

Healthy Foods Make Your Body Go

Grade Level: K - 3

Content Areas: Music, Art, Health, Technology, and Language Arts

Time Frame: 45 minutes

MATERIALS

-[Healthy Foods Make Your Body Go Book](#)

-A colored MyPlate printout

-A black and white MyPlate printout for each student

-Crayons/markers/colored pencils for students

OBJECTIVES

Students will:

- Learn the five food groups
- Name foods that are in the five food groups
- Learn how to use MyPlate in order to learn about a balanced diet

VOCABULARY:

Key vocabulary

Before reading, focus on vocabulary. Read the glossary words and their definitions.

Balanced - A balanced meal has the right amount of different healthy foods

Caboose - The last car on a train

Energy - The strength to do active things

Engine - A machine that makes the power needed to move something

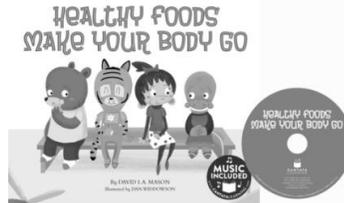
Healthy - Fit and well, not sick

Nutrition - The healthy things the body uses to stay strong and healthy

FREE SONG

[Click here](#) to download or stream Healthy Foods Make Your Body Go song.

Find other Cantata Learning songs and books at <http://www.cantatalearning.com>.



PROCEDURES/ACTIVITIES

Preparation:

Start this lesson by asking students if they know how many food groups there are. Promote the children to name and give some examples of the food groups and what foods go into the groups.

Now show students the MyPlate colored printout. Explain that the plate helps to know what kinds of food to eat in order to keep your body healthy. Explain that there are five parts of the plate because there are five food groups that we need to eat in order to make our bodies go.

Lesson Procedure:

1. Tell students that you are going to read a book called [Healthy Foods Make Your Body Go](#) and have students listen for ways that healthy foods make their bodies go.
2. After you read the book ask students what they learned and how a healthy diet and exercise can help keep them healthy and on the go.
3. Tell students they are now going to learn more about the different food groups with MyPlate. Hand out the black and white MyPlate printout to students.
4. Tell students to find the section for fruits. Have students color the fruits section red.
5. Ask students if they can think of foods that are fruits. Have them draw their favorite fruit near the Fruit section of their poster. Tell them that fruits help our bodies heal when they are sick or hurt.
6. Tell students to find the section for vegetables. Have students color the vegetable section green.
7. Ask students if they can think of foods that are vegetables. Have them draw their favorite vegetable near the vegetable section of their poster. Tell them that vegetables help our bodies see in the dark.
8. Tell students to find the section for grains. Have students color the grains section orange.
9. Ask students if they can think of foods that are grains. Have them draw their favorite grain near the grain section of their poster. Tell them that grains help give our bodies energy.
10. Tell students to find the section for proteins. Have students color the protein section purple.
11. Ask students if they can think of foods that are protein foods. Have them draw their favorite protein food near the protein section of their poster. Tell them that proteins help our bodies build strong muscles.
12. Tell students to find the section for dairy. Have students color the protein section blue.
13. Ask students if they can think of foods that are dairy foods. Have them draw their favorite dairy food near the dairy section of their poster. Tell them that dairy foods help our bodies build strong bones and teeth.
14. Remind students that they need to eat foods from all of the food groups every day in order to be healthy.

Language Extension:

For a language extension, have students find a healthy recipe to share. They can write it on a notecard or add it to a collaborative Google Document that can become a *Healthy Food Recipe Book* for your class to share with each other and their families.

To extend this activity, have students do this activity with their parents at home and bring the recipe back to school. You can compile these recipes in a collaborative Google Document or copy the recipe cards to make a *Healthy Food Recipe Book* for your class. This can be shared or used as a gift to their family for the holidays or other special occasion like *National Healthy Eating Day* held in the fall each year.

P.E. Extension:

As they are singing these songs, ask the students to make up hand and body movements too. This can be a fun and meaningful P.E. extension.

Technology Extension:

Students will visit the website ChooseMyPlate.gov and select the “Get a Personalized Plan” option. Have them enter their personal information and print off the computer’s calculations for their daily food needs. Encourage students to keep this print out and take it home to show their parents. Younger students will need assistance with entering their information and understanding the results.

They can also try out some of the games at [ChooseMyPlate](http://ChooseMyPlate.gov) [here](#).

Standards:

The National Health Education Standards:

2. Students will demonstrate the ability to access valid health information and health promoting products and services.
3. Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
6. Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

Common Core Standards:

Kindergarten: CCSS.ELA-LITERACY.SL.K.1, CCSS.ELA-LITERACY.SL.K.6, CCSS.ELA-LITERACY.SL.K.5

First Grade: CCSS.ELA-LITERACY.SL.1.1, CCSS.ELA-LITERACY.SL.1.5, CCSS.ELA-LITERACY.SL.1.6

Second Grade: CCSS.ELA-LITERACY.SL.2.1 CCSS.ELA-LITERACY.SL.2.6

Third Grade: CCSS.ELA-LITERACY.SL.3.1, CCSS.ELA-LITERACY.SL.3.6

Art Extension:

Students can create their own version of a healthy plate by drawing, painting or creating with clay/playdough. Have them think about the 5 food groups they learned about when creating their own healthy plate of food.

Music Extension:

Students will love learning and singing *Healthy Foods Make Your Body Go* from Cantata Learning.

They will also enjoy the songs at ChooseMyPlate.gov. You can find the songs at the bottom of [this page](#) on their website.