Lesson:  

Introduction: “Today we’re going to learn about the 5 food groups! We are going to learn why it’s important to eat different foods from each group. Raise your hand and tell me one food you had this week.” Call on students to respond. Have students identify a variety of foods. Explain that most of those foods can be sorted into food groups: fruits, vegetables, grains, protein, and dairy. “Each food group does something special for our bodies.”

Activity 1: With the MyPlate poster hanging nearby or a picture drawn on the board, students can sit in a circle or at their tables. Each student will choose one card or picture of food. When all students have a card, begin to sort the food.

- **Grains:** Examples are bread, cereal, and crackers. Ask the students to stand up if they think they have a grain. Call on one student and tape his or her food to the MyPlate image. “Grains give our bodies energy.”

- **Fruits & Vegetables:** Examples of fruit are apples, bananas & grapes. Examples of vegetables are carrots, broccoli and peas. Refer to the MyPlate poster—“Half of our plate should be filled with fruits and vegetables.” Ask students to stand up if they think they have a fruit or a vegetable. Call on one student and tape his or her fruit to the MyPlate image. Repeat with a vegetable. “We want to eat many different colors of fruits and vegetables.”

- **Proteins:** Examples are meat, eggs and nuts. Call on one student and tape his or her food to the MyPlate image. “Protein helps our muscles grow.”

- **Dairy:** Examples are milk, cheese and yogurt. Call on one student and tape his or her food to the MyPlate image. “Dairy keeps our teeth and bones strong.”

Display the now filled MyPlate. “Look at the healthy plate we created! Doesn’t that look good?”


Review: “Raise your hand and tell me a food you like to eat or would like to try.” As students share, ask if that food is a fruit, vegetable, grain, protein, or dairy. “Why is it important to eat food from every food group?” (Every food group does something important for our bodies – as indicated in bold).