What Are the Food Groups? Lesson Idea

Objective

- Understand that eating a variety of foods keeps us healthy.

Materials

- chart paper

Explore

1. Explain that similar foods are grouped together; for example, grapes, oranges, broccoli and carrots are in the Fruits and Vegetables group. Talk about how the foods are alike. Help children identify the four major food groups: Breads, Cereals, Pasta and Starchy Vegetables; Fat-free and Low-Fat Milk Products; Lean Meat, Poultry and Fish; and Vegetables and Fruits. Encourage children to name other foods that they think might belong in each different group.

2. Print the name of each food group on chart paper and draw a picture of a food that belongs in that group under each name. Have children name different foods and identify which food group each food belongs in. Ask children whether they have ever eaten those foods and whether each is a food that could be eaten for breakfast, lunch, dinner, or as a snack.

What Are the Food Groups? Lesson Idea (Spanish)

¿Qué son los grupos de alimentos?

¿Qué son los grupos de alimentos? Lesson Idea

Objective

- Understand that eating a variety of foods keeps us healthy.

Materials

- chart paper
- Que alimentos necesitas?

Explore

1. Explain that similar foods are grouped together; for example, grapes, oranges, broccoli and carrots are in the Fruits and Vegetables group.
Los alimentos parecidos van juntos en un grupo; por ejemplo, las uvas, las naranjas, el bróculi y las zanahorias son del grupo Frutas y vegetales. Talk about how the foods are alike. ¿En qué se parecen estos alimentos? Help children identify the four major food groups: Breads, Cereals, Pasta and Starchy Vegetables; Nonfat and Low-Fat Milk Products; Lean Meat, Poultry and Fish; and Vegetables and Fruits.
Los cuatro grupos principales de alimentos son: Pan, cereales, pasta y vegetales con fécula; Productos lácteos descremados o bajos en grasa; Carne con poca grasa, aves y pescado; y Vegetales y frutas. Encourage children to name other foods that they think might belong in each different group. ¿Qué otros alimentos creen que podrían pertenecer a cada grupo?

2. Print the name of each food group on chart paper and draw a picture of a food that belongs in that group under each name. Have children name different foods and identify which food group each food belongs in. Vamos a nombrar todos los alimentos que hay en la tarjeta y a decir a qué grupo de alimentos pertenece cada uno. Ask children whether they have ever eaten those foods and whether each is a food that could be eaten for breakfast, lunch, dinner, or as a snack. ¿Han comido estos alimentos alguna vez? ¿Podríamos comer cada uno de estos alimentos en el desayuno, en el almuerzo, en la cena o como “snack”?