

What Are The Food Groups?

Focus Lesson: Food Groups

Materials:

The Food Parade by Elicia Castaldi
 Paper plates separated into sections
 Samples of food from each food group (vegetable, fruit, milk, etc.)
 Napkins
 Cups
 Utensils as needed
 Worksheets
 Pens/pencils
 Poster paper
 Marker/sharpie

Grade: 1-2

Time: 45 minutes

****Be aware of any food allergies.** Classrooms have generally become nut free due to risk of severe allergic reactions. Make changes accordingly.

***Common Core Standards:**

CCSS.ELA-LITERACY.RI.1.1

Ask and answer questions about key details in a text.

CCSS.ELA-LITERACY.SL.1.1.A

Follow agreed-upon rules for discussions (e.g., listening to others with care, speaking one at a time about the topics and texts under discussion).

CCSS.ELA-LITERACY.RI.2.6

Identify the main purpose of a text, including what the author wants to answer, explain, or describe.

Thinking Skill:

Compare/contrast
 Understand details in text

Objective:

Students will learn the different section on the plate (in the text).
 Students will understand which food group common foods belong in.
 Students will verbally describe differences to compare/contrast the food groups.

Connection:

When you think about eating healthy foods, what kinds of foods do you think about?

Fruits and vegetables are great for our bodies. But there are also other foods, like grains and meats that are very important to balancing our health. While fruits and vegetables are healthy, we wouldn't want to eat only fruits and vegetables for every meal, every day!

We need a balance of other food groups to get the nutrition needed for our bodies.

I'm going to read a story that explains the different food groups and why they are necessary to keep our bodies healthy. Let's get started!

Explicit Instruction:

The type of book we're going to read today will give us information on the topic of food groups. A book like this is called an informational text because it explains what food groups are. The author wrote this book so people could learn about the food groups.

Read *The Food Parade* by Elicia Castaldi.

Who can tell me one of the food groups that we learned about in this text? Work with students to describe each food group.

The food groups are very different from each other. We need a certain amount from each group in order to stay healthy. As we learned in the story, each group has different nutrients or vitamins that help our bodies stay healthy. Therefore it is essential to eat food from each group to keep a healthy balance in our bodies.

Guided Practice:

Create a class poster that explains the food groups. Use a large, circular piece of poster paper in the shape of a plate. Separate the plate into sections and label each food group.

As a class, fill in the details and some examples of each food group. Use the text as a resource to come up with ideas. Have the students help fill in the chart.

If possible, pass out multiple copies of the book and separate the students into five groups. They can study the page in the book that describes one food group, and report back some ideas to add to the class poster.

Hang the class poster on the board or a wall so the students use the plate for reference.

Independent Practice:

Taste testing-set up a paper plate with sections labeled on the plate.

Give students a plate with small samples of each food group (fruits, vegetables, grains, milk, and some protein).

Ask students to think about which foods are their favorites, what they taste like, their colors, texture etc. as they are eating.

Reflection – Group Share:

Gather students together and lead a discussion. Which food group did you like the best? What kind of tastes did you like? Have you had these foods before at home, or at school?

Describe the textures, which foods were sweet? salty? bitter? savory?

Encourage students to share their opinions.

Reading list:

The Food Parade by Elicia Castaldi

Teacher Note: Alter food choices/lesson in accordance with students' well-being (allergies, etc.)

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