



I Eat Right Lesson Plan (IER2) – The 5 Food Groups

Focus: Today introduce the “I Eat Right” LifeStar Healthy Habit and review the five food groups and recommended daily servings.

Remind them our goal as a group today is to learn about the five food groups we need for a healthy body and mind. We also want to be active today.

1. Engage/hook/activate (5 – 10 minutes):

- * Ask the kids, if they can name the 5 food groups?

TEACH: Introduce the 5 Food Groups, what they are, why they are important, and review how many servings they need of each per day.

- * **Fruits** – Helps keep you from getting sick, helps heal cuts. Fruits are rich in vitamins, minerals and fiber, which help prevent disease, fiber aids in digestion. **2-4 Servings**
- * **Vegetables** – give you healthy skin and eyes! Vegetables are rich in vitamins, minerals and fiber, which help fight disease. Fiber aids in digestion. **3-5 Servings**
- * **Dairy (low-fat milk, cheese and yogurt)** – provides calcium, which you need to build strong teeth and bones. **3 Servings.**
- * **Grains (items made with flour, such as breads, pasta, crackers, tortillas). Grains also include cereal, oats, brown rice. Whole grain cereals and whole wheat pasta, or whole-grain bread are great options, choose darker color grains**– gives vitamins, minerals and energy to learn and play! Provides fuel for your body and brain. It’s just like gasoline you have to put in your car for it to go! **4-6 Servings**
- * **Protein (Nuts/Beans/Lean Meat/Fish/Eggs)** – gives you healthy muscles and bones! Protein provides the building blocks for bones, muscles, skin and blood. **2-3 Servings**

Tell them each food group is important and provides different nutrients that your body needs for good health. Try and eat a variety of foods each day from all these food groups to get your body the nutrients it needs to grow strong and be healthy.

2. Review (5 minutes):

- * Ask the kids, “what are the five food groups?” Tell them it’s important to try and eat a variety of foods each day from all these food groups to get your body the nutrients it needs to grow strong and be healthy.
- * Ask “what are your favorite foods in each group?”
- * We can occasionally have a sweet treat, soda pop or chips – just not every day and in small portions!

3. “I Am Active!” time (30 minutes):

- * Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?
- * Remember to stretch before and after being physically active.
- * Choose an activity for the kids to play from the list in the **Activity Section** or pick an activity of your own. Don't forget to lead them in an “I Can Do It” cheer before starting.

4. Wrap-up (5 minutes):

- * Gather the kids in a group. Remind them that you talked about the five food groups and ask:
 - * Name the 5 food groups?
 - * Who can make a goal to eat foods from these five food groups tomorrow, every day?
 - * If they struggle to come up with a goal answer, ask: What foods are you going to eat that you are not getting enough of? (example-Vegetables). How many vegetables are you going to eat? (3-5 servings)

Finish the lesson with an “I Am Active! I Eat Right! I Can Do It!” cheer.

Healthy Habit of the Day

I will eat a variety of foods each day from the 5 food groups

Lesson #IER2

Also see **Other Resources** section for Food Group activities you can do using Food Models. Download Food Models at

<https://www.nationaldairycouncil.org/content/2019/nutrition-education-with-visual-food-models>.

Build on this lesson by teaching *What Does a Healthy Meal Look Like* during your next session.

