

LESSON 1

fruits, vegetables, grains, protein, & dairy



LESSON GOALS

The lesson goals are to introduce students to the five food groups.

- Identify the five food groups
- List healthy foods in each food group
- Discuss why it is important to eat a balanced diet
- Discuss foods that should be limited in our diets

MATERIALS

- Visuals: Handout, Images of characters

ACTIVITIES

- Eat a Food Rainbow Game
- Handout

DISCUSSION: Kindergarten to Second Grade

- Hello Friends!
- I am a Nutrition Ninja, and I am going to teach you about foods from the five food groups so that you can become Nutrition Ninjas, too!
- To help in your Nutrition Ninja training, my friend Ninja Nick (show image) will remind you about the important vitamins and minerals that you learn about during each lesson in handouts that you can take home with you. Ninja Nick is a barnyard mouse who lives on a farm and loves to eat foods that make him strong and healthy.
- What are your favorite foods that keep you strong and healthy?
- Today we are going to talk about the five food groups.
- They are the fruit group, vegetable group, protein group, dairy group, and grains group.
- Foods in these groups contain many vitamins and nutrients that our bodies need to stay healthy and strong, just like Ninja Nick.
- What foods do you think are healthy? What makes a person healthy?
- People need to eat healthy foods and stay active to be healthy.
- What are some foods that you think are unhealthy?
- That's right. Chips, candy, and soda are high in salt and sugar. These foods should be limited in your diet.
- Has anyone ever heard of eating a food rainbow? Can anyone guess what that means?
- Eating a food rainbow means that we should eat fruits and vegetables of all different colors.
- This is because different fruits and vegetables have different vitamins and nutrients, that our bodies need.
- Let's play a quick game to name fruits and vegetables for each color of the rainbow!
- The colors of the rainbow are: red, orange, yellow, green, blue, purple.
- Who can think of a fruit or vegetable that is red? Orange? Yellow? Green? Blue? Purple?
- Look at your plate at lunch or at dinner to see how many colors of the rainbow you are eating!



- During our training sessions, we will learn about healthy foods from each of the five food groups, and get to sample some of these foods too!
- I also have something for you to take home with you today (pass out Handout).

DISCUSSION: Third to Fifth Grade

- Hello Friends!
- I am a Nutrition Ninja, and I am going to teach you about foods from the five food groups so that you can become Nutrition Ninjas, too!
- To help in your Nutrition Ninja training, my friend Ninja Nick (show image) will remind you about the important vitamins and minerals that you learn about during each lesson in handouts that you can take home with you. Ninja Nick is a barnyard mouse who lives on a farm and loves to eat foods that make him strong and healthy.
- What are your favorite foods that keep you strong and healthy?
- Today we are going to talk about the five food groups.
- Who knows one of the five food groups? What are the others?
- That's right, there is the fruit group, vegetable group, protein group, dairy group, and grains group.
- Why do you think it's important to eat foods from the different food groups?
- Foods in these groups contain many vitamins and nutrients that our bodies need to stay healthy and strong, just like Ninja Nick.
- Eating a balanced diet, or some foods from each food group, helps make sure that our bodies get all of the nutrients we need.
- What foods do you think are healthy? What makes a person healthy?
- People need to eat healthy foods and stay active to be healthy.
- What are some foods that you think are unhealthy?
- That's right. Chips, candy, and soda are high in salt and sugar.
- These foods should be limited in your diet.
- Has anyone ever heard of eating a food rainbow? Can anyone guess what that means?
- Eating a food rainbow means that we should eat fruits and vegetables of all different colors.
- This is because different fruits and vegetables have different vitamins and nutrients that our bodies need.
- Let's play a quick game to name fruits and vegetables for each color of the rainbow!
- The colors of the rainbow are: red, orange, yellow, green, blue, purple.
- Who can think of a fruit or vegetable that is red? Orange? Yellow? Green? Blue? Purple?
- Look at your plate at lunch or at dinner to see how many colors of the rainbow you are eating!
- During our training sessions, we will learn about healthy foods from each of the five food groups, and get to sample some of these foods too!
- I also have something for you to take home with you today (pass out Handout).

