



Health: Nutrition

Key Vocabulary:

Healthy

Unhealthy

Junk Food

Good for you

Protein

Fruit

Vegetable

Dairy

Grains

Fat

Sugar

Calories

Salt

Do you like?

Would you like?

Please

Thank-you

Lesson Overview:

In this lesson students will be introduced to the FDA's MyPlate model of good nutrition and the components of a healthy diet. They will analyze food labels and identify calorie, sodium, sugar, and fat content. The five food groups will be introduced and students will categorize a variety of foods into each of these. Students will practice asking and answering food preferences questions, i.e. *Do you like ___? I like ___.* *Yes, I do, No, don't, etc.* These will then be used in role play scenarios for eating with friends or family. Words for polite social interaction, *please* and *thank you*, will be emphasized. Students will have the opportunity to visit a local farmer's market as an extension activity.

Objectives:

- Students will learn about healthy food and good nutritional choices.
- Students will demonstrate where to find nutritional information on labels.
- Students will ask answer simple questions about their own, and other people's likes and dislikes.
- Students will make offers, and be offered, food choices.
- Students will have opportunities to use simple polite forms of social interaction including *please*, *thank you*, and, *no*, *thank you*.

Materials Needed:

- Conversation Card: *Breakfast*
- MyPlate placemats
- Food pictures from file and grocery ads
- 5 foods for sharing, paper plates
- PowerPoint: Nutrition
- Post-it notes, scissors, and highlighter pens
- Worksheets: Nutrition labels, Vocabulary list