

# CTAP 205 Lesson Plan Template

**Title of Lesson: Food Guide Pyramid and Healthful Eating**

**Subject Area(s): Health**

**Grade Level(s): 2**

## **Academic Content Standards:**

### Health Standards:

Students will demonstrate ways in which they can enhance and maintain their health and well-being:

Food choices: Making healthy food choices

### English Content Standards:

Writing: Organization and Focus

1.1 Group related ideas and maintain a consistent focus.

2.1 Write brief narratives based on their experiences:

a. Move through a logical sequence of events.

Written and Oral Language Conventions: Capitalization

1.6 Capitalize all proper nouns, words at the beginning of sentences and greetings, months and days of the week, and titles and initials of people.

### Art Content Standards:

Skills, Processes, Materials, and Tools

2.1 Demonstrate beginning skill in the use of basic tools and art-making processes, such as printing, crayon rubbings, collage, and stencils.

## **Student Learning Objectives:**

1. After watching a video about the USDA food guide pyramid, each student will be able to name each of the 6 food groups in the food guide pyramid, and how many servings they need to eat daily from each group working in groups of 4, with 100% participation.

2. While looking at pictures of different food items held up by the teacher, 100% of the students will participate in a class discussion of identification of which food group each food picture belongs in and will select the correct food group pocket to put their food picture in when called up by the teacher.

3. After this lesson, each student will be able to label servings and draw three food items in each food group on a blank USDA food guide pyramid sheet with 90% accuracy.

4. The culminating assignment for this unit will be their “My Favorite Sandwich” assignment in which students will make a sandwich shaped booklet in which they will write in a logical sequence how they would build their own favorite healthy sandwich.

## **Activities:**

### **Day 1 Introduction:**

“Today we are going to begin our unit study of the Food Pyramid. Has anyone every heard of the Food Pyramid before? Does anyone know how many servings you should have from each food group? Today, we will learn about all those things, and we’ll watch a video on the Food Pyramid as well.

**Activity Sequence:**

I will begin my lesson by showing the Food Guide Pyramid and having a class discussion about it. Then they will view a video on the Food Guide Pyramid called “Captain Yuck’s Adventure in the Food Pyramid.” The video is twenty minutes long. After watching the video, I will divide the students into groups of four, and ask each group to name all six of the food groups, and state how many servings they need to eat from each group every day. I will walk around to the different groups to help them as needed to be sure they all understand.

**Closure:** After they have discussed food groups in their groups of four, I will have a review time where I’ll ask the students how many food groups there are, what they are, and how many servings they should have of each. When they give correct responses, I will write their answers on the board.

**Materials:**

Food Guide Pyramid poster  
“Captain Yuck’s Adventure in the Food Pyramid”

**Day 2 Introduction:**

First we will sing one of the Dole 5 a day songs from the internet. Then we will be reviewing what we learned yesterday about the Food Pyramid and food groups. We will work specifically on identifying food items into food groups and the correct number of servings for each group.

**Activity Sequence:**

For our next activity in this unit, I would hold up pictures of food items and have each student take a food item picture and place it in the correct pocket on our large chart of the Food Guide Pyramid. I would first call on a student who raised their hands, and then call on the other students as they appeared to understand. Next, I would give each student a blank Food Guide Pyramid worksheet and have them label the number of servings they need to eat from each group every day, and then draw and color three food items for each of the six food groups.

**Closure:**

The students will have the opportunity to share with the class what their three food items for each food group were.

**Materials:**

Jammin’ 5 A Day Songs  
Pictures of food items (included with the pocket chart board)  
Food Guide Pyramid Pocket Chart Board  
USDA Food Guide Pyramid worksheets  
Crayons/Markers

**Days 3 to 5 Introduction:**

First we will sing one of the Dole 5 a day songs from the internet. Then we will start our culminating assignment. Now that you know what the different food groups are, and how many servings of each you need, you will write your own “My Favorite Sandwich” booklet in which you will describe the process of how you would make your favorite healthful sandwich.

**Activity Sequence:**

**Day 3:** “Now that we have discussed what a healthful food is, I want you to write the steps in order to prepare your favorite healthful sandwich. What would go on a healthful sandwich?” I will call on them, discuss their ideas and write the healthful ones on the board. “What would you do first if you were making your sandwich?” We will discuss the logical steps for making a sandwich. I will show

and read the class my sample booklet. Then I will pass out their construction paper so they can make the covers of their booklet. “Using the bread shaped stencil, trace two on your construction paper. Cut out the covers of your booklets, by cutting them along the lines that you drew. Pick what will go on your sandwich and those words will be your vocabulary words for this project. Write each of your vocabulary words on one of your bread shaped cutouts. Then I want you to write the first draft of how you will prepare your sandwich. When you have finished, hand them in to me.” If you finish early, you may do one of the computer activities on the “5 A Day Student” website, or color one of the food group pictures (also from that website).

**Day 4:** “Today I will be returning the draft you wrote yesterday of your healthful sandwich which I have edited. I will have a mini-conference with each of you, explaining what I marked on your stories. You can also ask me questions if you’re not sure about something. After you have had your mini-conference with me, I want you to write the final draft. While you are waiting for your mini-conference, draw and color a picture of each of your vocabulary words on the back cover. Then tomorrow we can complete our booklets.” If you finish early, you may do one of the computer activities on the “5 A Day Student” website, or color one of the food group pictures (also from that website).

**Day 5:** “Write ‘My Favorite Sandwich’ and your name on the front cover. I will come around and punch two holes. Take the yarn I have given you and thread it through the holes and tie a bow on the front of your sandwich.”

**Closure:**

Students will be given the opportunity to read their “My Favorite Sandwich” booklets to the class for extra credit points as the closure activity for this assignment. I will give each student a Healthy Choice Certificate on completion of the unit as a reminder to for them to make healthy choices.

**Materials:**

Jammin' 5 A Day Songs  
Paper  
Pencils  
Bread Shaped Stencil  
Construction Paper  
Scissors  
Whole punch  
Yarn  
Crayons/Markers  
Healthy Choice Certificate

Each day of this week, several students will have a chance to use their knowledge by trying the online games and activities at the 5 A Day Student Activities.

**Resources:**

**Content Resources**

“Captain Yuck’s Adventure in the Food Pyramid.” 9/11/1997; Video Librarian; E. Gieschen. 20 min. \$79.95 (teacher guide included). SVE & Churchill Media. PPR. Closed captioned.

Dairy Council of California Materials (Food pictures). Order free materials from:  
[http://www.dairycouncilofca.org/edu/edu\\_prog\\_hchm.htm](http://www.dairycouncilofca.org/edu/edu_prog_hchm.htm)

Food Guide Pyramid Pocket Chart Board. Educational Resources. <http://www.edresources.com/>

Tips for Using the Food Guide Pyramid (source for pictures, charts and activities) booklet  
<http://www.usda.gov/cnpp/KidsPyra/PyrBook.pdf>

**Software/Web Resources** (CD-Rom, URLs, etc.)

5 A Day Student Activities (Online student games)

[http://www.dole5aday.com/Teachers/ClassroomResources/Activities/T\\_StudentActivitie.jsp](http://www.dole5aday.com/Teachers/ClassroomResources/Activities/T_StudentActivitie.jsp)

Healthy Choice Certificate. <http://www.dairycouncilofca.org/asp/stream.asp?File=15>

Interactive Food Guide Pyramid (info to use online) <http://www.nal.usda.gov/fnic/Fpyr/pmap.htm>

Jammin' 5 A Day Songs (Words and Music online)

[http://www.dole5aday.com/MusicAndPlay/Music/M\\_5ADSongIndex/M\\_Home.jsp](http://www.dole5aday.com/MusicAndPlay/Music/M_5ADSongIndex/M_Home.jsp)

USDA Food Guide Pyramid worksheets from the Dairy Council website

<http://www.dairycouncilofca.org/asp/stream.asp?File=38>

**Assessment:**

Students will write a story explaining how to make a healthful sandwich (using healthy items from various food groups) and then turn them in to the teacher for editing. The teacher will edit the stories, and then have a mini “conference” with the student explaining what editing their stories needed. Students will rewrite their stories and then turn them in complete (book cover made and vocabulary completed on the back) for a final project grade. The grade is based on whether or not the student wrote complete sentences, used capital letters appropriately, wrote in a logical sequence of how they would make their sandwich, as well as if they understood what a healthful sandwich should contain and constructed their booklet as directed. They will then have earned a Healthy Choice Certificate.

**Scoring Rubric**

1. Story was written in a logical sequence: 5 pts.
2. Correct usage of capital letters and ending punctuation: 5 pts.
3. Wrote complete sentences: 5 pts.
4. Understanding Health concepts discussed: 5 pts.
5. Finished art project: 5 pts.

Total: 25 pts.

**Additional Comments:**

This unit study on the Food Guide Pyramid and healthful eating will take about five days to complete. You will spend approximately 1 hour a day for 5 days. Begin by learning what the Food Pyramid is, and which foods belong in what group, and how many serving we need to eat from each group daily. The students will incorporate health, art, and English standards by creating their own “My Favorite Sandwich” booklet. Since they are in second grade, all directions are given orally for this lesson.

**Credits**

Janet Marsh