

Health Lesson Plan

Grade Level: 2nd

Class Size: 24 students

Location: Classroom

Michigan GLCE: 1.2- Nutrition and Physical Activity- Classify food into food groups

Materials Needed.

- Food Group headings (fats& oils, fruit, vegetables, dairy, meat, grains)
- Masking tape
- 25-30 Food pictures
- Food Pyramid Worksheet
- Crayons/ Colored pencils

Introduction.

Today we will be playing a game to review what we have learned about the food pyramid. Who can remind me of the 6 food groups we have been taking about?

Behavioral Objective.

The student will be able to find a picture of a food item hidden somewhere in the classroom and correctly identify the food group it belongs to.

Directions.

Students will be divided into 2 groups. While music plays, students will look around the room for various pictures of food items. As the students find the pictures, they will bring them to the front of the room and perform the given movement activity on the back of the picture. Upon completion they will tape the picture to the corresponding food group on the white board. After the music has stopped, the group with the most food items placed correctly will win.

Class Management.

Students will be divided into groups based on the color of their shirts. The day of the activity the teacher will assess how to divide the groups evenly depending on what the students are wearing.

Additionally, visual cues will be given the students through pictures posted for each movement activity. Students will be reminded of the rules which need to be followed for in class activities to maintain a safe and fun environment for everyone.

Visual Aids.

After the activity the students will have an opportunity to view a food pyramid poster to check their answers. Additionally posters of the movement activities will be posted to remind the students.

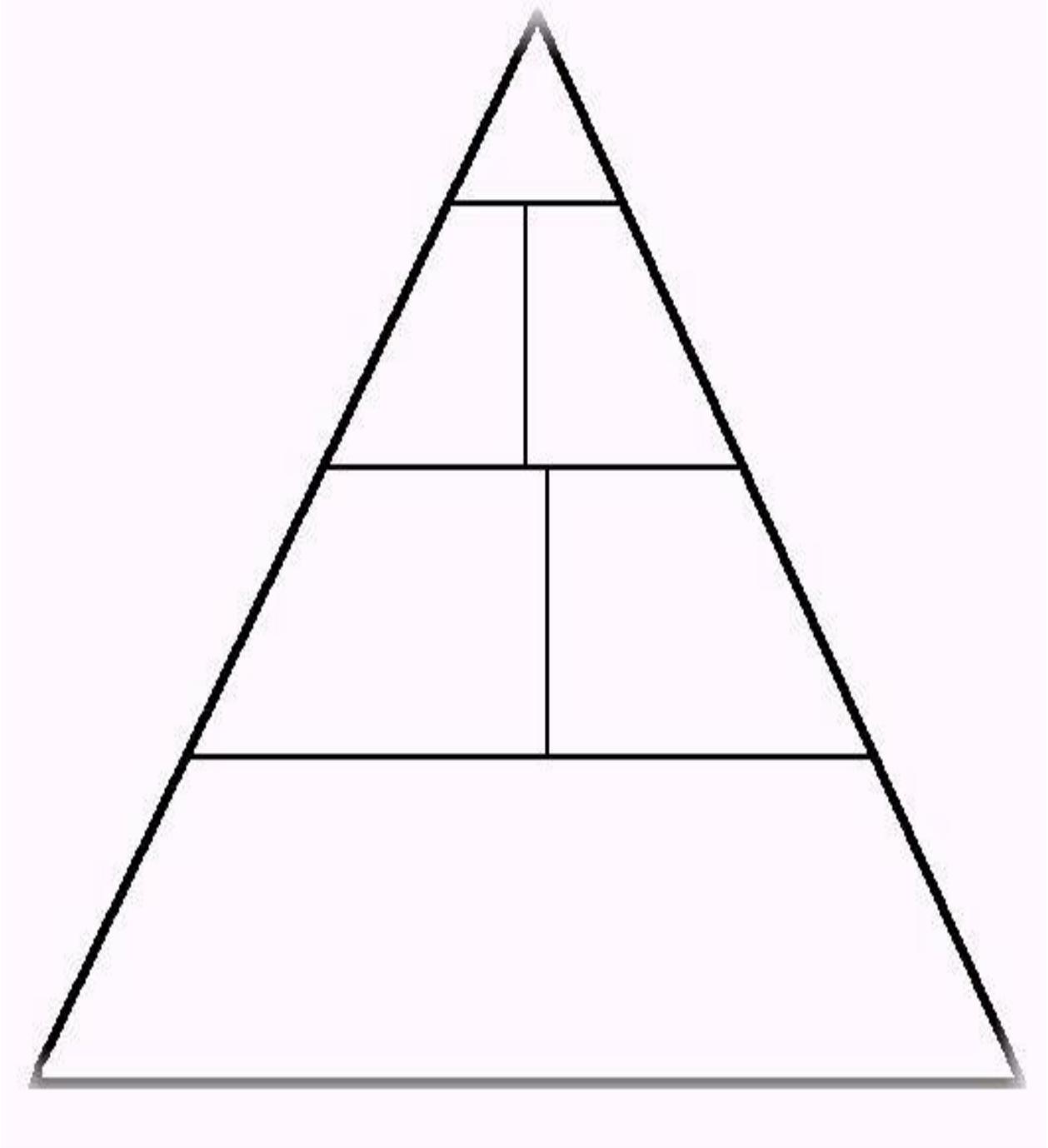
Skill Practice.

Students will work on following directions, teamwork, and identifying food groups in this activity. They will also have the opportunity to practice their movement skills through the activities on the back of the pictures.

Closure.

The students will complete the Food Pyramid worksheet. Students will draw 2 items they found in each food group on their food pyramid. They will then take the worksheet home and draw their dinner in the correct food groups.

My Food Pyramid



Directions. Complete the food pyramid below by using examples of the food items you found during today's activity. Tonight, draw everything you ate for dinner in the appropriate food groups. Circle your dinner items with a colored pencil and be prepared to share with the class tomorrow!