

Five Food Groups

Subject: Physical Health for Preschoolers

Ages: 2–5

Objective: The child will learn the importance of a balanced diet and how nutrition affects their daily performance.

Materials: Classroom of students, “Five food Groups Checklist” Template

Procedures:

1. The students will form a circle on the rug to begin open discussion.
2. The teacher will prompt answers to the question: What are the five food groups?
3. As the students offer answers the teacher will jot down a simple chart on the whiteboard listing: Grains, Vegetables, Fruits, Dairy, Protein.
4. The teacher will then for ask examples of foods from each of the groups.
5. They will discuss the importance of a well-balanced diet and how different foods provide different nutrients for our bodies to work and grow properly.
6. The teacher will then handout the “Five Food Groups Checklist Template”
7. The students will be instructed to draw a well-balanced meal on the empty plate. They are to represent one food from each group and check off the group as it is drawn.
8. The teacher will circulate through the room at this time to offer assistance.

Extensions:

The students can open their lunch boxes and discuss what foods they have from each food group. They can decide if they have a well-balanced lunch.

DISCLAIMER: The lesson plans and information therein are for general information only. For guidance on individual health issues and diagnosis and treatment of specific conditions, consult a physician or other health-care professional.

