

Spilled Groceries

Activity for Grades 3-4

Objectives:

By the end of this lesson, students should be able to:

- Identify and place various foods in the food pyramid.
- Explain why some foods are good for our bodies and why others are not.
- Name healthy snacks from the food pyramid.

Ideas for Class Discussion:

- Talk with the class about the food groups in the food pyramid and how they relate to the foods from Mrs. Garcia's bag. Have the students place the foods into the various food groups.
- Ask students if they have eaten foods from Mrs. Garcia's grocery bag recently. When? Ask students to name foods from Mrs. Garcia's grocery bag that they'd like to eat more often. Are they healthy foods? Why or why not?
- Discuss with the class why some foods are better for our bodies than others. For example, healthy foods have vitamins, minerals, and give us the energy our bodies need. Why are some not as good for our bodies? For example, they may put a lot of fat or sugar into our bodies without bringing vitamins and minerals. Ask the class to name some foods that we should eat less often. What are some that we should eat more often?

Take It Further:

- Have each student make a food chart and keep track of the foods they eat for one week (breakfast, lunch, dinner, and snacks) and the food groups they belong to. Then, ask the students to evaluate their food choices. What sections of the food pyramid did they eat from more often? Did they choose healthy foods? How did the foods they ate affect their bodies? What foods should they eat more of?

- Glue a construction paper "grocery bag" (or a real one) to a piece of posterboard. Ask students to cut out pictures of their favorite foods from the food pyramid. Then glue all the students' pictures to the grocery bag to make "Mrs. (or Mr.) _____'s Class Grocery Bag." Make a chart listing the students in the class. Ask students to mark on the chart when they eat these foods. Give rewards to students who have eaten healthy foods most often.
- Ask the class to think of ways they can eat more "good for you" foods. For example, when having class parties, students could bring in more healthy foods and fewer foods from the top of the food pyramid.

Additional Resources:

Visit the American Diabetes Association School Walk for Diabetes Web site at diabetes.org/schoolwalk to access additional tools and resources. In addition, visit the Shaping America's Health Web site at obesityprevention.org for more information on weight management and obesity prevention. Shaping America's Health is a nonprofit organization founded by the American Diabetes Association.

You may also want to visit MyPyramid.gov to download the USDA food pyramid mini poster or other materials to review with your class.

This lesson aligns with National Standards!

National Health Education Standards

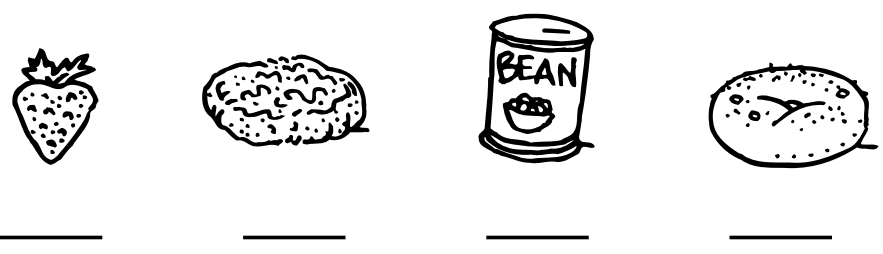
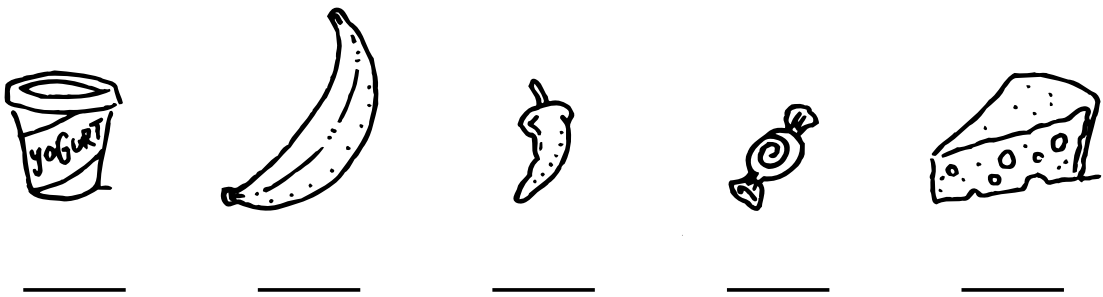
Standard 1: Core Concepts – Students will be able to explain what makes food healthy and identify healthy snacks.

Read more about the National Health Education Standards and National Standards for Physical Education in the Classroom Lessons tab of the School Walk for Diabetes Kit.

Oops! Mrs. Garcia spilled her groceries.



How many of each food did she spill?



Knock. Knock.
 Who's there?
 Orange.
 Orange who?
 Orange you
 glad I'm here!