

Kidz for Life – Cool to be Healthy 9 Week Program

Class #3 – I Know my Food Groups (nutrition)

**** Note:** a nutrition education pre- and post- test is included as part of the toolkit for your use. This is optional but recommended to test students' comprehension of this part of the program.

Objective: Students will understand the basics of healthy nutrition, the five food groups, and the use of the USDA MyPyramid food pyramid for making healthy food choices.

Materials needed: pencils, paper plates, glue sticks, scissors, newspaper food advertisements, push pins or tape for bulletin board set

Teaching aids: USDA MyPyramid bulletin board set (included in toolkit - will need a tri-fold bulletin board or class white board for the MyPyramid display), Big Idea cards #1 and #2 (included in toolkit)

Game: Spin Zone Nutrition game (included in toolkit)

Pre-class prep:

- pick up newspaper food advertisements from grocery stores, collect them when they come in your US Mail each week or if you get home delivery of the newspaper. You'll need one food ad for each student.
- *Optional:* make up a paper plate with food pictures on it to be used as an example during craft time at the end of the session.
- *Optional:* if using the pre and post test, print out one copy for each student (nutrition_education_pre_post_test_9week.pdf)

Optional teacher prep: If you're not familiar with the USDA MyPyramid and/or would like to learn more about the food groups and nutrition before teaching this lesson, go to www.mypyramid.gov for resources.

Time: 45-60 minute lesson

- Instructor introduces him/herself and what we'll be talking about
 - Today's class is on nutrition and what we need to eat to have a healthy body. Our bodies need lots of different foods and to make it easy to remember, the foods we eat are put into different groups. Eating foods from each group each day is important if we want to be healthy and do well in school and sports. We're going to talk about these groups today and then practice what we've learned by doing a craft.
Note: *if using the pre and post test, have students complete it at this point in the class. Give the students 15 minutes to complete the test.*
 - Introduce the concept that "food is fuel". (write this on the board) If good fuel goes into our bodies, we'll be healthy, do well in school and sports and feel good. If we put bad fuel (unhealthy foods) into our body, it's more likely that we're going to get sick, we'll be tired and not have the energy we need for school, sports and play. Ask the students: "what do you think would happen if your parents put soda pop in their gas tank?" (Let the students come up with answers – the correct one is that the car wouldn't run...) "That's right, the car wouldn't run!" "The same thing is true for our bodies, if we put good fuel in, it will run, if we put bad fuel, it won't run the way we want it to."
 - Introduce the MyPyramid concept to the students. Put the MyPyramid.gov/Steps to a Healthier You cutout and the main MyPyramid cutout on the board. Explain that the size of each colored section indicates the importance of that food group in your diet. Explain how the narrowing of the colors from bottom to top illustrates that certain foods within a group should be eaten in moderation, such as corn or potatoes in the vegetables group, while others, such as spinach, can be eaten more often.

At this point, you're going to start introducing each of the food groups and briefly talk about each one. (Note: If you'd like the students to participate in this part of the lesson, ask for volunteers to come to the front of the room and give each volunteer one of the cutouts to hold – there are 14 in total. After each student helps you pin the cutout they're holding on the board, they can go back to their seat.)

Script: (Look at the Discovery Guide included with the bulletin board set for teaching tips and for a visual of how the cutouts should be placed on the board).

- (tack the cutout with the different Grains foods underneath the orange MyPyramid section. Put the “GRAINS” cutout either underneath the grains food strip or on the side of the board) “Our first food group is the Grains group. We find grains in foods like bread, pasta, rice, cereal, popcorn, bagels and other bread products like crackers. Grains give us energy so we want to eat several servings of healthy grains each day.” For good health, we want to make half our grains whole grains, like whole grain pasta, bagels and bread and brown rice instead of white rice (point out that some grains aren’t as healthy as others – foods like white bread, white rice, white pasta are some...)

“Our next food group is the Vegetables group. (tack the cutout with the different vegetable pictures underneath the green MyPyramid section. Put the “VEGETABLES” cutout either underneath the vegetables food strip or on the side of the board.)

Vegetables are one of the most important food groups because they contain most of the vitamins, minerals and nutrients your body needs to grow and stay healthy. They also give us lots of energy. Vegetables are foods like potatoes, carrots, broccoli, beans, spinach, lettuce, and many others. What are some vegetables that you like? We need to eat lots of vegetables every day and we want to eat all different types with different colors for good health. It’s best to eat at least 3 vegetables every day and it’s ok to eat more than 3.

“ The next food group is the Fruits group. (tack the cutout with the different fruit pictures underneath the red MyPyramid section. Put the “FRUITS” cutout either underneath the fruit food strip or on the side of the board.) Fruits are also an important food group because just like vegetables, they give us energy and have lots of vitamins, minerals and other nutrients that your body needs to grow and be healthy. Fruits are foods like bananas, applesauce, apples, peaches, pears, pineapple, strawberries, grapes and oranges. What are some other fruits that you like to eat? Just like vegetables, we also need to eat lots of fruit each

day and choose different types. It's best to eat at least 3 fruits each day and it's ok to eat more than that."

"We're going to skip over the little yellow part of the pyramid for now and we'll talk about that in a few minutes. Next we'll talk about the Milk group. (tack the cutout with the different milk group pictures underneath the blue MyPyramid section. Put the "MILK" cutout either underneath the milk food strip or on the side of the board.) Foods that have milk in them are good for giving us strong bones and teeth because they have a mineral called calcium in them. Foods with milk in them are milk, cottage cheese, cheese, yogurt and ice cream. We don't want to eat too much of this food group because milk foods have fats in them that aren't good for our bodies. We want to choose low-fat or fat-free products and we don't want to eat too much ice cream or cheese because these aren't as healthy as other milk products."

"Next we're going to look at the Meat and Beans food group. (tack the cutout with the different meat and beans group pictures underneath the purple MyPyramid section. Put the "MEAT & BEANS" cutout either underneath the meat and beans food strip or on the side of the board.) Foods in the Meat and Beans group give us something called protein. Protein is needed to build muscles and keep our bones strong. Foods in this group are chicken, turkey, beans, eggs, nuts (almonds, walnuts, cashews, peanuts, etc.), and fish and seafood. Do you notice something missing from the pictures here? Yes, it doesn't show any beef. It doesn't show beef because many types of beef have fats in them that isn't good for our heart so we want to choose leaner meats like chicken. Just as the cutout here says, Go Lean with Protein. We don't want to eat too much protein because our bodies don't need as much protein as it needs fruits, vegetables and grains. If you notice, the purple part of the pyramid is small compared to the orange, green and red parts. That tells us that we shouldn't eat as much of this food group."

"Now we'll talk about the small yellow part of the food pyramid. (Tack the "OILS" cutout on the board on the side.) This is for Oils and what we call discretionary calories. Oils aren't a food group but they're an important part of our diet. Our brains are 60% fat so we need healthy

fats and oils so that our brains can grow properly. Healthy oils and fats are “brain food”. We find healthy fats in foods like fish, nuts and seeds and avocados. There are also unhealthy fats and they are found in butter, ice cream, cheese and red meat. We also want to limit discretionary calories – this means foods with calories in them but little or no nutrition. These are foods and drinks with a lot of sugar in them like juice and soda pop, candy, cookies and other treats. They’re not healthy for your body so you don’t want to eat too many of them.”

“Finally we want to talk about drinking lots of water. (Tack the REMEMBER cutout on the side of the board.) Our bodies are 2/3 water so we need lots of water to keep it hydrated. When we get dehydrated we can feel dizzy, get a headache, or stomach ache. We should drink 4-6 glasses of water a day.”

(show the Activity-Variety-Proportionality-Moderation wheel and put it up on the board.) “Now we know about all of the food groups and why we need to eat healthy foods from each group every day. To be healthy, we also need activity and to eat the right amounts of the different food groups. As the chart shows, we also need to eat more of some foods and less of others, and we need to eat foods that aren’t as healthy in moderation.

- Skill practice/craft: Give each student a paper plate, a glue stick, scissors and a newspaper food ad. Instruct the students to put a plate of food together that includes 2 grains group, 2 vegetables, 2 fruits, 1 milk group, and 1 meat and beans group. They are to find these foods in the newspaper food ad they’ve been given, cut them out and glue them on the paper plate. Encourage them to look at the pictures on the MyPyramid collage that you have on the board for ideas and guidance as to which foods go in which group.
- Optional game if there’s extra class time : Spin Zone nutrition game (takes about 15 – 20 minutes to play)