

## Home Living / Daily Living

### Lesson Plan

#### Food Groups

**Instructional Area:**  Leisure  Community  Home Living / Daily Living

**Ability Level:**  Emerging  Developing  Mastery

#### Topic / Skill Outcome:

- Nutrition
- Students will distinguish the difference between the food groups and begin to get a sense of how much food from each group constitutes a balanced diet

#### Learning Area(s):

- Literacy
- Math & Science

#### Purpose of Lesson / Objective:

- Distinguish difference between the food groups
- Identify how many servings from each food group are recommended per day

#### Materials / Equipment / Environment:

- Each student will have a worksheet with an outline of the food pyramid, pre-labeled with the name of each food group and number of servings recommended
- Magazines and food ads from newspapers
- Pencils, pens, or markers
- Glue
- Scissors

**Group Size:** 4-6

**Time Required:** Will Vary

#### Lesson Procedure:

1. Facilitate a group discussion about what kinds of foods are in each food group
2. Discuss what the triangular shape of the pyramid means. The wide part shows foods one should eat the most of each day and the narrower parts the ones to be eaten in lesser amounts
3. Discuss why certain foods should be eaten in greater/lesser amounts
4. Have students cut food pictures from magazines and food ads and glue in the correct food group sections

#### Carry Over / Related Activities:

- Students sort pictures of food into two groups: nutritious and not nutritious

#### Supporting Activities / Possible Adaptations:

- Students may need physical assistance with searching for pictures, cutting, and gluing

#### Strategies for Participation:

- Students name favorite foods examples and indicate in what food group they belong
- When students, for example, name an apple as one of their favorite foods, ask the student how many servings he/she usually eats from the fruit group each day

#### Student Reaction / Evaluation:

- Have students present completed food pyramids to the class and discuss pictures chosen for each area