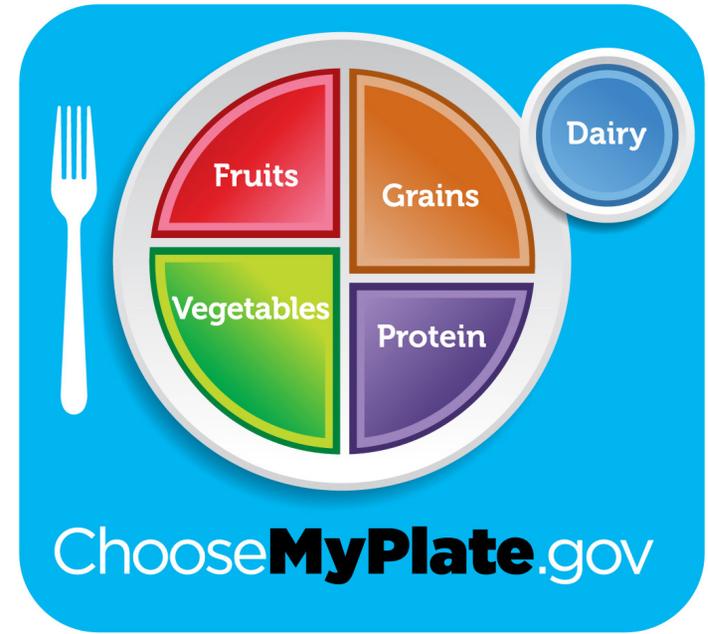




# 2 Food Groups & Shopping

## Key focus points

- There are many ways to help shop for food: you can help make the grocery list, carry foods, put foods away, and help find items at the store.
- It is important to shop for healthy meals!
- There are five different food groups: **Fruits**, **Vegetables**, **Protein**, **Dairy**, **Grains**.
- These 5 food groups each does something different for the body so we need one of each in every meal!
- It is important to eat a balanced meal so try not to eat too much of one food group just because it is your favorite.
- Go through many examples of what is in each food group.





# 2 Food Groups & Shopping



## Lesson Prep

- Print out examples of food items for each food group category (i.e., Fruit- apple, Vegetable- carrots, Protein- Chicken or beans, Dairy- Milk, Grains- whole grain rice)
- Make copies of the included *MyPlate Worksheet* and *food picture cutouts*.
- Cut out food options enough for each child to have one from each food category (it is better to have more, that way each child has options)
- Set up *food group table tents* like grocery store aisles and in each aisle lay out food cut outs- children will pick one item from each category to glue on their *MyPlate Worksheet*.

## Supplies

- Food Group Table Tents (for aisles)
- Food picture cutouts
- Grocery baskets
- Construction paper
- Glue Sticks
- My plate worksheets
- Book “Jack and the Hungry Giant”



# 2 Food Groups & Shopping

## Previous Lesson Recap

*Last week you learned about the journey fruits and vegetables take to get to your table and we talked about the different places we get our food from. You even got to plant your own seed!*

## Optional Question:

*Did anyone go shopping for food with their family in the last week? Where did you go?*

## Lesson Intro

*Today, we are going to learn about the 5 different food groups. We will talk about how to choose foods from all 5 food groups to make a healthy meal!*





# 2 Food Groups & Shopping



## 1. Introduction:

- *Have you ever helped shop for food?*
- *What are some things you do to help shop for food at a food store?*
  - Help make the grocery list (tell your parents things you like)
  - Help find items at the store (fruits, vegetables: touch or look at food items to see how ripe they are)
  - Help carry items/food and put things away

*Today you are going to go shopping for foods to make a healthy meal. You are going to pick one food from each of the five food groups to make a healthy plate. But first, we need to know what the five food groups are. Does anyone know?*

- Help the students determine the five food groups: Fruits, Vegetables, Protein, Dairy, Grains. Tell them what the group of food does for the body.



# 2 Food Groups & Shopping

Ask for examples within each food category.

- Hold up pictures of various foods and ask what food group they come from.
- Make sure to restate the name of the food out loud so that everyone is on the same page.

Remind them what each food category does!

**Fruits:** Help fight diseases and protect us with lots of vitamins

**Vegetables:** Help fight diseases and keep us healthy

**Protein:** Give you energy, help your brain work, and help you grow!

**Dairy:** Keep your teeth and bones strong and healthy!

**Grains:** Keep you full and your heart happy!





# 2 Food Groups & Shopping

## 2. Activity (15-20 minutes):

- *Today we have a food store set up in the back of the room. We will call each table to go shopping at the store. You will go down each aisle and pick your favorite healthy food. You will pick ONE food from each aisle. The aisles will be the five food groups Protein (red aisle), Grains (brown aisle), Vegetables (green aisle), Fruits (orange aisle), Dairy (blue aisle). (You can hold up the signs, and ask them what color they are).*
  - *Make sure you demonstrate how to properly walk through the aisles and carefully pick out food.*
- *Each food will be in that colored aisle. Milk is part of the dairy group, and will be in the blue aisle.*
- *You will sit down at your table once you've gone through all the aisles. You will then glue each food to the plate at your seat. (Hold up plate). Each food group has a place on your plate. The milk is part of the dairy group, and is in a blue box. Where would I glue it? And you can point to the different areas, and have them state what food group goes where.*
- *How many foods do you get from each aisle? (One)*
- *If the food is in a red box, where would you glue it? (Protein, on the red circle).*
- *The rest of the group will stay seated. At this point, you can ask them about their favorite fruits, vegetables, meal, etc.*
- *Continue to call people up to go shopping.*



# 2 Food Groups & Shopping

## When they are all done:

- *Everyone hold up their plates. Look around, everyone has different food on their plates!*
- *After school today, you can take these home and show your families that you prepared a healthy meal!*
- *It is important to help select and prepare healthy foods for ourselves and families, and now you all can!*
- *Notice that these are meals and have a variety of food items, if we were to have a snack, what do you think we might have? (emphasize smaller portions for snack vs. meal)*

## Adaptation

If you can't set up a "food store" in your space, you can talk about making food choices in a group using pictures of food that are color coded by the food groups. Instead of the provided food images, you could add to the activity by cutting images out of magazines or weekly grocery ads. Your Sprouts can choose foods that go in each food group to glue onto their plates together as a group or individually.

**Optional Connection Time** (see page 10)



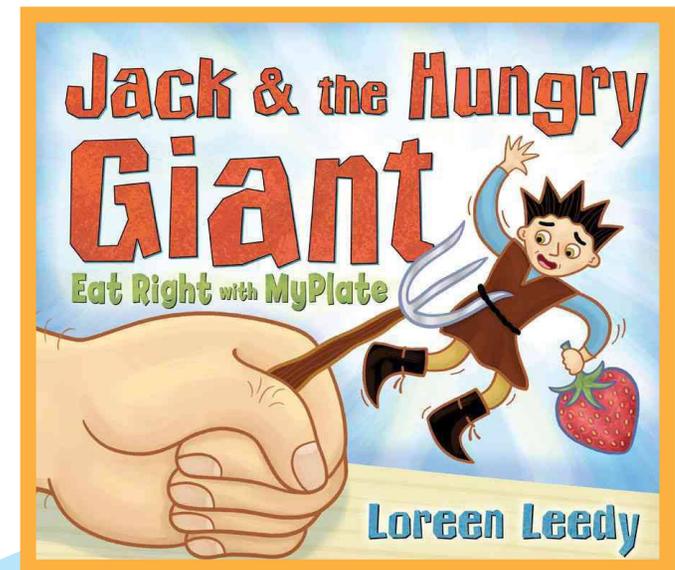
# 2 Food Groups & Shopping

## 3. Book “Jack and the Hungry Giant”:

We are now going to read *Jack and the Hungry Giant* by Loreen Leedy. In this book you'll see the adventure of Jack and try to remember what he makes the Giant for dinner!

Summarize the book then ask these questions:

- *How much fruit should you put on your plate? What is an example of fruit eaten in the book?*
- *What did Jack see when he climbed to the top of the bean stalk?*
- *What vegetable does Jack like?*
- *What do giants do for exercise?*
- *What is an example of poultry?*



Leedy, Jack and the Hungry Giant/  
Holiday House, 2015



# 2 Food Groups & Shopping

## Recap:

*You all learned a lot today! You now can help your families shop for food and even make a healthy meal with food from all the food groups!*

*Can anyone remind me what the 5 food groups are?*

*Today you were able to:*

- Pick out healthy foods you like at the store*
- Learn how to make a healthy meal, and used all the five food groups*

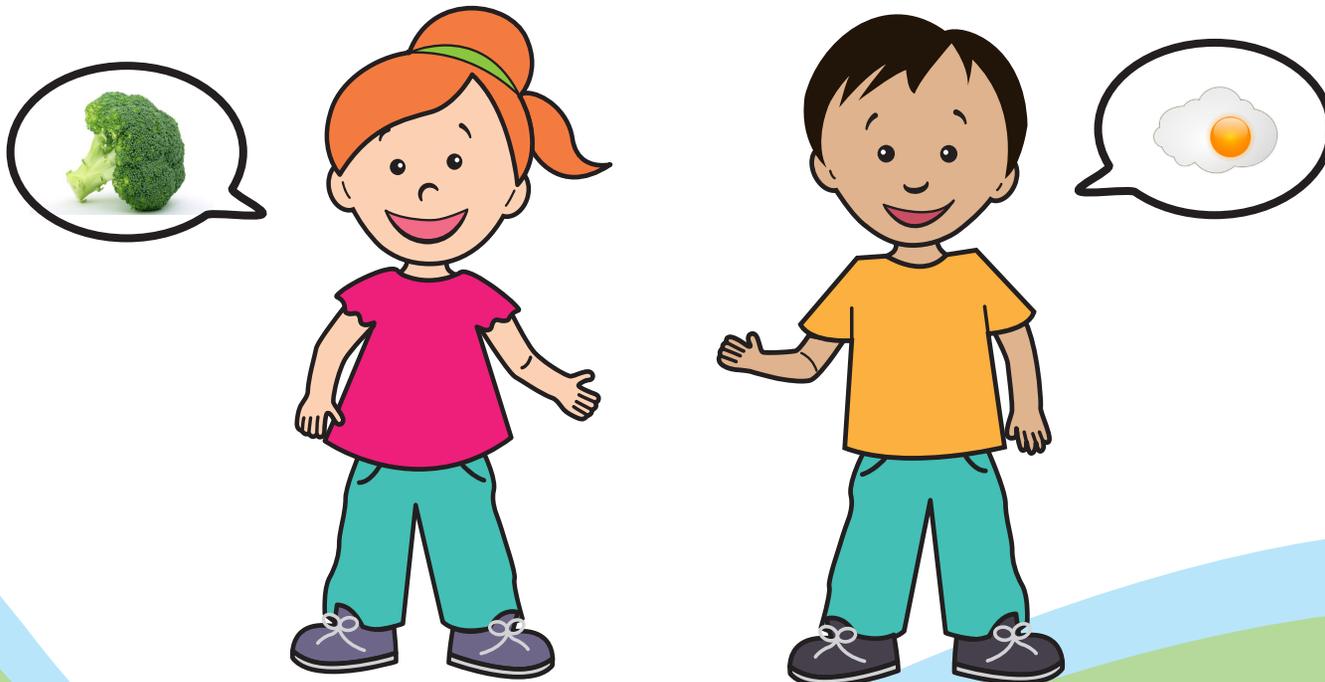




# 2 Food Groups & Shopping

## Optional Connection Time

After everyone shares their plates, you can talk about how different people might choose different foods based on their preferences. You can emphasize that having different choices is okay, and many different foods can fit into our 5 food groups. Connect this with other lessons on individuality you might be working on with your Sprouts!



Pasta



Pasta



Rice



Pasta

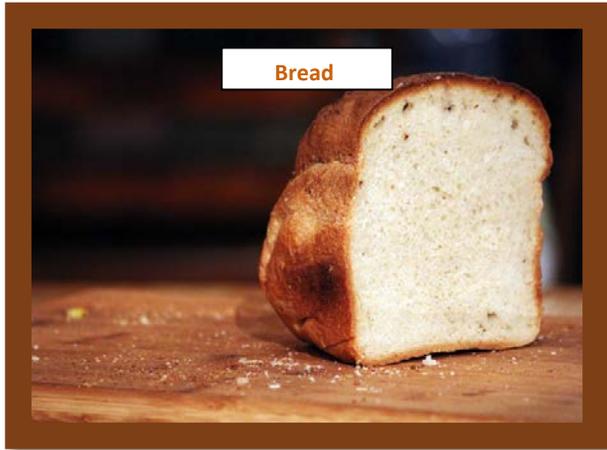
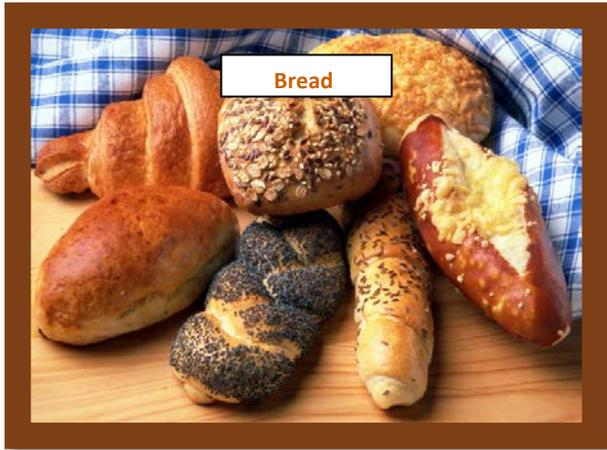
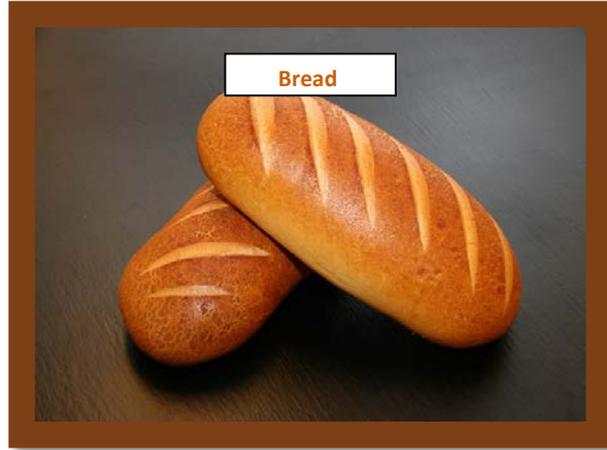
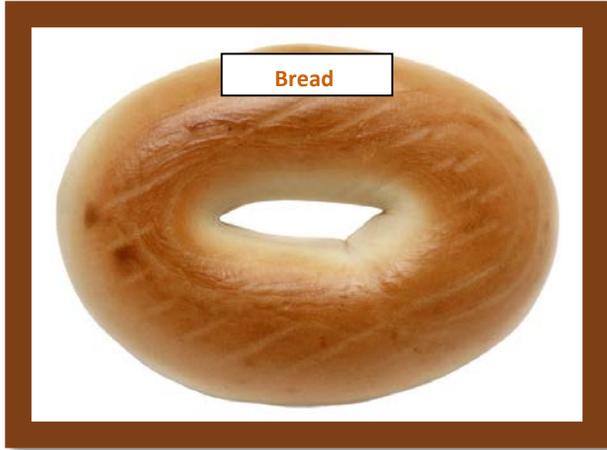
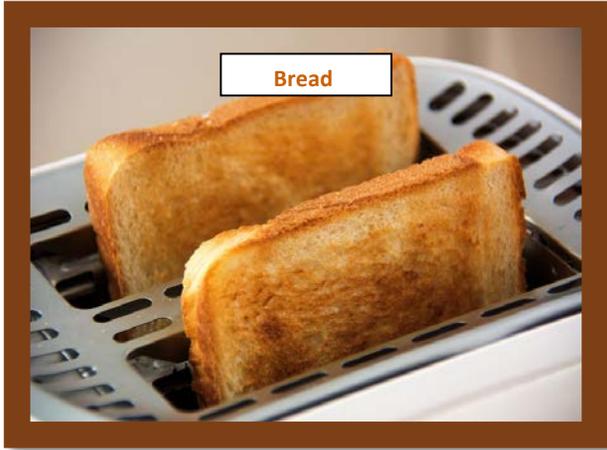


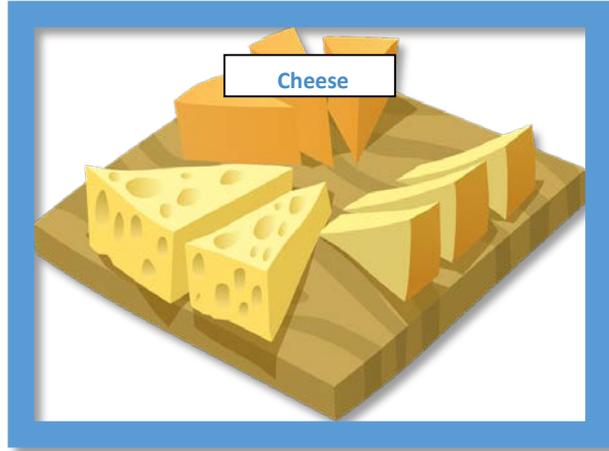
Pasta

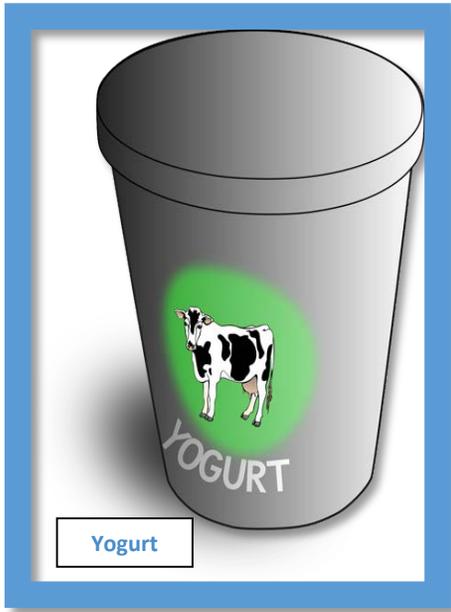


Rice









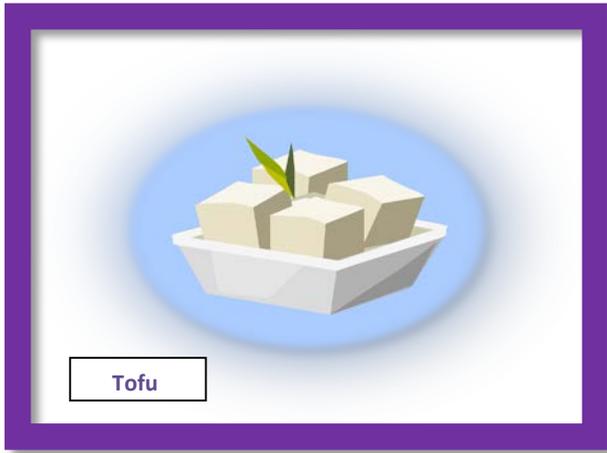
Yogurt



Yogurt



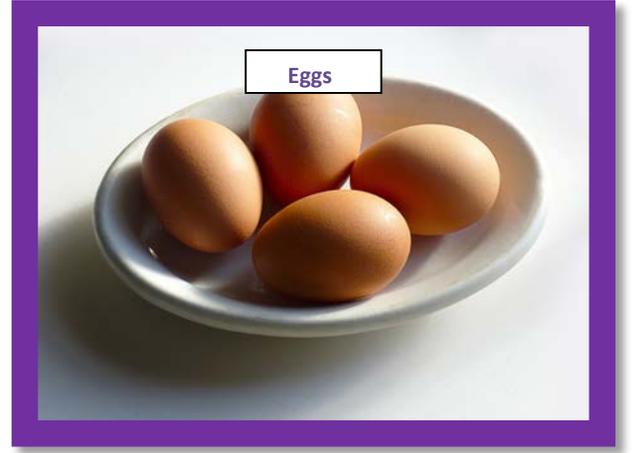
Eggs



Tofu



Tofu



Eggs

Ham



Ham



Fish



Ham

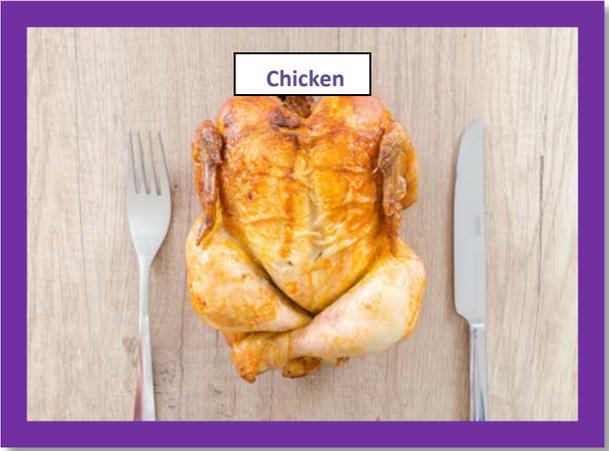


Eggs



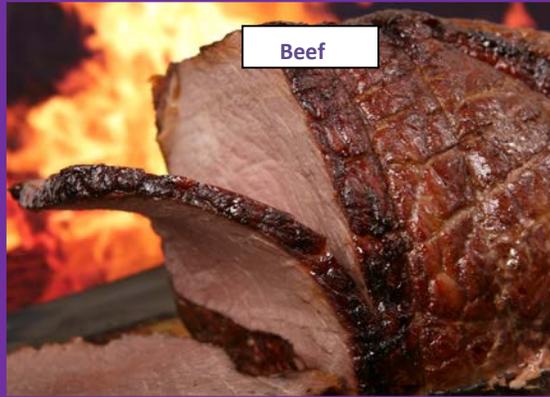
Fish



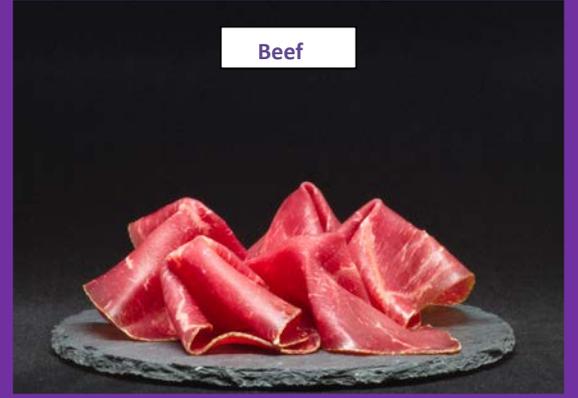




Beef



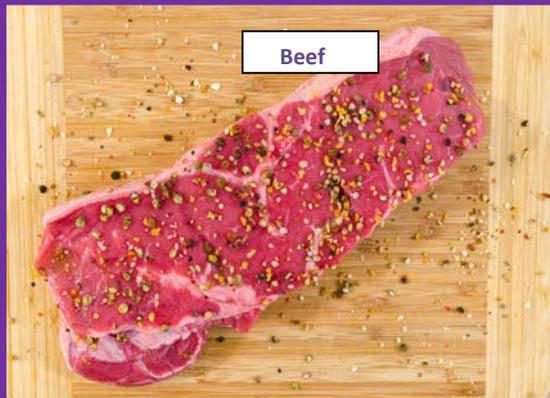
Beef



Beef



Beef



Beef



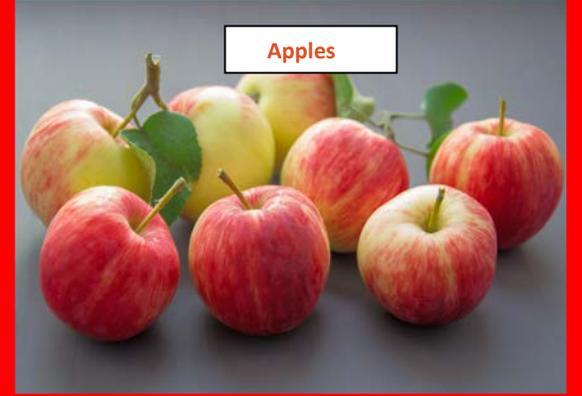
Pork  
Sausage



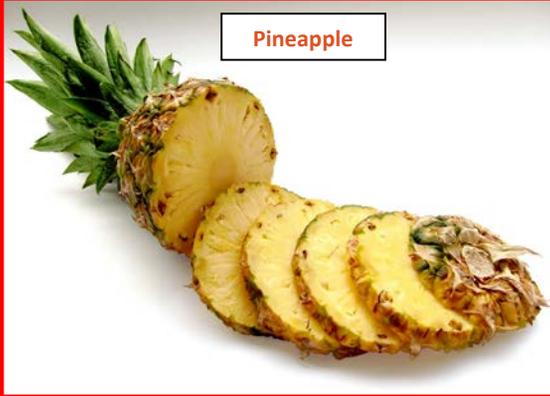
Pork  
Sausage



Peanuts



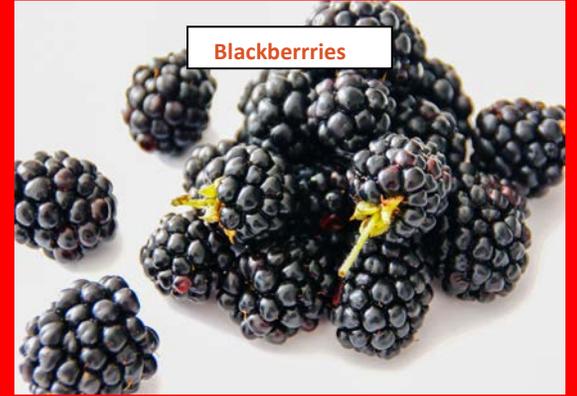
Apples



Pineapple



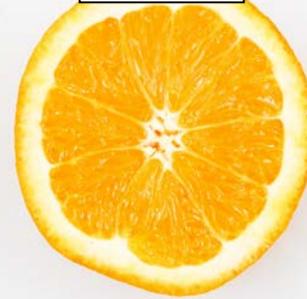
Pineapple



Blackberries



Cherries



Orange



Pear



Blueberries



Grapes



Watermelon

Mango



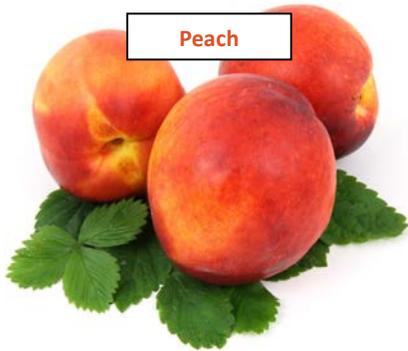
Strawberries



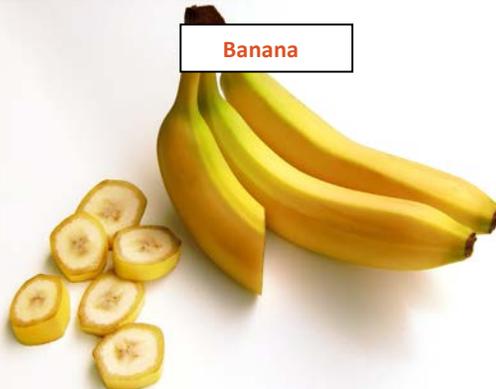
Spinach



Peach



Banana

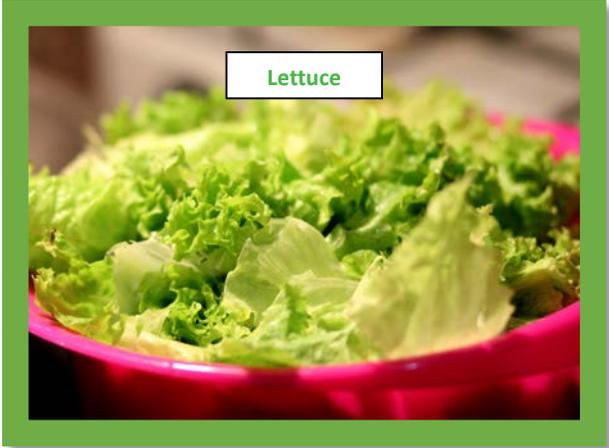


Lettuce





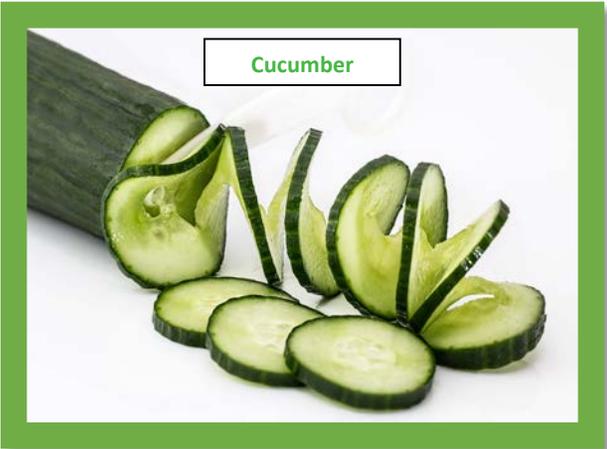
Radish



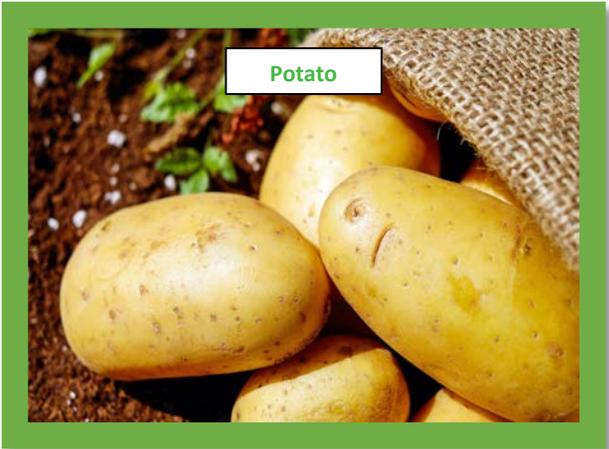
Lettuce



Sweet Potato



Cucumber



Potato



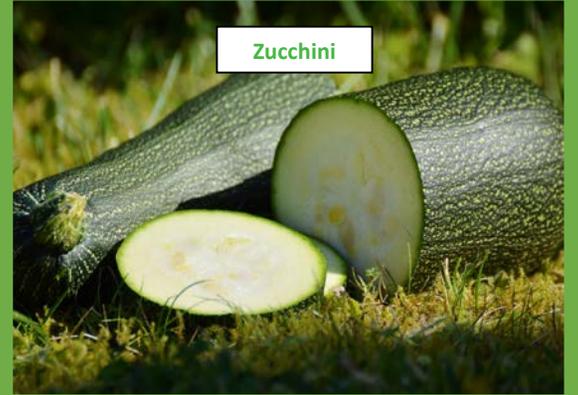
Potato



Celery



Carrots



Zucchini



Cauliflower



Squash



Corn

Green Beans



Artichoke



Bell Pepper



Asparagus



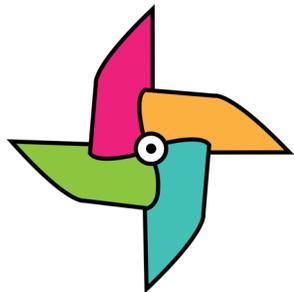
Broccoli



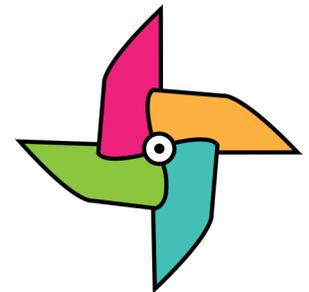


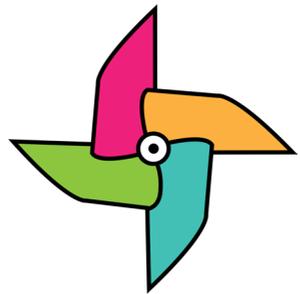
Dairy



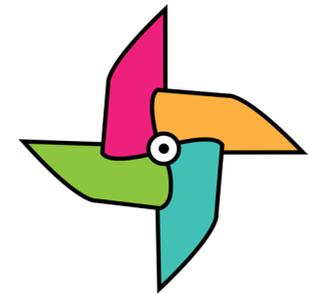


Fruits



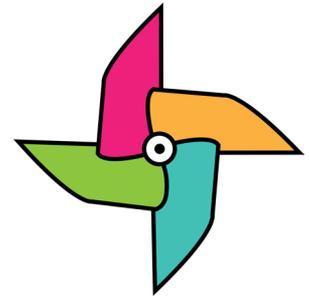


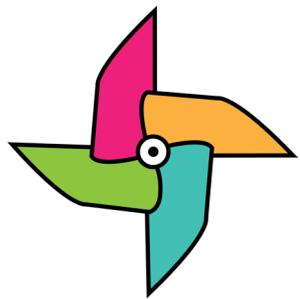
Grains



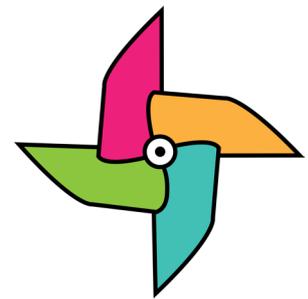


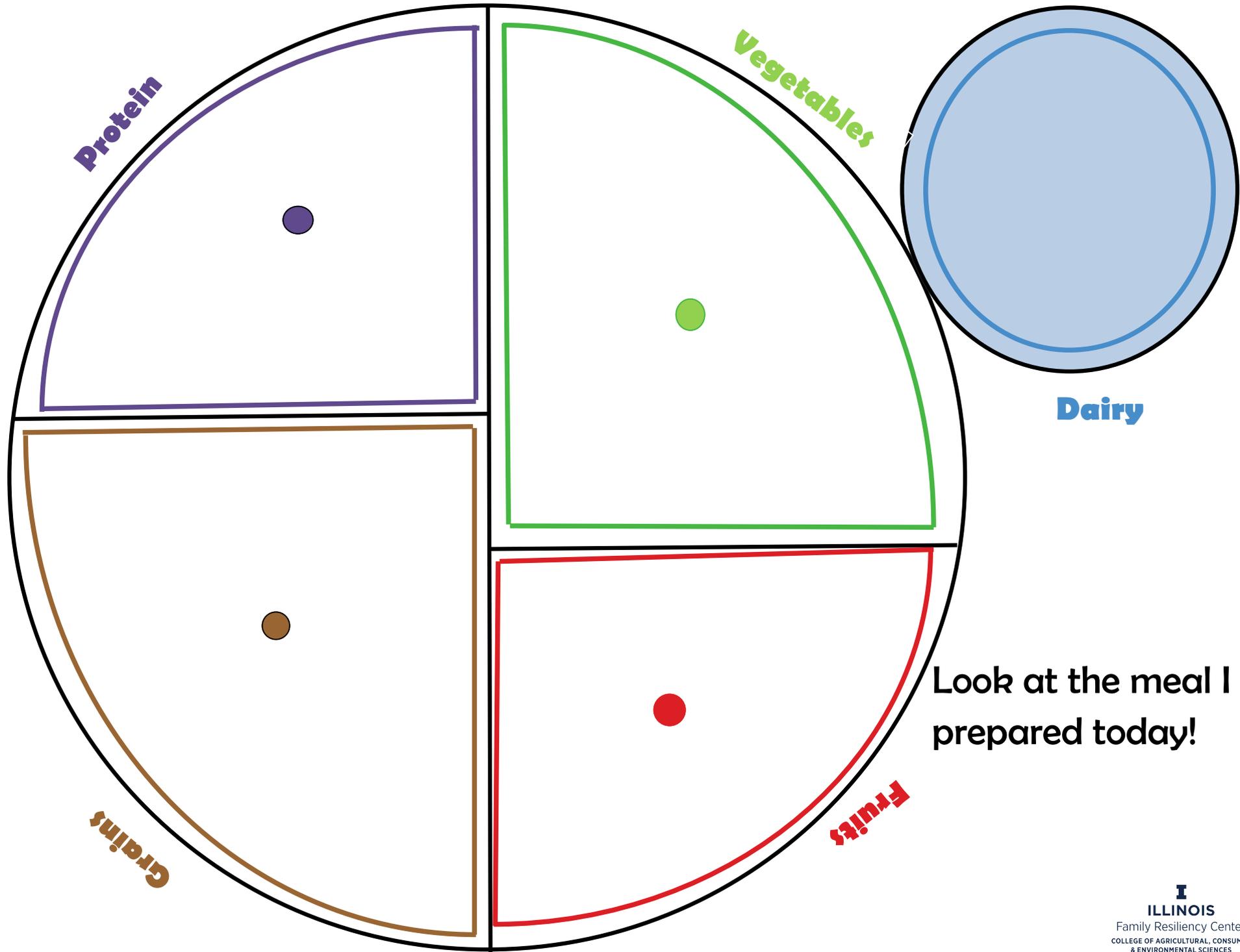
Protein





Vegetables





**Protein**

**Vegetables**

**Dairy**

**Grains**

**Fruits**

**Look at the meal I prepared today!**



# Sprouts

## Growing Healthy Habits



# Food Groups and Shopping

## Food Groups

In class we learned about the five food groups in the My Plate food diagram.

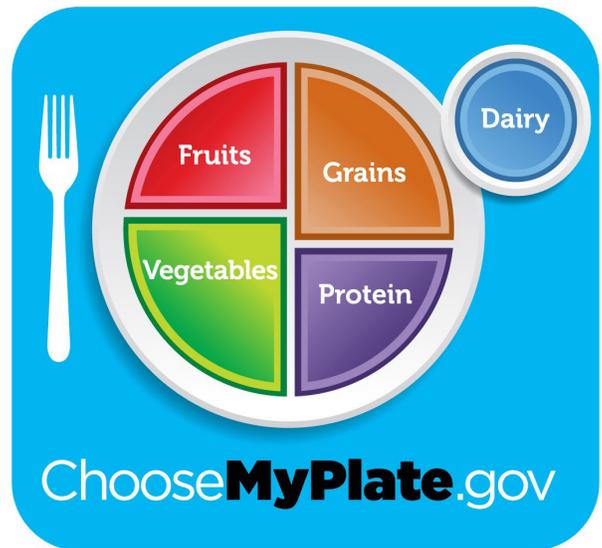
**Fruits:** Help fight diseases and protect us with vitamins.

**Vegetables:** Help fight diseases and keep us healthy.

**Protein:** Gives you energy, helps your brain work, and helps you grow.

**Dairy:** Keeps your teeth and bones strong and healthy.

**Grains:** Keeps you full and your heart happy.



## Activity

- Next time your family goes shopping, try to identify which food groups each food item belongs in as you put it in your grocery cart.
- Before going shopping, think about the different foods you might like to buy from each food group.
- When you are cooking dinner that night, identify what food groups are on your plate—see if you can eat all five!

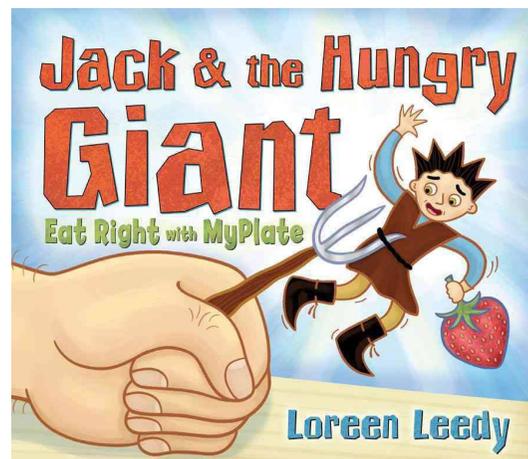


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## Food Groups and Shopping

Continue the discussion at home: talk about your favorite foods and how to make a complete meal. Read about Jack's favorite meal in Jack and the Hungry Giant.



## Shopping

Today, we went shopping in our own grocery store in our classroom. Here are some of the foods that we had to shop for. Can you match them to their food group on the plate?

### Example:

Fish \_\_\_\_\_ Protein

### Now you try!

Pasta

Dairy

Eggs

Fruit

Yogurt

Protein

Carrots

Grains

Apples

Vegetables