



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

Grade 3rd

Unit Food Groups/My Plate

**SOLs:**

- 3.5 B- Identify **one food per group** to create a health meal that meets USDA guidelines.

**Title:** Veggie Risk Run

**Objectives/ Goals:**

[Students are learning about the vegetable food group]

- Students will learn that vegetables are some of the healthiest foods in the world. They contain many important nutrients that our bodies need.
- Students will be able to provide examples of foods in the vegetable group.

**Materials:**

[Equipment and Set Up]

- Hundreds of small objects like noodle bits that students can easily carry many of. Noodle bits get spread out near the wall on one end of the gym. They represent veggies.
- Hula Hoops- 1 per student- Hoops represent plates and are spread out near the wall opposite the noodle bits.
- Tagging noodles- 3 noodles per 20 students.

**Procedure:**

**Intro-** Discussion should cover:

- Provide examples of vegetables
- Veggies are the healthiest foods in the world and are full of important nutrients.
- You can eat as many vegetables as you want, but try to eat a variety. Different veggies have different nutrients. Try to make a colorful plate with your veggie variety.

### **Description-**

Round 1- A few students start as taggers, everyone else starts at their “plate” (hula hoop). The goal is to make it safely across the playing area without getting tagged. If the student makes it, they get to collect 1 veggie (whatever object you use). If they get tagged, the taggee and tagger switch jobs. Round 1 only lasts a couple minutes.

Round 2: Students have a choice. If they don’t wish to risk any of their veggies, they can play the same as round 1. Each trip earns them 1 piece. If they want to take some risk, they can carry as many of their veggies with them as they want. When successful, they get to collect as many food items as they risked. If tagged, however, the tagger gets to take any food the student was carrying with him/her. The goal is to end the game with as many veggies on your plate as possible.

### **Closure**

- Provide an example of a food in the vegetable group.
- Do veggies make a healthy snack?

### **Assessments, References & Sources:**

#### **Resources:**

- <https://www.choosemyplate.gov/vegetables>
- <https://www.askdrsears.com/topics/feeding-eating/family-nutrition/vegetables/7-reasons-why-veggies-are-so-good-for-you>

#### **Assessments:**

Use the exit slip found below. The “My Plate” assessment is also designed as a culminating assessment for the unit.

In class today, we learned about vegetables. Please answer the following questions:

1) Provide 3 examples of foods in the vegetable group

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2) Do vegetables make healthy snacks?

YES

NO