

## Grade 1

## Lesson 4

### Lesson plan

Lesson theme	The 5 food groups	Grade	1
Duration	30 minutes	Date/week	
Context			
<ul style="list-style-type: none"><li>Making healthier food choices</li><li>Benefits of leading a healthy lifestyle.</li></ul>			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none"><li>Expand learners’ knowledge and understanding of healthy foods</li></ul>		<ul style="list-style-type: none"><li>Learners learn how to lead healthier lifestyles.</li></ul>	
Core knowledge			
<ul style="list-style-type: none"><li>The 5 food groups are:<ol style="list-style-type: none"><li>Bread, cereals, rice and pasta</li><li>Fruit and vegetables</li><li>Meat and meat substitutes</li><li>Milk and dairy products</li><li>Fats and oils.</li></ol></li></ul>			
Learning activities and assessment			
<ul style="list-style-type: none"><li>Discuss the 5 food groups and the importance of eating foods from each food group</li><li>Learners use magazine clippings to select different types of foods from all 5 groups</li><li>Learners play a card game to show their understanding of the different food groups and which foods fall under which group</li><li>Learners pull different foods (or food packaging) out of a bag and decide under which food group the food belongs</li><li>Learners complete a worksheet for lesson 4.</li></ul>			
Forms of assessment		Resources	
<ul style="list-style-type: none"><li>Worksheet for lesson 4</li><li>Oral/discussion.</li></ul>		<ul style="list-style-type: none"><li>Magazines</li><li>Newspapers</li><li>Scissors</li><li>Glue</li><li>A3 pieces of paper with a picture of a trolley on each 1</li><li>Pictures of or packaging of food</li><li>Food group snap cards</li><li>Worksheets.</li></ul>	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none"><li>Encourage learners to eat a variety of foods from all 5 food groups.</li></ul>		<ul style="list-style-type: none"><li>Learners understand how foods can be categorised into 5 food groups</li><li>Learners understand what foods belong to each food group</li><li>Learners see the importance of eating foods from all the 5 food groups.</li></ul>	

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### Lesson 4: The 5 food groups (30 minutes)

#### 1 Outcomes

**By the end of this lesson the learners should be able to:**

- List the 5 food groups
- Identify which foods fit into which food group.

#### 2 Teacher's corner

Foods that are similar in origin and nutritional content can be classified into food groups. Food groups can be used as a practical tool for planning a healthy and balanced diet. Selecting foods from each food group on a daily basis ensures a diet rich in a variety of nutrients.

**The 5 food groups are:**

1. Bread, cereals, rice and pasta
2. Fruit and vegetables
3. Meat and meat substitutes
4. Milk and dairy products
5. Fats and oils.

**Tip to explain the 5 food groups:**

Ask the learners to hold up one hand and spread their fingers. Explain to them: 'There are 5 food groups needed for good health. As I call out each food group name, repeat it out loud. Bend down a finger each time we say a food group.'

You can then ask the learners to spread their fingers, close their eyes and see how many food groups they can remember, bending down a finger for each food group.

#### 3 Activities

**For lesson 4, you'll need the following equipment:**

- For activity 1: magazines, newspapers, scissors, glue, A3 pieces of paper with a picture of a trolley on each one and pictures or packaging of food
- For activity 2: food group snap cards – each card must have a food group on. Food snap cards – each card must represent a different type of food. There must be enough food and food group snap cards so that each pair of learners in your class has a set of each type of card.

#### Activity 1: What is nutrition? (10 minutes)

The aim of activity 1 is to help the learners get a good understanding of the 5 food groups. Before you assign the learners their tasks, you need to discuss the 5 food groups.

- Explain that foods which give us similar nutrients are divided into food groups
- List the food groups and give examples of each
- Use pictures/posters to support the discussion.

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Once you have discussed the food groups with the learners, it is time for them to put this knowledge into practice.

- Prepare an interest table with samples of the different foods. You can collect empty packaging before the activity and use it for the display. Ask the learners to bring some packaging to class.
- Give each learner a 'trolley' and let them 'shop' through the magazines and newspapers and select different types of food
- Ask the learners to paste their food choices onto the trolley. Emphasise that they should have foods from all 5 food groups in their trolley.
- Provide the opportunity to discuss the foods that learners have shopped for in their trolley.

### Activity 2: Food snap (10 minutes)

Activity 2 involves getting the learners to play a card game to show their understanding of the different food groups.

- Place the learners in pairs
- Each pair should have 2 sets of snap cards – a set of food group cards and a set of food cards
- Both piles of cards must be placed face-down on the desk or carpet
- The first player must turn over 1 food group card and then turn over 1 food card. If the category of food matches the food group, then the first player to call out 'snap' wins that pair of cards.

#### Examples:

- a. A picture of bread, cereal, rice and pasta on a food group card 'snaps' a picture of cereal on a food card
  - b. A vegetables and fruit food group card 'snaps' a picture of an apple on a food card.
- If the cards don't match, then they should be returned to the bottom of the pile
  - The learner who has the most pairs of cards at the end of the game wins.

### Activity 3: Guess the food group (5 minutes)

Activity 3 requires the learners to identify which foods fall under which food groups.

- Make a mystery shopping bag by filling it with different foods or packaging of foods
- Have 1 learner at a time come to the bag, reach in and try to identify 1 of the foods
- The learner may pull the food out of the bag and show the class
- Help the learner decide to which food group the food belongs.

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### Wrap up: (3 to 5 minutes)

End the lesson by recapping the 5 food groups and the types of food that fit into each group. Remind the learners of the importance of eating food from all the food groups.

Introduce the worksheet for lesson 4 to the learners.



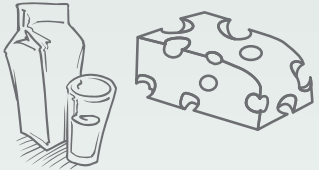

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## Worksheet: Grade 1, lesson 4

### Task 1: Colour in the food groups

Match the food group in column A with the food in column B by drawing a line to join them together.

Food group	Food
Bread, cereals, rice and pasta	
Meat and meat substitutes	
Fats and oils	
Milk and dairy products	
Vegetables and fruit	