



# Counting on Good Health<sup>1</sup>

Grade level: 1 & 2

<b>Objectives</b>	<p>Following the activity students will be able to:</p> <ul style="list-style-type: none"> <li>• Learn more about food pyramid and the different food groups. Use Kontainer to upload pictures and data.</li> <li>• Put some of the things taught to use</li> <li>• Use Kontainer to upload notes for the class to use to do homework.</li> </ul>
<b>Materials</b>	<ul style="list-style-type: none"> <li>➤ Poster of the Food Pyramid</li> <li>➤ Magazines</li> <li>➤ Scissors</li> <li>➤ Glue</li> <li>➤ A children's book regarding healthy eating</li> <li>➤ Newspaper</li> <li>➤ Graphing Paper</li> </ul>
<b>Procedures</b>	<ol style="list-style-type: none"> <li>1. Show a poster of the food pyramid or basic food groups. Discuss the different food groups. <ul style="list-style-type: none"> <li>• The Milk Group</li> <li>• The Meat Group</li> <li>• The Grain Group</li> <li>• The Fruit Group</li> <li>• The Vegetable Group</li> </ul> </li> <li>2. Review the Basic Food Groups/Food Pyramid <ul style="list-style-type: none"> <li>• Show the class several different foods that correspond with the food groups. For ex (cereal, bread, fruits and vegetables). Write the different food groups on the chalkboard. Ask for a student to come up to the board and place each item under each group.</li> </ul> </li> <li>3. Divide the class up into five groups. Each group will be provided with one poster, magazines, and scissors. Each group will work on finding foods which belong in that particular food group. <ul style="list-style-type: none"> <li>• After finding different foods they will use their knowledge of what was taught to them to put the pictures under each category.</li> </ul> </li> <li>4. Picking Healthy/Non-Healthy Snacks. Read a book relating to the topic the students just learned. <ul style="list-style-type: none"> <li>• Students will then get a chance to ask questions or share comments about the topic they were taught that day.</li> </ul> </li> <li>5. For homework send the students home with a piece of graphing paper. Tell them to write all the different food groups on it. Then below each group tell them to color a box that corresponds with the food they ate which belongs to that group.</li> </ol>

<sup>1</sup> Adapted from <http://www.superhealthykids.com/>

