

# Why Do We Need Foods from Each Food Group?

## Learning Objectives

- I can identify why it is important to consume a variety of foods and beverages from the five MyPlate food groups (i.e., fruits, vegetables, grains, protein, dairy). (1.1b)

## Teacher Notes

- This video contains 5 mini lessons, one on each food group, with teaching and a physical activity for each. The min lessons are approximately three minutes each.
- Vocabulary: nutrients, vitamins, minerals, digestive system
- For one activity students will need something to volley like a balloon or even just a crumpled up piece of paper ball. For the rest of the activities they just need some space to move.
- For two of the activities the video needs to be paused so the students can attempt the physical challenge.

**Lesson Steps: Video Outline** <https://drive.google.com/file/d/1yjAQZmGubCdTOD4qRSIS-rD3VX7KuwKN/view?usp=sharing>

### *Step 1 Introduction*

- Ask before the video: Why do we need to have a balanced plate (eat foods from every food group every day)?
- The video will start with a brief introduction and then proceed with the mini lessons.

### *Step 2 Activity*

- Each mini lesson picks a specific food from one of the food groups and explains how a nutrient from that food helps the body. Then the students say “thank you” to that nutrient/food group by do a physical activity that that nutrient supports (e.g.- carrots provide vitamin A, that helps the retina in your eyes work, so now we will do some volleying (which we could only do well with healthy eyes).

### *Step 3 Closure*

- The summary reviews the general premise: that we need to eat a variety of foods from all of the food groups to keep our whole body healthy.
- Ask after the video: Can you name a food group/food/nutrient and the physical activity it helps you to do?



## Assessments

- Pre-Assessment- Call and Response: Why do we need to have a balanced plate (eat foods from every food group every day)? Do you know the names of any vitamins or minerals that keep us healthy and help us to grow?
- Post-Assessment- Call and Response: Can you name a food group/food/nutrient and the physical activity it helps you to do? Do you know how any other foods keep us healthy? [This may also be a good time to bring up basic nutrients we need everyday that are NOT in the food groups e.g. water.]

## Extensions/Connections/Applications

- Bring up one of the nutrients from the video and ask the students, “What other physical things does this nutrient help us to do?” For example: We learned that Carrots and sweet potatoes are in the vegetable group and they contain Vitamin A which helps our eyes work. What can we do, besides volleying, because we have healthy eyes?

## Resources/References

- Eyes- <https://www.aaopt.org/eye-health/tips-prevention/fabulous-foods-your-eyes>
- Heart- <https://www.webmd.com/heart-disease/ss/slideshow-foods-to-save-your-heart>
- Benefits of Potassium- <https://www.organicfacts.net/health-benefits/minerals/health-benefits-of-potassium.html>
- Benefits of Whole Grains- <https://www.health.com/food/18-health-benefits-of-whole-grains>