



**Grade Level:** K - 4

**Essential Skills:** 4, 5

**NGSS:** K-LS1

**CCSS:** SL.1.2,3,6, SL.1.2,3,6  
SL.1.2,3,6, SL. 1,2,3,6, SL.1.2

**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, HE.7.4.1, HE.7.4.2,  
HE.8.4.2

**Time:** One Class Period

**Materials:** Food Group Sorting Kit\* 5 food group bags; 1 deck of food cards

\*Free kits with all materials available to Oregon educators from our Free Loan Library

#### **AITC Library Resources:**

Check out these materials online at AITC's Lending Library:

#### **Books:**

*Our Food: A Healthy Serving of Science and Poems*

*Allison Investigates: Does Chocolate Milk Come from Brown Cows?*

*Fresh Picked Poetry: A Day at the Farmers' Market*

*Food From Farms*

*Before We Eat: From Farm to Table*

#### **Kits:**

*Breakfast Relay*

*Give Me 5*

#### **More Activities:**

*My Oregon Plate Nutrition and Map Document*

*My Oregon Plate Lesson*

11/19

# Lesson to Grow

## Food Group Sorting

### Description:

Students are constantly growing and learning new information about health and nutrition. This lesson teaches about the importance of a well-balanced diet and incorporates all five food groups. Students will participate in a hands-on activity to categorize various foods and meals into the five food groups.



### Part 1: Reviewing Food Groups

Start the lesson by asking students to identify the five food groups: (Fruits, Vegetables, Grains, Protein, and Dairy) and write them on the whiteboard. An age-appropriate book from the list on the left is a perfect addition to this lesson. *Our Food: A Healthy Serving of Science and Poems* gets students talking about the science of food, the five food groups and what a healthy meal looks like. The key to healthy eating is to enjoy a variety of nutritious foods from each of the five food groups. In return, our bodies will be provided with the nutrients and vitamins needed to function properly.

### Part 2: Food Group Sorting

1. Hand out the set of cards showing different types of foods (milk, shrimp, bread, apples, etc.). Each student should have one card (you may not use all of the cards). Make sure there are at least two within each food group. Each food group is a different colored card to help you easily identify the groupings. Wait to pass out the six "meal" cards. These "meal" cards are the combination pizza, PB&J sandwich, beef and vegetable stew, enchilada, sub sandwich and chow mein.
2. After the cards have been distributed, place the bags with the different food groups around the room. Have each student find the bag that their card belongs in. While students are placing their cards in bags, emphasize that we need to eat foods from all groups in our diet.
3. After all of the cards have been sorted and students have returned to their seats, begin discussing what was in each bag. Talk about how those foods qualify as that category. If the students complete this task quickly, either repeat the activity, sort remaining cards as a group, or discuss more examples of foods in each food group. Fruits vs. vegetables: Are students getting mixed up on whether a food is a fruit or vegetable? An easy rule to follow is: if there are seeds, it is a fruit! Tomato: fruit or vegetable? Many might say vegetable, but it is really a fruit! Older students might have fun identifying some unique fruits.
4. Once the discussion for the sorted cards has died down, discuss the six "meal" cards. You might ask: "What types of foods are in [insert one of the six foods here]?" Make sure to relate it back to their daily lives with questions like: "Do any of you like to eat [insert one of the six foods here]?" Or "What's your favorite part about [insert one of the six foods here]?"
5. To wrap up the activity, ask the following questions:
  - a. What are the five food groups?
  - b. Why is eating healthy food so important?
  - c. What is your favorite food?
  - d. Where does food come from?



### Extension Activities:

Sing along, hum along, or dance along with songs and learn about the five food groups and how to live a healthy lifestyle. <https://www.choosemyplate.gov/videos>