Exploring the Food Groups

Lesson 1 - Let’s Go Exploring
- Students will know that it’s important to eat a variety of foods from each food group to get all the nutrients they need to grow and stay healthy.
- Students will choose, plan and prepare healthy meals and snacks using a variety of foods from MyPlate.

Lesson 2 - Be Active
- Students will learn about a variety of physical activities, what they do to help our bodies stay healthy, and how physical activity is an important part of living a balanced, healthy life.
- Students will set physical activity goals, learn to track them, and follow their progress throughout the school year.

Lesson 3 - Be a Cool Consumer: Learning to Use Food Labels
- Students will understand information on food labels, such as the nutrition facts panel, the ingredient list, nutrition descriptors, and health claims.
- Students will use food labels to compare calories, nutrients, ingredients, and health claims to make healthy food choices.

Lesson 4 & 5 - Healthy Snack Choices for Winners Part 1 & 2
- Students will be able to use the nutrition facts label and ingredient list to identify snack foods high in fat, sugar, and salt, and low in nutrients. They will know that it is important to limit these foods in our diet.
- Students will plan healthy snacks that are low in fat, sugar and salt, and high in nutrients.

Lesson 6 - Make Half Your Grains Whole
- Students will understand the concept of whole grains and be able to identify whole grain foods. They will be able to communicate the benefits of whole grains - particularly the importance of fiber.
- Students will have the opportunity to taste foods containing whole grains.

Lesson 7 - Make Half Your Plate Fruits and Vegetables
- Students will understand the importance of choosing a rainbow of colorful fruits and vegetables and making half their plate fruits and vegetables at each meal and snack.
- Students will identify fiber, vitamins (A, C and folate), and potassium as important nutrients in the Fruit and Vegetable Groups.
- Students will understand that fruits and vegetables are naturally low in calories and high in nutrients. They will learn how to make a smoothie and be able to taste it in class.
Lesson 8 - Get Your Calcium-Rich Foods
- Students will understand the importance of choosing low-fat dairy products and will know they need 3 cups of dairy each day. They will identify calcium and vitamin D as important nutrients from the Dairy Group.
- Students will develop a plan for consuming 3 cups of dairy each day.

Lesson 9 - Go Lean with Protein
- Students will understand the importance of making low-fat choices from the Protein group. They will identify protein and iron as important nutrients in Protein Group.
- Students will plan meals and snacks that include a variety of low-fat foods from the Protein Group.

Lesson 10 - Fat Facts
- Students will understand the value of fat as a nutrient, why too much is unhealthy, then identify and start to make lower-fat food choices.
- Students will be able to determine the amount of fat in a food using restaurant nutrition information.

Lesson 11 - Family Meals
- Students will identify the benefits of family meals that mean the most to them; explore cultural food ways, rituals and traditions as a way to enhance family meals; identify and practice good table manners.

Lesson 12 - Healthy Body Image
- Students will recognize issues relating to body image.
- Students will develop and practice strategies to support a healthy body image.

Lesson 13 - Be Food Safe
- Students will know bacteria can contaminate food and cause it to spoil. They will know that eating spoiled food can make us sick. They will know that cooking foods to the proper stage of doneness can kill microorganisms and help prevent foodborne illness.
- Students will practice good personal hygiene, sanitation and safe food handling. They will cook, select, and eat foods at the proper stage of doneness and choose effective ways of keeping foods hot or cold.

Lesson 14 - Apple Cup Challenge
- Students will review their learning by participating in the Apple Cup Challenge review game and celebration!