

How to Use This Document

The lessons and materials in this prevention unit are designed to be used together and in order.

Lessons: Each lesson contains movement or breathing breaks, a video explaining each health topic, a review for students to strengthen their understanding, and a slide for parents.

Materials: The materials provided in each lesson are designed to reinforce the main idea of each topic. These materials can be used in a whole class setting, in small groups, or individually.

Parent Post: Each lesson has a Parent Post created to keep grown-ups at home involved in what their student is learning! The posts include key topics and vocabulary that was used.

Connecticut State Standards

Standards: Healthy & Balanced Living Curriculum Framework

Health Education & Physical Education

HEPA 1.1.2 Explain the importance of trying new foods

HEPA 1.2.2 Explain the importance of choosing healthy foods and beverages and daily physical activity.

HEPA 1.3.2 Identify a variety of healthy snacks

HEPA 1.5.2 Identify healthy eating patterns that provide energy and help the body grow and develop.

What are
Food Groups?

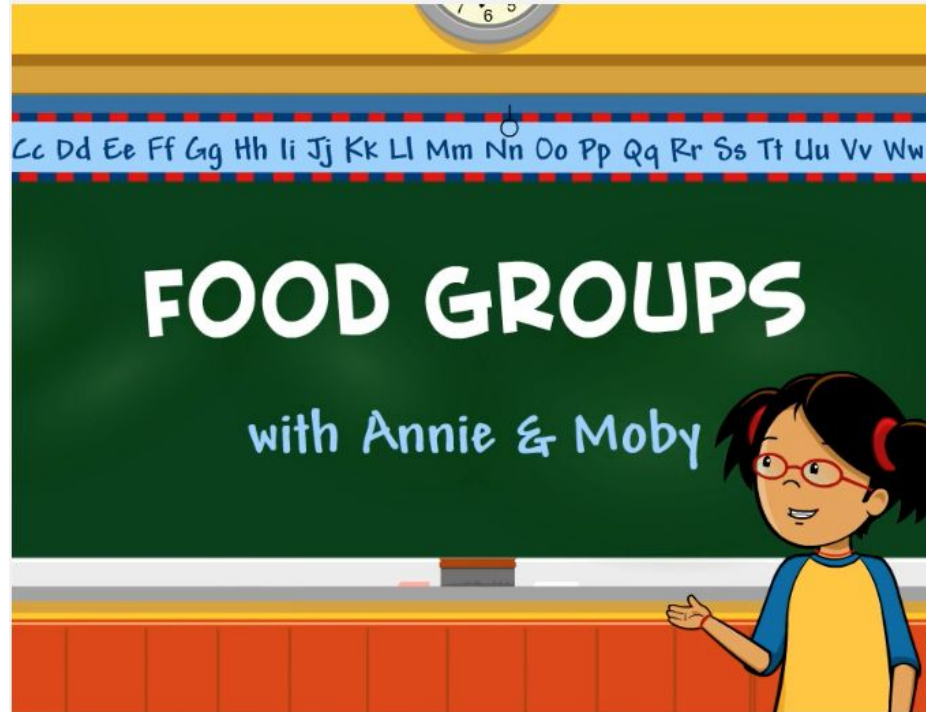
Let's do a movement break!



What do we know about food?

Why do we eat food?	What is healthy food?	What are the different kinds, or groups, of food?
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What are food groups?



What are food groups?

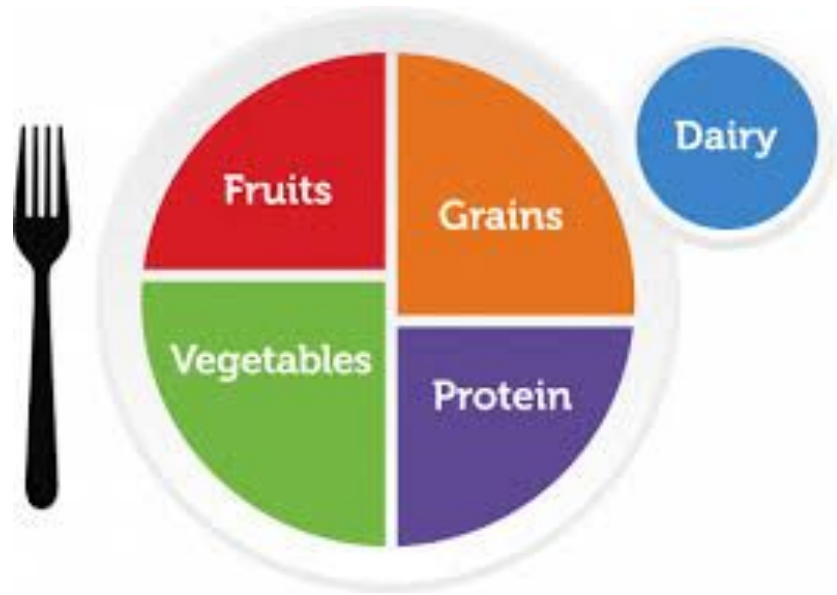


What are Food Groups?

MyPlate reminds us how to use the food groups to eat balanced, healthy meals

The food groups are:

1. **Fruits**
2. **Vegetables**
3. **Grains**
4. **Protein**
5. **Dairy**



What are Food Groups?

Vegetables have important nutrients we need to grow and stay healthy!



What are Food Groups?

**Protein helps build
strong muscles,
including your heart!**



What are Food Groups?

Fruit has vitamins and nutrients that help our bodies fight diseases!



What are Food Groups?

Whole grains are more nutritious, they contain carbohydrates, which is good for energy, and fiber which is good for our digestive system!



What are Food Groups?

Dairy has calcium
which helps grow
healthy bones, teeth
and hair!



What are Food Groups?

- You should try to eat a wide **variety**, or different kinds of food, from each food group!
- Let's read Jack and the Hungry Giant, and then make our own plate of food!



Let's Review!

What are the food groups?

The food groups are

Why is it important to eat healthy food?

It is important to eat healthy food because

Parents!

- The food groups are: vegetables, protein, fruits, grains & dairy!
- **Half the plate:** kids should fill half their plates with fruits and vegetables!
- Have **colorful plates!** More colors means more nutrients!
- **Grains give energy-** try to make whole grains!
- **Protein** helps you grow strong bones!
- Small portions are okay! Small tummies, small portions!
- Water first! Water is the best drink for everyone!
- Balance, not perfection! Every meal does not have to be perfect

Additional Resources:

- BrainPop Jr [Easy Quiz](#)
- BrainPop Jr [Hard Quiz](#)
- BrainPop Jr [Talk About It](#)
- MyPlate [Teachers Guide](#)
- MyPlate [Create Your Own Menu](#)
- MyPlate [Where Food Comes From](#)
- MyPlate [Coloring Sheet](#)