



Lesson 8: Review

Activity Level: K-2 | Time: 45-60 minutes

PURPOSE

This lesson: Students review the five food groups and what state-grown foods fit into each group while making local connection to good nutrition and a healthy lifestyle.

NEBRASKA STATE STANDARD CONNECTION

Kindergarten:

- SC.K.7.2.C Use a model to represent the relationship between the needs of different plants or animals (including humans) and the places they live.
- PE.K.3.4 Communicates the importance of health-related fitness components and nutrition for physical activity.
- PE.K.3.4.a Recognizes that food provides energy for physical activity. (E)

1st Grade:

- SS 1.3.5.b Match resources to their sources (e.g., food from farms, wood from trees, minerals from the ground, fish from the sea).
- PE.1.3.4.a Differentiates between healthy and unhealthy foods.

2nd Grade:

- SS 2.2.2.a List various goods and services that can be produced with the same list of resources (e.g. soil, seed, and labor used to produce animal feed, plastics, cereal, or fuel).
- SS 2.3.4.b Identify patterns of land use (e.g., agricultural, residential, industrial, commercial, educational, recreational).
- PE.2.3.4.a Recognizes the impact of nutrition on physical activity. (E)

ACTIVITY SNAPSHOT

1. Organize and Prepare Supplies
2. Read Background Information
3. Interest Approach
4. Conduct Activity 1
5. Ask follow up questions and make the connection to agriculture
 - What does a balanced diet include?
 - Other than a balanced diet, what else is important for good health?
 - What foods are produced locally that we can use on our plate?
 - Where can we find locally produced foods?
 - Who grows the food we eat?
 - If we don't grow certain foods in Nebraska, how do we get it to our grocery stores?
 - Do we rely on farmers and ranchers for our daily needs?



MATERIALS

- Give Me Five! Handout, 1 per student
- Scissors
- Tape/Glue
- Markers/Colors
- Popsicle Sticks
- My Nebraska Plate Poster

WHAT'S THE CONNECTION TO AGRICULTURE?

Food is essential for our bodies to remain healthy. Over the course of these eight lessons we've explored the nutrient benefits of each food group. Nebraska's farmers and ranchers grow or raise several foods that fit into our five food groups: fruit, vegetables, grains, proteins, or dairy. Agriculture is the number one industry in Nebraska; driving our economy and providing us with food, fiber, and fuel.

PROCEDURES:

1. Organize and Prepare Supplies
See "Materials" above.
2. Background Information

Fruits and Vegetables: Any fruit or vegetable is included in this group. Fruits or vegetables may be fresh, canned, frozen or dried. They can be whole, cut-up, pureed or juiced.

Key Message: Make half your plate fruits and vegetables.

Grains: Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Examples include bread, pasta, oatmeal, breakfast cereals, tortillas and grits.

Key Message: Make at least half of your grains whole grains.

Protein Foods: All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds are considered part of this group. Meat and poultry choices should be lean or low-fat.

Key Message: Choose lean protein.

Dairy: All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, however, foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are not part of this group. Calcium-fortified plant based "milks" (i.e., soy beverage) is also part of this group.

Key Message: Choose fat-free or low-fat dairy products.



3. Interest Approach (5 Minutes)

- A balanced diet is very important for our bodies to remain healthy, why is exercise and physical activity important for our bodies? *It keeps are bodies active and it can even increase our life expectancy and prevent heart disease and other health problems.*
- What are ways in which we can exercise? *Sports, playing on the playground, riding a bike, etc.*
- How many minutes a day should we exercise? *60 minutes.*
- In our next activity we are going to review our five food groups as we create a 'Give Me Five!' Hand.

4. Learning Activity 1 – Give Me Five! (40 Minutes)

Activity Adapted from Oregon Agriculture in the Classroom Foundation

- Review that food groups are collections of foods with similar nutritional benefits. Nutrition guidelines recommend daily servings from each group for a healthy diet.
- Ask students to name any food groups they know. List answers on the board. Fill in any of the five groups that are not mentioned.
- When all five groups are on the board, review them and discuss how each makes our bodies healthy.
- Ask students to name foods they like to eat in each group. Record answers on the board. In the end, there should be a list of the five food groups and foods in each group.
- Remind students that each day they should eat from the five food groups for a healthy diet – fruits, vegetables, grains, protein, and dairy. Have them hold up one hand and list the five groups, one for each finger. After they list off the five groups, have them turn to a partner and give each other a high five. To help them remember the five food groups, students will be making a Give Me Five! hand.
- Each student will need to have a paper hand, a popsicle stick (pencils work too), tape, and crayons or markers.



- On one side of the hand, students write the name of a food group on each finger. In the center of the palm they write "Exercise Daily." (see example below)
- On the other side of the hand students should write/draw a state-grown food for each food group in the corresponding finger area (Ex: fruits/picture of apple).



- i. Have them write/draw their favorite exercise in the palm area. (See example below).
- j. Students cut out the hand then tape on a popsicle stick at the wrist area.



- k. When they are done, as a group repeat the five food groups. Ask students to share examples of food they wrote down for each food group.
5. Ask Follow Up Questions and Make the Connection to Agriculture (10 Minutes)
- **What does a balanced diet include?**
A balanced diet includes all five food groups.
 - **Other than a balanced diet, what else is important for good health?**
Exercise is also important to good health.
 - **What foods are produced locally that we can use on our plate?**
Use the commodity list below.
 - **Where can we find locally produced foods?**
Grocery stores, farmer's markets, orchards, produce stands, in fields, dairy barns, on trees, etc.
 - **Who grows the food we eat?**
Farmers and ranchers.
 - **If we don't grow certain foods in Nebraska, how do we get it to our grocery stores?**
We must ship it in from another state or import it from another country.
 - **Do we rely on farmers and ranchers for our daily needs?**
Yes, they provide us with food which we need to survive as well as products for clothing, shelter, and fuel.



A List of Agriculture Commodities

YELLOW =Nebraska Agriculture Top Commodity

BOLD=Is known to be grown or raised in Nebraska

Alfalfa Hay

Alfalfa Seed

Alpacas/Llamas

Apples

Apricots

Artichokes

Asparagus

Barley

Bass

Beans, dry

Bees, Honey

Beets

Blackberries

Blueberries

Boysenberries

Broccoli

Brussel Sprouts

Buckwheat

Cabbage

Canola

Cantaloupes &

Muskmelons

Carrots

Cattle, Beef

Cattle, Dairy & Milk

Cauliflower

Celery

Cherries

Chickens, Eggs

Chickens, Meat

Christmas Trees

Clams

Cod

Corn, Sweet & Grain

Cranberries

Cucumbers

Dairy Cattle, Milk

Dungeness Crab

Eggplant

Emus, Ostriches

Figs

Fish

Flax

Flounder

Game Birds, Quail,

Pheasants

Garlic

Goat Products

Gooseberries

Gourds

Grapes

Green Beans

Greens, Cut

Hay

Hazelnuts

Herbs

Hogs and Pigs

Hops

Horseradish

Horses

Kale

Kiwi Fruit

Lentils

Lettuce

Mint

Mules & Donkeys

Mushrooms

Mustard

Nectarines

Nuts

Oats

Olives

Onions

Oysters

Parsnips

Peaches

Pears

Peas

Peppermint

Peppers

Plums

Potatoes

Prunes

Pumpkins

Rabbits

Radishes

Raspberries, Red

Raspberries, Black

Rhubarb

Rice, Wild

Rutabagas

Rye

Safflower

Salmon

Sheep & Lambs, Wool

Silage, Corn

Sorghum

Soybeans

Spruce

Sod

Squash

Straw

Strawberries

Sugar Beets

Sunflower, Oil & Seed

Swiss Chard

Tomatoes

Trout

Tuna

Turf Sod

Turkeys

Turnips

Walnuts

Wasabi

Watermelon

Wheat

Yams, Sweet Potato

Zucchini

