



**Grade Level:** K-3

**Essential Skills:** 4, 9

**NGSS:** K-LS1-1

**CCSS:** RI.K-3.1

**Health:** HE.7.K.1., HE.8.K.2, HE.7.1.1, HE.8.1.2, HE.7.2.1, HE.8.2.2, HE.7.3.1, HE.7.3.2, HE.7.3.3

**Social Sciences:** 1.12

**Time:**  
45 minutes

**Materials:**  
Give Me 5 hand template, attached; Oregon commodities list, attached; popsicle sticks or pencils (one per student); scissors, crayons, markers, glue

**AITC Library Resources:**

**Books:**  
*To Market, To Market*  
*How Did That Get in My Lunchbox? The Story of Food Where Does My Food Come From?*  
*Health and Nutrition from the Garden*

**More Lessons:**  
Growing Bracelets  
Living Necklaces  
Seed, Soil, Sun  
My Oregon Plate Nutrition Sheets  
Oregon Food Rap  
Commercials

**Extension Activities:**  
Use the *Grown in Oregon* map to locate where things in the different food groups are grown. For example, watermelons are in the fruit group and grown in the Hermiston area. Green beans are in the vegetable group and grown in the Willamette Valley.

# Lesson to Grow

## Give Me Five!

### Description:

Students learn about the five food groups and what Oregon grown foods fit into each group. This lesson makes a local connection to good nutrition and a healthy lifestyle.

### Setting the Stage:

Reading a book is a great way to introduce this lesson. Check out ***To Market, To Market*** from AITC's Free Loan Library. Ask students if they have heard of **food groups** and if so, to raise their hand and share what they know. Next, explain that food groups are collections of foods with similar nutritional benefits. Nutrition guidelines recommend daily servings from each group for a healthy diet (see Food Groups and Key Messages, attached). List student answers on the board. Fill in any of the five groups that are not mentioned. Review them and discuss how each makes our bodies healthy. Ask students to name foods they like to eat in each group and record answers. In the end, there should be a list of the five food groups and foods in each group. Go over the food lists and star or circle with a bright color all the foods grown in Oregon. Tell students farmers and ranchers in our state grow over 220 different types of crops and many of them are food we eat. A list of Oregon commodities is attached.

### Activity Directions:

- 1) It's healthy to eat from all 5 food groups: fruits, vegetables, grains, protein and dairy. Have students hold up one hand and list the five groups, one for each finger. Then have them turn to a partner and give each other a high five. To help them remember the food groups, students will be making a **Give Me Five!** hand.
- 2) Each student will need to have a paper hand, a popsicle stick or pencil, tape, and crayons or markers. On one side of the hand students write the name of a food group on each finger. In the center of the palm they write "Exercise Daily." See *Side One* example. On the other side of the hand students should write/draw an Oregon-grown food for each food group in the corresponding finger area (Ex: fruits/picture of blueberries). Have them write/draw their favorite exercise in the palm area. See *Side Two* example.
- 3) Students cut out the hand then tape on a popsicle stick or pencil at the wrist area.
- 4) When they are done, as a group repeat the five food groups. Have students take turns sharing their favorite Oregon foods with the class.



**Side One:** Hand has all the five food groups listed on the fingers, plus exercise on the palm area.



**Side Two:** Students write/draw their favorite Oregon grown food in the matching finger food groups. Their favorite exercise is drawn in the palm.

## Five Food Groups & Key Messages

**Fruits and Vegetables:** Any fruit or vegetable is included in this group. Fruits or vegetables may be fresh, canned, frozen or dried. They can be whole, cut-up, pureed or juiced. **Key Message: Make half your plate fruits and vegetables.**

**Grains:** Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Examples include bread, pasta, oatmeal, breakfast cereals, tortillas and grits. **Key Message: Make at least half of your grains whole grains.**

**Protein Foods:** All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds are considered part of this group. Meat and poultry choices should be lean or low-fat. **Key Message: Choose lean protein.**

**Dairy:** All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, however, foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are not part of this group. Calcium-fortified plant based “milks” (i.e., soy beverage) are also part of this group. **Key Message: Choose fat-free or low-fat dairy products.**

### An ABC List of Oregon’s Agricultural Commodities

Alfalfa Hay	Dungeness Crab	Loganberries	Ryegrass Seed
Alfalfa Seed	Eggplant	Meadow Foxtail Seed	Safflower
Alpacas/Llamas	Eggs	Meadowfoam	Salmon
Angus	Elderberries	Milk	Shad
Apples	Emus, Ostriches	Mink	Sheep and Lambs
Apricots	Endive	Mint	Shrimp
Arborvitae	Escarole	Mules & Donkeys	Shrubs, Deciduous & Flower
Arugula	Farm Forest Products	Mushrooms	Silage - Corn, Hay, or Mint
Artichokes	Fescue Seed	Mustard	Sorghum
Asparagus	Figs	Myrtle Wood	Soybeans
Barley	Fish	Nectarines	Spruce
Bass	Flax	Nursery Crops	Smelt
Beans, dry	Flounder	Nuts	Sod
Bees	Flowers, Cut & Bulbs	Oats	Spinach
Beets	Game Birds, Quail, Pheasants	Olives	Squash
Bentgrass Seed	Garlic	Onions, green and storage	Steelhead
Birdsfoot Trefoil Seed	Goat Products	Orchardgrass Seed	Straw
Blackberries	Gooseberries	Oysters	Strawberries
Blueberries	Gourds	Parsley	Sturgeon
Boysenberries	Grapes	Parsnips	Sugarbeets
Broccoli	Green Beans	Peaches	Sunflower, Oil & Seed
Brussel Sprouts	Greenhouse Crops	Pears	Swiss Chard
Buckwheat	Greens, cut	Peas, dry and green	Tomatoes
Cabbage	Halibut	Peppermint, Oil & Rootstock	Trees, deciduous
Canola	Hay	Peppers	Trout
Cantaloupes & Muskmelons	Hazelnuts	Perch	Tulips
Carrots	Herbs	Plants, Flowering and Foliage	Tuna
Cattle, Beef	Hogs and Pigs	Plums	Turf Sod
Cauliflower	Honey	Ponderosa Pine	Turkeys
Celery	Hops	Poplar Trees	Turnips
Cherries, Sweet & Tart	Horseradish	Potatoes	Umbrella Plant
Chickens	Horses and other equine	Prunes	Vegetable & Flower Seeds
Christmas Trees	Huckleberries	Pumpkins	Vetch Seed
Clams	Ice Cream	Quince	Walnuts
Clover Seed, Red	Iris	Rabbits	Wasabi
Cod	Jam	Radish Seed	Watermelon
Corn, Sweet & Grain	Jasmine	Radishes	Wheat
Cranberries	Juniper	Raspberries, Black & Red	Wool
Cucumbers	Kale	Red Snapper	Xeropyte (water succulent plant)
Currants, Red	Kelp	Reed Canarygrass Seed	Yams
Daffodils	Kentucky Bluegrass Seed	Rhubarb	Yogurt
Dairy Products	Kiwi Fruit	Rice, Wild	Zinnias
Dill for oil	Leeks	Rockfish	Zucchini
Dogwood Tree	Lentils	Rutabagas	
Douglas Fir	Lettuce	Rye	

