Give Me Five!

Grade Levels

K-2nd grade

Purpose

Students learn about the five food groups and food fit into each group. This lesson makes a local connection to good nutrition and a healthy lifestyle.

Estimated Time

30 minutes

Materials Needed

* *Give Me Five!* Hand Template, one for each student
* Popsicle sticks
* Scissors
* Glue or Masking Tape
* Crayons and Markers

Vocabulary Word

**Nutrition-**the process of providing or obtaining the food necessary for health and growth.

**Farmer-**a person who owns or manages a farm.

**MyPlate-**a diagram of a plate that represents a healthy diet.

**Lean:** low in fat. Lean protein is a healthy food to eat.

**Whole grains:** whole seeds from some plants used in foods. Foods made with whole grains are good for you.

Background Agricultural Connections

The five dietary food groups are the building blocks for a healthy diet.  Recommendations are set forth by the United States Department of Agriculture (USDA). Food group guidelines were first introduced in 1916.  As our knowledge about healthy diets has increased, dietary recommendations, including caloric intake and essential nutrients, have evolved as well.

The 5 dietary food groups include: fruits, vegetables, grains, protein foods, and dairy.

Interest Approach - Engagement

1. Begin by asking the students who likes to eat? Why do you need to eat? What are some kinds of food?
2. Where do you get your food? (If answers include “home,” “grocery store,” “Walmart,” the presenter may discuss his/her area of experience and how farmers and ranchers contribute to our healthy diets.
3. Ask the students if they have heard of food groups and if so, to raise their hand and share what they know.

Procedures

1. Read “Using My Plate” by Rebecca Rissman
2. Present My Plate poster. Discuss the five food groups how each makes our bodies healthy.
3. Ask students to name foods they like to eat in each group. Record answers on the board. In the end, there should be a list of the five food groups and foods in each group.
4. Tell students that farmers and ranchers in our state grow thousands of different types of crops and many of them are food we eat.
5. Tell students that each day they should eat from the five food groups for a healthy diet – fruits, vegetables, grains, protein and dairy. Have them hold up one hand and list the five groups, one for each finger. After they list off the five groups, have them turn to a partner and give each other a high five. To help them remember the five food groups, students will be making a *Give Me Five*! hand.
6. Each student will need to have a paper hand, a popsicle stick (pencils work too), tape and crayons or markers.
7. On one side of the hand, students write the name of a food group on each finger. In the center of the palm they write “Exercise Daily.” (*see example below*).
8. On the other side of the hand students should write/draw a state-grown food for each food group in the corresponding finger area (*Ex: fruits/picture of blueberries*).
9. Have them write/draw their favorite exercise in the palm area. (*See example below)*.
10. Students cut out the hand then tape on a popsicle stick at the wrist area.
11. When they are done, as a group repeat the five food groups.
12. Have students take turns sharing their favorite local foods with the class.



**Concept Elaboration and Evaluation**

After conducting these activities, review the following key concepts:

* The greatest health benefits are received when all five dietary guidelines are followed.
* A balanced diet includes all five food groups.
* Exercise is also important to good health.
* Some foods are produced locally. Other foods are produced in more ideal climates and shipped to local grocery stores.


We welcome your [feedback](https://usu.co1.qualtrics.com/jfe/form/SV_4HhIVpN4L8IC2lT)! Please take a minute to tell us how to make this lesson better or to give us a few gold stars!

Essential File (map, chart, picture, or document)

* [Give Me Five! Activity Sheets](https://cdn.agclassroom.org/media/uploads/2014/07/30/giveme_fiveworksheets.pdf)

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Iowa Core Standards:

* 2-PS1-1: Plan and conduct an investigation to describe and classify different kinds of materials by their observable properties.
* 21.K–2.HL.1 Understand and use basic health concepts to enhance personal, family, and community health.
* 21.K–2.HL.4  Identify influences that affect personal health and the health of others.