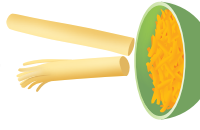
Vegetales

zanahorias, apio, brócoli, tomates, guisantes, pepino o pimiento



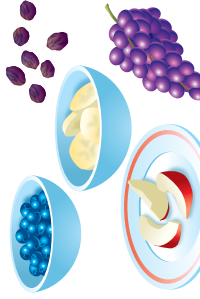
Lácteos

queso bajo en grasa



Frutas

arándanos, bananas, pasas, manzanas o uvas



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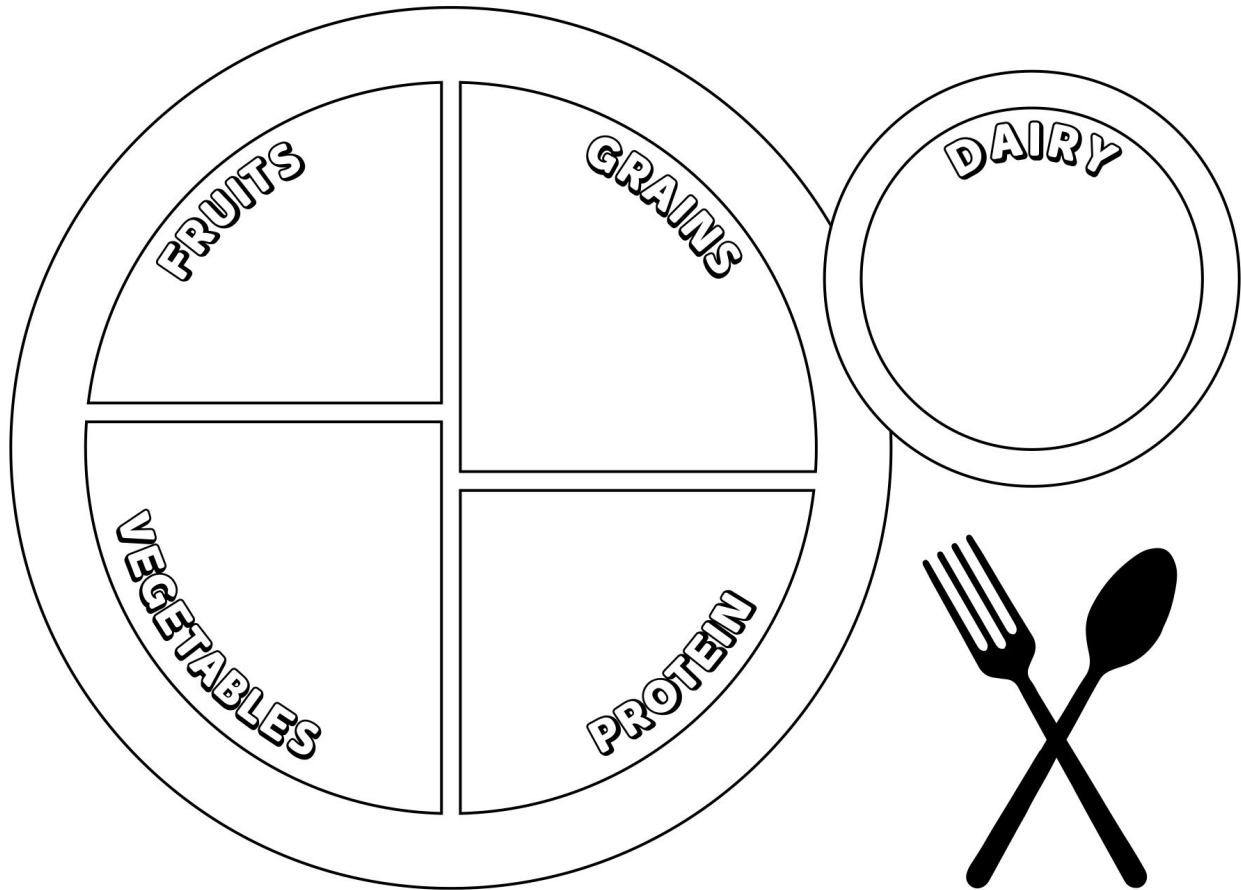
Source credit: [USDA Food and Nutrition Service](https://www.fns.usda.gov/miplate)



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Name:



My Healthy Plate

Source credit: [My Healthy Plate](#)



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**MyPlate
Champion**

MyPlate Pledge for

I pledge to be a MyPlate Champion. I will choose healthy foods from the five food groups at school and at home (or elsewhere) to keep my body and mind healthy. I pledge to find fun ways to be active everyday. I will also encourage my friends and family to make smart food choices and be active.

**I pledge MyPlate!
Everyday I will:**

Eat more fruits & veggies.

Try whole grains.

Re-think my drink.



MyPlate.gov

Focus on lean protein.

Slow down on sweets.

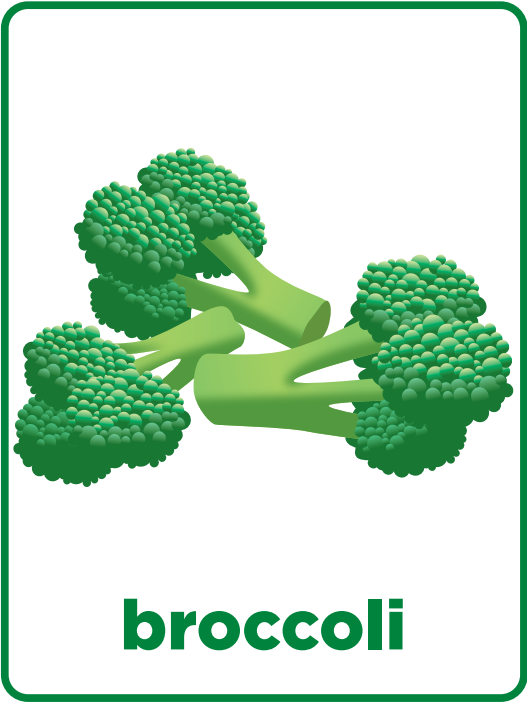
Be active my way.

Source credit: [My Plate](#)



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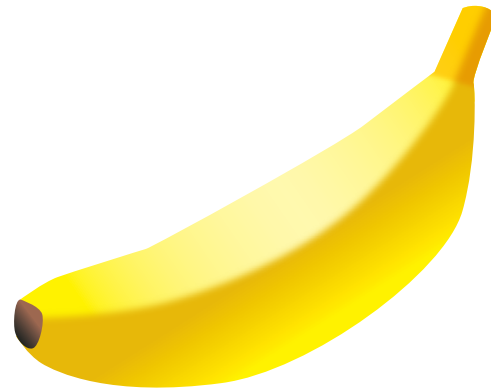


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oatmeal



banana



black beans



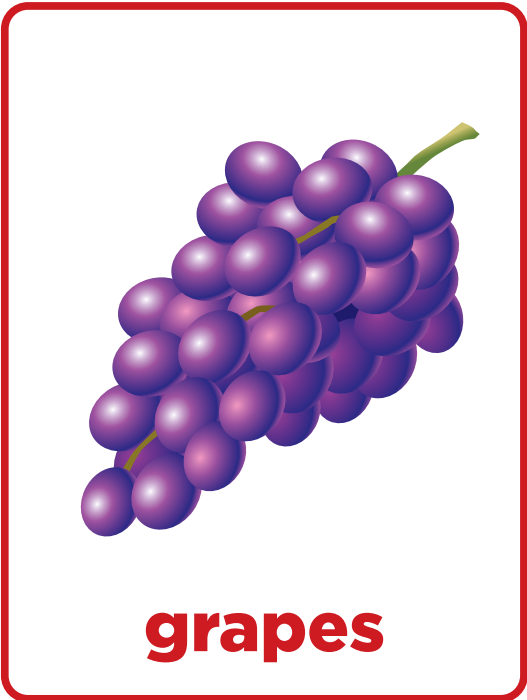
soy milk

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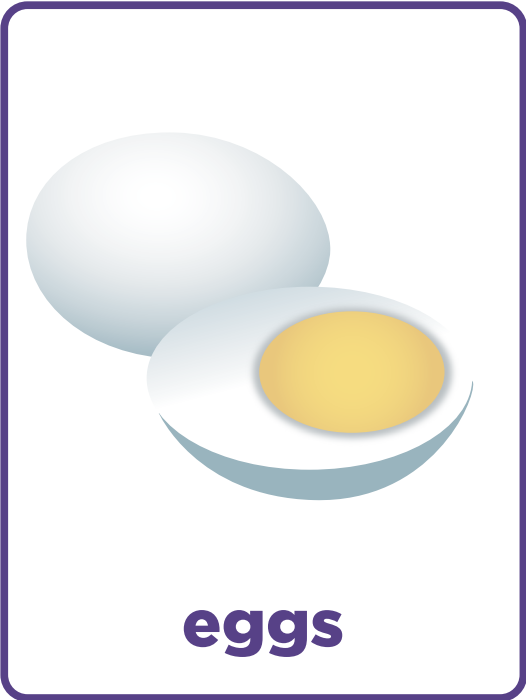
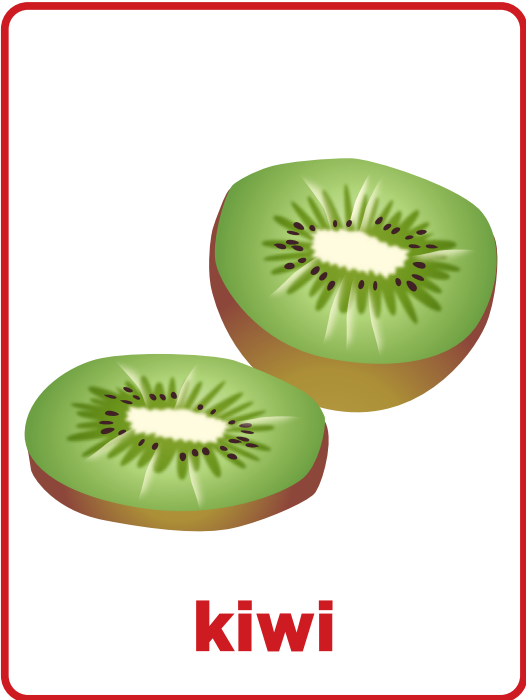


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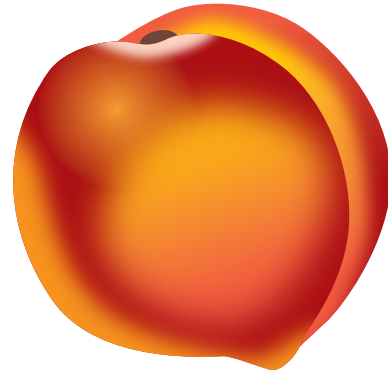


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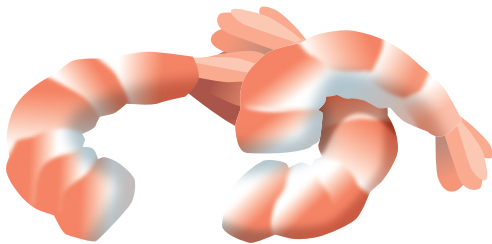
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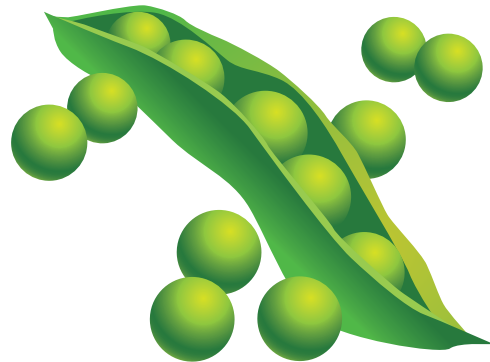
yogurt



peach



shrimp



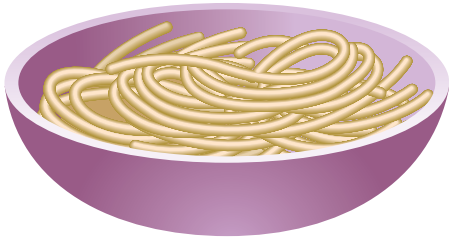
peas

Source credit: USDA Food and Nutrition Service

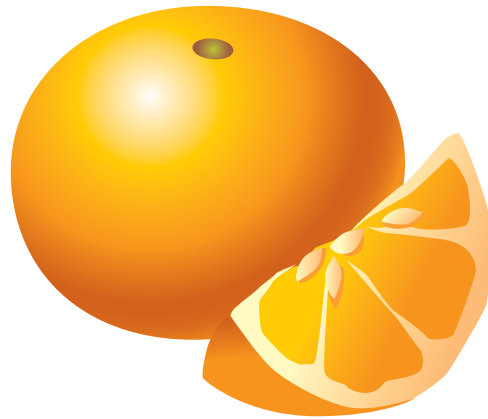


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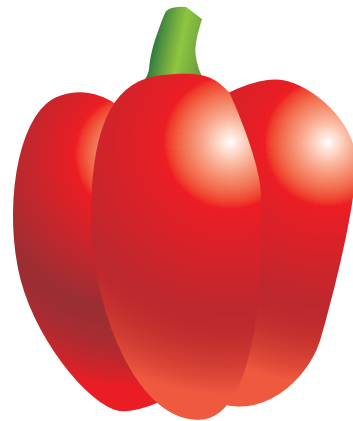
pasta



orange



peanut butter



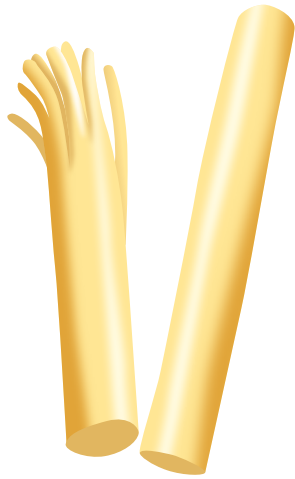
pepper

Source credit: USDA Food and Nutrition Service

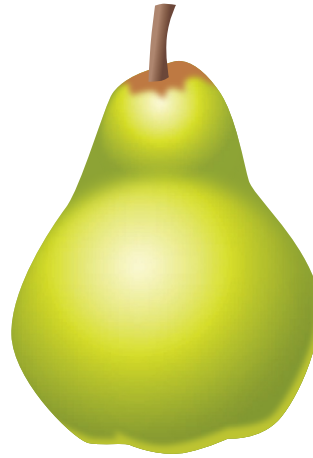


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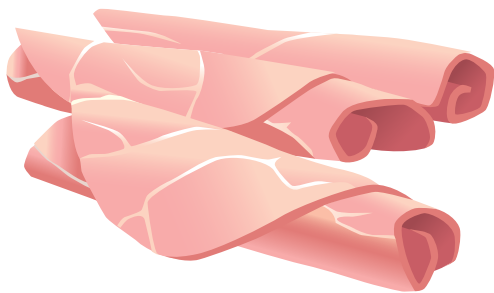
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string cheese



pear

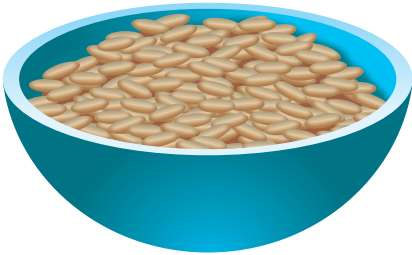


ham



spinach

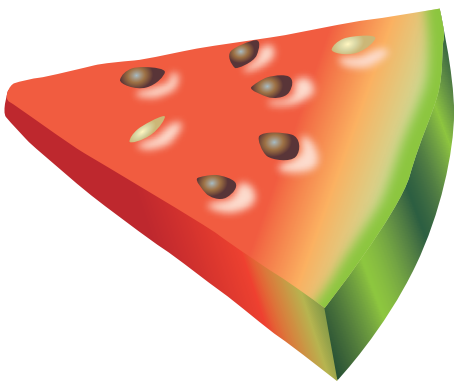
Source credit: USDA Food and Nutrition Service



brown rice



strawberries



watermelon



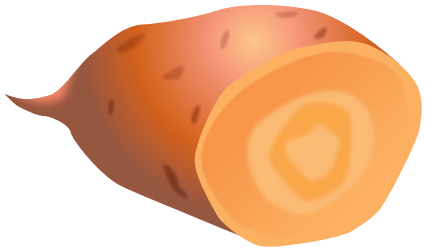
cheese

Source credit: USDA Food and Nutrition Service

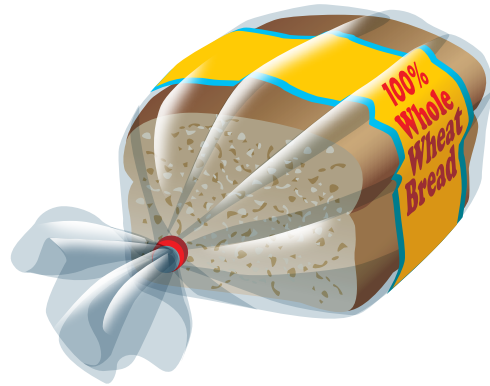


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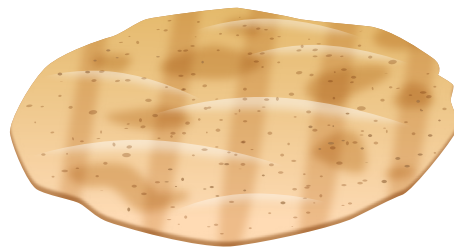
sweet potato



bread



popcorn



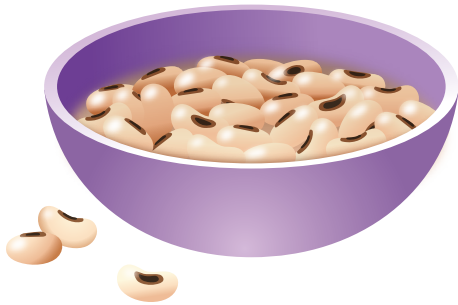
tortilla

Source credit: [USDA Food and Nutrition Service](#)



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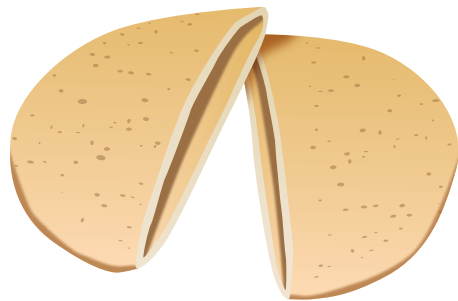
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black-eyed peas



pumpkin



pita bread



cabbage

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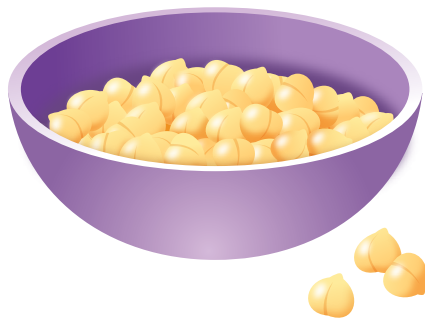
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pineapple



veggie burger



chickpeas
(garbanzo beans)



collard greens

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