

Lesson Plans



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GRADE ONE: HEALTHY LIVING

Healthy Eating: The Food Groups – Let's Build the Food Pyramid

Skills: To understand that all food can be categorized into 5 groups. To examine different types of food and recognize which category they belong in.

Assessment: Have students work in groups finding, cutting and pasting pictures of food appropriate to the category they have been designated. Check for accuracy of student choices. Identify problem areas to entire class.

Curriculum Expectations: Healthy Eating: - identify the food groups and give examples of foods in each group (Ontario Curriculum, Grades 1-8: Health and Physical Education pp. 12).

Materials:

1. 1 large triangle constructed out of several overlapping sheets of chart paper. Cut into 5 pieces to represent each section of the food pyramid.
2. An ample supply of grocery 'specials' flyers. Strive to collect flyers from different weeks and from several different grocery store food chains in order to ensure a sufficient quantity of images from all food groups.
3. Glue sticks and scissors for each table.
4. Pencils and markers
5. Canada's Food Guide to Healthy Eating booklet (1 per student).
6. The book, *Pickles to Pittsburgh* by Judi Barnett.

Description:

- 1) Have the class gather on the carpeted area.
- 2) On chart paper or the classroom whiteboard draw and label the food pyramid.
- 3) Explain that everything we eat can be placed into 5 groups
 - a) Other: Fats, Oils, Sweets: very few servings
 - b) Milk Group: 2-3 servings
 - c) Meat Group: 2 servings
 - d) Fruit and Vegetable: Group 7 servings
 - e) Bread Group 9 Servings
- 4) Explain that a serving is one of a type of food or drink, (i.e. A glass of milk is one serving of the Milk group). The number of servings listed is what health officials recommend people eat and that maintaining good nutrition helps people to stay healthy.

- 5) A healthy diet includes food from each group. The bottom, "Bread group", is what we require the most of each day. The top, "Other group", requires very few servings since these are fattening and have little elements of nutritional value (i.e. vitamins minerals, or protein) that are important for a maintaining a healthy growing body.
- 6) Read *Pickles to Pittsburgh* by Judi Barnett. Remind children to think about the different foods and which group they would belong in. Read through whole book non-stop.
- 7) Then return to focus on key areas of the book and conduct an instructional conversation with the students. Make sure to encourage students to find examples from all food groups. Identify potentially tricky foods as well as foods that are comprised of items from several different categories, (i.e. Cheeseburgers). The conversation may stem mainly from the pictures found on the following pages:
 - a) From the pages with frogs to the spaghetti page
 - b) From the pages with potatoes and 4 panel page
 - c) The milk and cream page
 - d) The pizza and hamburger pages
- 8) With a grocery specials page model how each table will be responsible for a finding pictures of food for a specific food group. Show how to cut out a picture of a food item and demonstrate that when cutting out these pictures they should leave a bit of the background around the item so it remains recognizable.
- 9) Have students return to their tables. Select two volunteers to distribute a copy of **Canada's Food Guide to Healthy Eating** to each student. They may use these as a reference as well as take them home to help remind them of what it takes to maintain a healthy diet.
- 10) Select a volunteer from each table to copy the title of their food group and the number of servings on their 'piece' of the food pyramid. They are to place this title at the bottom center of each page. They will copy the words using a pencil first. After teacher approval they may then retrace their printing using markers. Distribute a slip of paper with the necessary information from which they may copy.
- 11) Encourage students to cut and paste as many different pictures as they can find.

Follow-Up Activity:

When finished hang each piece on the wall or bulletin board in order to construct the food pyramid.