# The Food Pyramid

## A 3rd Grade Health Lesson Plan

### Objectives:
The students will learn about the 6 different food groups and what foods are healthy for them and which foods are not as healthy.

### Materials:
- Masking tape
- An apple, banana, orange
- A potato, a carrot, can of green beans or corn
- A piece of bread, box of cereal, oats, rice, a muffin
- Bag of potato chips, candy, soda
- Carton of milk, slice of cheese, a yogurt
- Anything to resemble a fish, a chicken
- Peanut butter, an egg
- Print outs of the six different food groups

### Procedure:
1. Have the students name as many different “types” of foods as they can. (Ex. fruits, vegetables, etc.)
2. Ask students what food they think are healthy, then have them name off food that they think are unhealthy and why.
3. Explain to the students the 6 different food groups and how we need to eat from all of them in order to be healthy.
4. Using the masking tape, in a large space in the classroom, make a large food pyramid on the floor.
5. Place the printouts of the names of each food group in their spots on the masking tape food pyramid on the floor.
6. Place all of the food on the floor and tell the students to work as a team to place each piece of food in its correct spot in the pyramid.
7. Discuss as a class whether each piece of food has been placed correctly and why or why not.
8. Talk about what the students have learned about the food pyramid and the different types of food, and talk with them about how to eat healthfully.

### Assessment:
The student, for homework, will use Group Table to take an online quiz, which will test the material learned from the activity.

### Standard:
K.1.1 (Name healthy behaviors), 1.7.2 (Describe behaviors that reduce health risks), 3.1.1 (Identify the link between healthy choices and being healthy) and 3.5.1 (Indicate routine health-related solutions)