

# Food Pyramid

Grades 3<sup>rd</sup> – 5<sup>th</sup>

<b>Overview</b>	The purpose of this lesson plan is to give students a solid base of what the recommended diet is. Each student must create an original poll on <a href="http://zohopolls.com">zohopolls.com</a> relating to one of the different types of food groups in the food pyramid.
<b>Objective</b>	After studying the different types of food groups. The students should be able to identify the amount of each food group recommended daily. Also the students should know an example of a dish from every group.
<b>Students</b>	Students will be 3 <sup>rd</sup> , 4 <sup>th</sup> and 5 <sup>th</sup> grades. They will be used to being in the gym on this day so they might be a little wired up.
<b>Standards</b>	<ul style="list-style-type: none"><li>• Standard 1- Students will be able to acknowledge personal responsibility for health promotion and/or risk reduction. They describe healthy behaviors to prevent or reduce their risk of injury and/or illness throughout their lifespan. Students examine the interrelationships of emotional, physical and social health and how they can be impacted by their surroundings.</li><li>• Standard 3- Students will demonstrate the ability to access valid information and products and services to enhance health.</li><li>• Standard 6- Goal-setting skills are essential to help students identify, adopt, and maintain healthy behaviors. Students identify health goals based upon personal needs. Students design and implement steps to achieve short-term and long-term health goals.</li></ul>
<b>Materials</b>	<ul style="list-style-type: none"><li>• Food Pyramids</li><li>• Food Cut-outs</li><li>• Computer</li><li>• Printer available</li></ul>
<b>Procedure</b>	<ol style="list-style-type: none"><li>1. Beforehand, the class will discuss the different types of food groups.</li><li>2. Afterwards each student must create a Zoho Polls account. They may do so by clicking on this link <a href="http://zohopolls.com/">http://zohopolls.com/</a></li></ol>

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	<ol style="list-style-type: none"><li>3. Then the students shall split into groups and match the food groups with the right dish.</li><li>4. After they do that have them match the serving with the right food group.</li><li>5. Have the students pick their favorite food group and then their least favorite, and discuss why.</li><li>6. The group will create a poll. They must click to make it a private poll and to invite all of the students in the class including the teacher to the poll. (The teacher will have to play a large role in parts 2-6 of the lesson)</li><li>7. The poll they create must be related to one or multiple food groups.</li><li>8. Each student must then vote on the polls every student has created.</li></ol>
<b>Evaluation</b>	<p>The short project will be worth 30 points.</p> <ul style="list-style-type: none"><li>• 10 points – For successfully signing up for Zoho polls.</li><li>• 10 points – For successfully matching the food with the appropriate group.</li><li>• 10 points – For actively participating in the lesson.</li></ul>

