



Educator Guide: Healthy Eating Lesson

Recommended for Grades:

2nd grade

Time:

6 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this lesson students will be able to:

1. Explain the importance of eating three meals each day.
2. Explain the importance of eating breakfast every day.
3. Name one food or drink from each of the five groups.

Lesson Description:

In this lesson students will learn about different food groups, and that eating a variety of foods is important. They will also learn the importance of having balance between the foods they eat and their physical activity each day.



Pre and Post-Test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. Which meal has foods from the most food groups?
 - a. Chicken, cheese and milk
 - b. Pineapple, fish, bread and peas**
 - c. Broccoli, carrots, corn and celery

2. Which food group is yogurt in?
 - a. Fruits
 - b. Vegetables
 - c. Grains
 - d. Protein
 - e. Dairy**

3. Which food group is oatmeal in?
 - a. Fruits
 - b. Vegetables
 - c. Grains**
 - d. Protein
 - e. Dairy

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Healthy Eating Lesson. You may choose to use this list in any way that fits your needs.

- Balance – eating just enough food to fuel your body so you can do all the things you do each day
- Dairy – one of the food groups, which includes things like milk, cheese and yogurt
- Fruit – one of the food groups, which includes things like kiwi, grapes, mangoes, pears, blueberries and pineapple
- Grains – one of the food groups, which includes things like bread, rice, pasta, oatmeal, bagels and cereal
- Protein – one of the food groups, which includes things like chicken, tofu, fish, nuts, chicken, eggs and beans
- Variety – eating different kinds of foods from each food group every day
- Vegetable – one of the food groups, which includes things like lettuce, broccoli and carrots

Supplemental Activity: Try Something New

Objectives:

After completing this activity students will be able to:

- Name one food or drink from each food group.
- Try at least one new food.

Materials Needed:

- SMART board, whiteboard or chalkboard

Time Required:

20 minutes

Instructions:

Review the following with your students:

- The five food groups are fruits, vegetables, dairy, grains and protein.
- Eating a variety of different foods each day is important because eating different kinds of foods helps give your body what it needs.
- Try eating foods from three different food groups at each meal.

Brainstorm a list of foods that belong in each food group. Be sure to include some foods in each food group that students may not have had the opportunity to try. Challenge students to go home and pick one new food to try. Ask students to report back to the class which food they tried and if or not they liked it. If they didn't like it, are there other healthy ways to prepare that particular food to make it taste better? Discuss how sometimes it can take 10-15 tries before your brain decides you like a certain food.

You can also try having Tasting Tuesdays in your class. Have one student volunteer to bring in a healthy food for the class to sample. Sometimes local grocery stores or farms will donate items that you can have your students try. You just need enough of the food for each student to sample. Students almost always find a new food that they like!



Transcript

Slide 2

There are so many foods in every food group! Click on the colors to learn more about each of the food groups.

Orange - Grains group. Some different kinds of grains are breads, rice, pasta, cereal, bagels and oatmeal. Some kinds of grains are better for you than others. For example, whole wheat pasta is healthier than white pasta. Stand up and reach for the sky if you like oatmeal.

Green - Vegetable group. Some different kinds of vegetables are spinach, cauliflower, squash, corn and mushrooms. Make sure to eat a variety of vegetables each day. Jump up and down five times if you like corn.

Red - Fruit group. Some different kinds of fruits are peaches, blueberries, kiwi, pears and mangoes. Make sure to eat a variety of fruits each day. Stand up and touch your toes if you like fruit as a snack.

Blue - Dairy group. Examples of foods in the dairy group are milk, yogurt, sliced cheese and cottage cheese. Some foods in the milk group have lots of fat and some have less fat. For example, 1 percent milk has less fat than whole milk. Wiggle your body if you like yogurt.

Purple - Protein group. Some foods in the protein group are chicken, tofu, fish, ground beef, eggs and nuts. Eating foods from this group each day will help keep your muscles healthy and strong. Stomp your feet if you like to eat chicken.

Slide 3

Here's a little more practice on food groups. Click on the foods that are floating around to hear what food group they belong to. If you think you know, you can guess before you click!

Bread - Bread goes in the grains group!

Cheese - Cheese goes in the dairy group!

Chicken - Chicken goes in the protein group!

Pear - Pears go in the fruit group!

Corn - Corn goes in the vegetable group!



Slide 4

Eating lots of different foods is called variety. Variety is really important because eating different kinds of foods helps give your body what it needs. Trying new foods can be an adventure.

Zach: When my mom is teaching me to cook, we try to include at least three food groups in each meal.

Don't forget to also be active every day. You can run, walk the dog, play or swim.

You can do physical activities by yourself or with a group!

Carly: I like to walk the dog by myself, but it's more fun to do yard work if I'm with my dad and my sisters!

Balance is eating just enough food to fuel your body so you can do all the things you do each day.

Slide 5

Now it's your turn. Look at the picture of the meal. Does it have enough variety? Click Yes or no.

Yes - Oops! Only two food groups are in this meal. That's not enough variety.

No - That's right! The foods in this meal are from only two food groups. There's not enough variety.

Slide 6

Is there enough variety in this meal?

Yes - Good job! The foods in this meal are from four food groups. That's lots of variety.

No - There are foods from four food groups in this meal. That's a lot of variety! Try again.

Slide 7

You should eat three meals a day. Eating breakfast, lunch and dinner will keep you from getting extra hungry and give you a break from a busy day! It will also fuel your brain and body all day long. Breakfast is the most important meal, because you haven't eaten all night while you were sleeping!

Sofia wants to have energy for school, so she likes to eat oatmeal, dried cranberries and milk for breakfast.

Sofia: I didn't used to like breakfast foods, so I ate different things in the morning. Now, I love my oatmeal! Especially with the cranberries sprinkled on top! Mmm!

Now that's a meal with variety!

Slide 8

Breakfast is the most important meal. What should you choose to eat? Click on the healthiest breakfast choice.

Yogurt, toast and fruit - This is the healthiest choice. Yogurt, toast and fruit will give you enough energy for the whole morning.

Pie - Oops. You might like pie, but it's not a healthy breakfast choice. Try again.

Toaster pastry - Some people eat toaster pastries for breakfast, but they won't give you much energy. Which breakfast choice is healthier?

Slide 9

Good job!

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Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

