Nutrition Lesson Plan for Elementary School Kids

❖ The Warm up

- Read a story (Gregory the Terrible Eater or The Two Bites Club)

❖ The Presentation

- Discuss the Choose MyPlate Concept and why we need a variety of foods from each food group.
  - Protein
  - Grains
  - Vegetables
  - Fruit
    - Activity: “More than Fresh”
    - Activity: Tasting Food
- Discuss why we need a rainbow of fruits or veggies
  - Activity: Eat a Rainbow
  - Build a smoothie

❖ The Practice

- Building a meal plan

❖ What to Pack

- Kids Portion Plate or Choose MyPlate
- Print out of Choose MyPlate
- Print out of Healthy Meal Plan Template
- Large 6 sided Dice
- Blueberries (or raisins) for the tasting game
- If building a smoothie, you need:
  - Orange Juice
  - Blueberries
  - Pineapple
  - Banana
  - Frozen Strawberries
  - Spinach

FULL LESSON PLAN AT https://healthbeet.org/nutrition-lesson-plan-for-elementary-school-kids/

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