

Lesson 21

Purpose: To introduce the positive actions for good nutrition.

Materials Needed Live plant; chalkboard and chalk or whiteboard and dry erase marker; tape or tacks

Materials Provided “My Plate” Food Guide Visual Aid

Procedure

Teacher *Display the live plant.*

Say We all know what this is.” (*Mention the type of plant if you know it.*) “A plant is a living, growing thing. Because of this, it has to be ‘fed’ just as living, growing people have to be fed. There are experts who can tell people what to ‘feed’ their plants. Farmers who depend on a healthy harvest spend much money and time on the ‘feeding’ of their plants. It is important to many people to understand things about nourishing or feeding plants.

There is a word that means ‘being nourished or fed’—nutrition. Today we are going to talk about the positive actions for good nutrition for a living, growing thing—you.

Experts tell us that plants need oxygen, nitrogen, Vitamin D, and other vitamins and minerals to grow. Plant foods are specially blended to supply these and other important ingredients. That is a good thing, because plants cannot choose what they are fed. But just as plants need different things to grow healthy, we also need different types of food for a healthy life.

Teacher *Display the “My Plate” Food Guide Visual Aid. (For more information, refer to the back of the visual aid. You will find examples of foods for each group, daily recommended serving sizes for different ages, and instructions for physical activity.)*



Say I’m sure you have all heard of the five basic food groups. Can anyone name them for us?” (*Indicate the appropriate groups as they are mentioned. If students are not sure, give them some of the examples of foods in each group. Also, explain the best kinds of foods in each category, shown in parenthesis.*)

- **Proteins:** Meat, fish, eggs, nuts, and poultry *(Choose lean meats.)*
- **Dairy:** Milk, cheese, and yogurt *(Choose low-fat or fat-free.)*
- **Fruits:** Apples, plums, and oranges *(Can be fresh, canned, or frozen.)*
- **Vegetables:** Spinach, carrots, and broccoli *(Can be raw or cooked; fresh, canned, or frozen.)*
- **Grains:** Bread, pasta, and cereal *(Choose whole grains.)*

It is important to know these five food groups and the types of food in each group, because your body needs food from all five groups each and every day to grow and be healthy. When you choose the right foods to nourish your body, you are practicing positive actions for a healthy life. And remember, choosing positive actions results in a good feeling—a good feeling inside that healthy body of yours! And good feelings and healthy bodies mean that we are successful and happy! What could be better than that?

Let's play a game to learn more about the five food groups and the types of food in each group.

Teacher *To play this game, ask a student to name an example of a food, perhaps a favorite one. The next student in the row must tell what food group that food belongs in. He then names a food for the next student to categorize, etc.*

After the lesson, display the “My Plate” Food Guide Visual Aid in the classroom for the students to reference throughout the unit.