



“I Want to be Healthy” Lesson Plan

I. Items Needed

Food Pyramid
Play fruit and vegetables (optional)
APIPA Coloring Book

II. Introduction

“Hi! My name is _____.”

“I am here today to talk to all of you about the foods that you should eat to be healthy.”

Questions

- Can anyone tell me what different things you can do to be or stay healthy?
Answers: Eat healthy foods, exercise, and brush your teeth.
- How many of you like to eat fruits and vegetables? *(Raise hand)*

III. Food Pyramid

(Present food pyramid)

- Who can tell me what this is called?
Answer: Food Pyramid
- What is the shape of the pyramid?
Answer: A triangle

“The food pyramid has all the foods we should eat to be healthy.”

Food Groups

- How many food groups are there in the food pyramid?
Answer: Five

“In the pyramid there are five food groups that you should eat from every day. Let’s count them.” (Count but skip the yellow one) If you noticed I skipped this

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yellow one. We will talk about that one later. Let's begin!"

Bread Group

- What color is this first group?

Answer: Orange

"The orange belongs to the bread group. The bread group gives you all the energy you need to play, exercise, and come to school. This is the group you should eat from the most."

(Talk or ask about the different items/foods that belong to this group)

Vegetable Group

- What color is this food group?

Answer: Green

"The green belongs to the vegetable group. The vegetable group is good for your eyesight and skin. Vegetables also give you many vitamins your body needs."

(Talk or ask about the different items/foods that belong to this group)

Fruit Group

- What color is this food group?

Answer: Red

"The red belongs to the fruit group. The fruit group will help heal your cuts. How many of you have had cuts?" (*Raise Hand*) Well, this group will help heal cuts a lot faster.

(Talk or ask about the different items/foods that belong to this group)

"We will skip the yellow one and talk about that later."

Milk Group

- What color is this food group?

Answer: Blue

"The blue belongs to the milk group. The milk group will help you get strong bones and teeth. One thing these foods have in common is that they are all dairy products."

(Talk or ask about the different items/foods that belong to this group)

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Meat Group

- What color is this last food group?

Answer: Purple

“The purple belongs to the meat and beans group. All the foods in this group have protein, which will help you build strong muscles.

(Talk or ask about the different items/foods that belong to this group)

(Discuss foods people eat when they do not eat meats)

Oils

- Now let’s talk about this one. What color is this area?

Answer: Yellow

“The yellow belongs to oils. Oil is not a food group, but it is in the food pyramid because your body needs it everyday to be healthy.”

(Talk about the different items/foods that contain oils-olive oil, nuts and fish)

Food Models_(optional)

“Now it’s quiz time! Are you guys ready?”

(Show the children the different food models and have them raise their hand to tell you what food groups the items belongs to or have the children go up and place the items in the appropriate food groups.)

Great Job Everyone!

IV. Exercise

“Part of being healthy is exercising. You do not have to do jumping jacks or sit-ups to exercise. Many of the fun things you all do in the playground are considered exercising.”

- What are the different things you all like to do to exercise?

(Discuss other exercise activities: Dancing, Jump Rope....)

“You should all exercise every day for 60 minutes. Exercise will help keep you in shape. It should not be hard for all you because you have recess time here at school.”

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V. Healthy Snack Ideas

“I want to give you all one of my favorite recipes. It is very yummy and great for you.”

“Remember four important things before preparing recipes.”

1. Always wash your hands before making your food.
2. Always ask an adult for permission.
3. Ask an adult for help when you need it.
4. Clean up when you are done.

PB & B Sandwich

Ingredients:

- 2 slices whole wheat bread
- 2 tbsp. peanut butter
- 1 banana

Directions:

Spread peanut butter on bread slices. Peel and slice banana. Place banana slices on bread.

Enjoy! This is a great tasting healthy snack. Instead of bananas you can also use apples, raisins, or strawberries.

VI. Pyramid Activity

“Everyone take your crayons out. I will be passing out this APIPA coloring book. You can take this home to remind you about what foods you should eat and other healthy tips.”

(Pass coloring book pages out to children)

“Thank you all very much for being such a great class!”

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