



Items Needed for Lesson:

- Ice Breaker
 - Pictures for Yum or New of food
- Learning about food groups
 - Paper Plate
 - Markers/Crayons
 - Magazines with foods in the magazine
 - Scissors
 - Glue
- Farm Food Matching Activity
 - Paper for every student
 - Scissors
 - Glue

Time for Each Part of the Lesson

Ice Breaker - 10 minutes

Career Connections - 5 Minutes

Learning about food groups - 30 Minutes

Farm Food Matching Activity - 15 Minutes

Additional Lessons

Visit SDSU Extension's Pick It, Try It, Like It curriculum Pick it! Try it! Like it! materials are filled with tips for selecting, preparing, and preserving a wide variety of fruits and vegetables. Colorful fact sheets, recipe cards, and educational videos provide educators and families with fun, engaging tools to enhance any dietary curriculum!

<https://extension.sdstate.edu/pick-it-try-it-it>

Food and Nutrition Lesson

Introduction

Food is what gives our bodies the energy to run, play, and learn. The foods we eat also help us grow strong, keep our hearts and bones healthy, and protect us from getting sick. Today, we are going to explore different kinds of foods, learn where they come from, and discover how they help our bodies. We'll even get to do fun activities like matching foods to plants and animals, trying new foods, and learning about the food groups. By the end of our lesson, you'll see that food isn't just yummy, it helps you grow, play, and stay healthy every day!

Ice Breakers

Option A - Silly Snack Builder

Time: 5 Minutes

- Kids pretend to build the silliest snack
- Each child adds one food:
 - "I add strawberries"
 - "I add cheese"
- Laugh and celebrate creativity.

Option B - Yum or New?

Time: 3-5 Minutes

- Show picture of foods.
- Kids give:
 - Thumbs Up= Yum!
 - Thumbs in the middle= I'm not sure!
 - Thumbs down= I don't like it!

Career Connections

Invite a local professional to speak with the students. Choose someone with a kid- friendly role in food and nutrition, such as:

- Cafeteria Worker
- Chef
- Nutritionist

Some other careers in the food and nutrition field are:

- Some other careers in the food and nutrition field are:
- **Registered Dietitian** - Create nutrition plans for hospitals, clinics, schools
- **Food Scientist** - Develop new food products and improve food safety and shelf life
- **Farmer/Rancher** - Grows the food
- **Chef/Cook** - Cooks food at schools or restaurants
- **Laboratory Technician** - Tests food quality and nutrients

Learning about the Food Groups

Learning about the food groups is important because it helps people understand how different foods work together to keep their bodies healthy and strong. Each food group provides key nutrients that help with growth, energy, brain function, and overall wellness. Knowing the food groups also helps people make balanced meal and snack choices. When you include foods from all the groups, you're more likely to get the vitamins, minerals, and protein your body needs to feel good, stay active, and develop healthy eating habits that can last a lifetime.

Activity

Help the youth understand that different colored foods help our bodies in different ways, and that eating many colors is healthy.

Time: 20-30 minutes

Materials

- Pictures of foods in the 5 food groups or have students draw and color pictures of food.
- Paper plate
- Crayons or markers

Instructions:

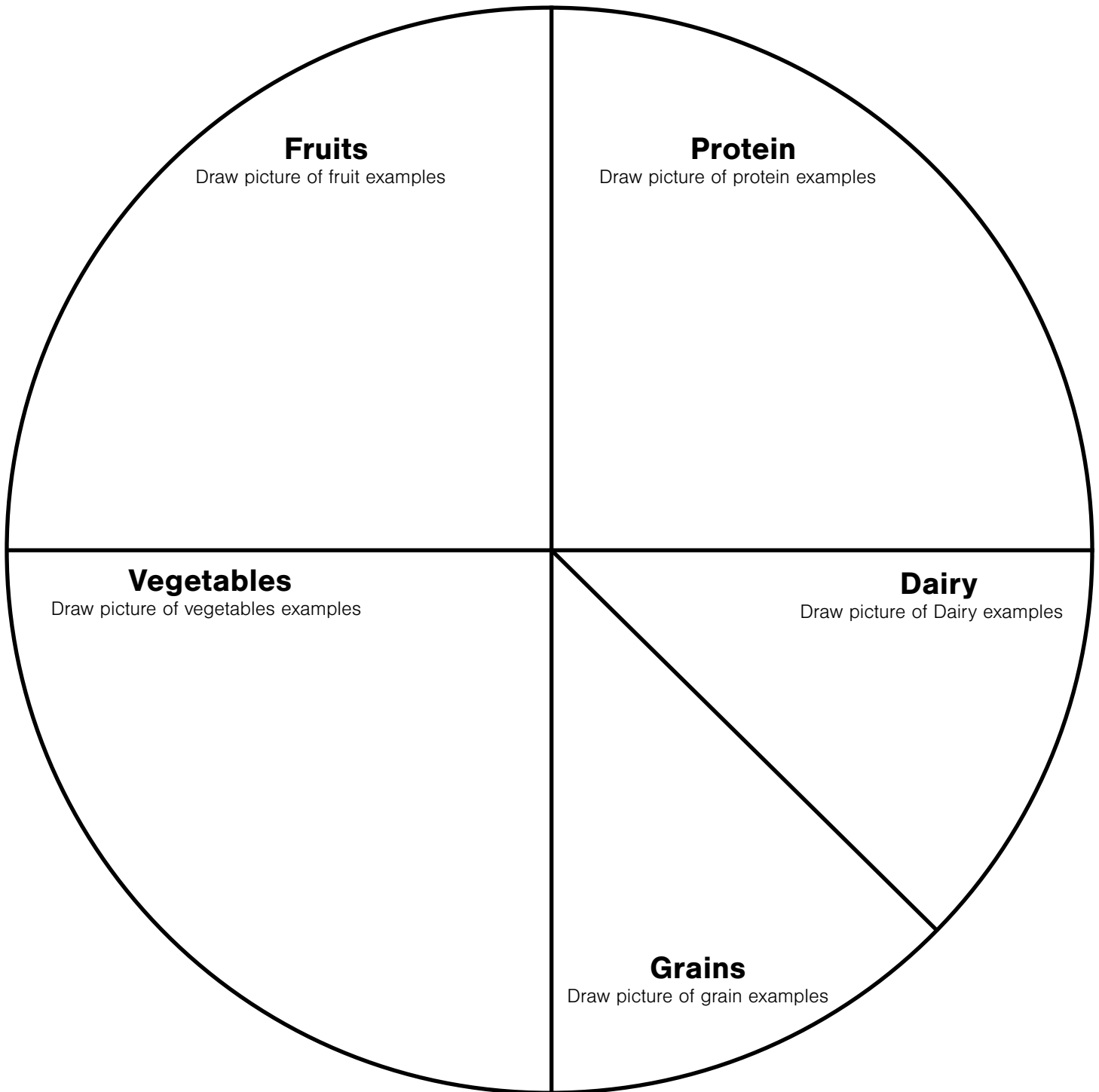
1. Give each child a paper plate
2. Show them how to split the plate into different sections (like picture shown below)
3. Talk about each food group individually about the benefits then have them draw a picture of that food group or find a picture in a magazine and cut and glue to the paper plate
 - a. **Vegetables** - Examples of vegetables - carrots, broccoli, corn, peas
 - i. Benefits - Help you grow big and strong, Help your eyes see better, Helps with digestion of food in your stomach
 - b. **Fruit** - Examples of fruit - strawberries, blueberries, apples, bananas, oranges
 - i. Benefits - Help keep you from getting sick, helps your body heal, helps your heart stay healthy
 - c. **Protein** - Examples - Chicken, eggs, beans, peanut butter, hamburger, bacon
 - i. Benefits - Help build strong muscles, help your body fix itself, help you feel full longer
 - d. **Dairy** - Examples - Milk, cheese, yogurt
 - i. Benefits - Help build strong bones, help makes strong teeth, helps you grow tall
 - e. **Grains** - Examples- bread, rice, pasta, cereal, tortillas
 - i. Benefits - Give you energy to play and learn, help you run, jump, and think

Extra Time Activity - Movement

1. Have the students stand up and use their body to make motions.
2. When you call out an action and food group, the youth make that action
 - a. Fruit=hop
 - b. Vegetable= stretch
 - c. Grains=March
 - d. Protein= Flex muscles
 - e. Dairy=stand tall

This keeps kids moving and engaged

Learning about the Food Groups



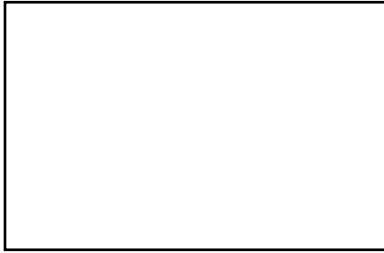
Activity - Farm Food Matching

Helping children understand that food starts on a farm and travels through several steps before it reaches their plate.

Directions:

Cut out the foods on the second page and glue the foods to the correct animal or plant that the food is produced from.

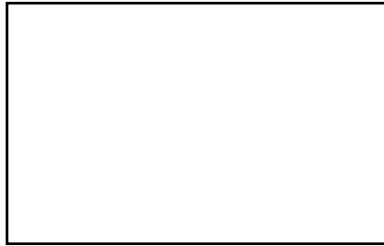
Pig



Chicken



Strawberry Plant



Wheat



Beef Cow



Corn



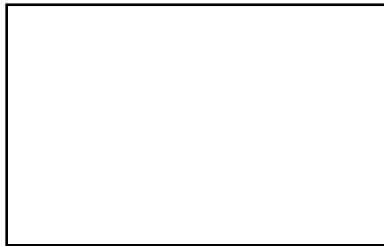
Dairy Cow



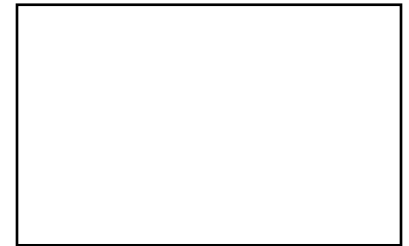
Carrot Plant



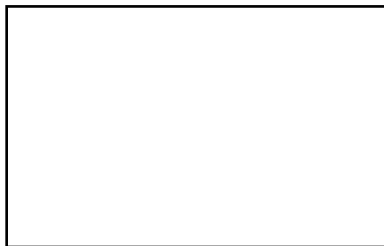
Dairy Cow



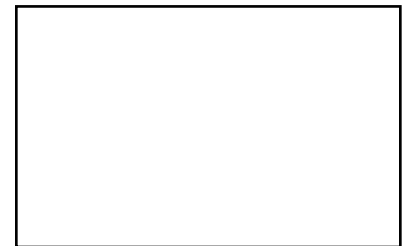
Potato Plant



Tomato Plant



Apple Tree



Activity - Farm Food Matching

Milk



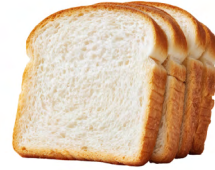
Eggs



Bacon



Bread



Corn



Apples



Carrots



Potatoes



Cheese



Hamburger



Strawberry



Tomato

