

# Lesson 17

## Foods Help Your Body in Different Ways

### Overview

This lesson continues instruction in MyPlate, with a focus on how different foods help the body and how much to eat from each food group each day. Students review the food groups to learn the jobs each group performs in maintaining health and how often to eat foods from each group and record this information. Then they complete an activity sheet to summarize what they've learned about MyPlate. They take home a mini-poster to remind them about eating healthy, and a family sheet to help them talk about healthy snacks with their parents or guardians.

**Time:** 45 minutes

### Lesson Objectives

**Students will be able to:**

1. Identify the amount of food from each food group that a child needs daily.
2. Identify the jobs different food groups do for the body.
3. Describe the benefits of eating plenty of fruits and vegetables.
4. Explain the importance of eating a variety of foods from all the food groups.

### Healthy Behavior Outcomes

**HE-1:** Eat the appropriate number of servings from each food group every day.

**HE-2:** Eat a variety of foods within each food group every day.

### National Health Education Standards

**Standard 1: Comprehending Concepts**

**Performance Indicator**

**1.5.1:** Describe the relationship between healthy behaviors and personal health.

## Materials & Preparation

- Review **Images 17A–C**.
- Review the **Foods Have Jobs to Do!** reading sheet, the **Focus on Food Groups** activity sheets and the **What's on My Plate?** activity sheet in the Student Workbook.
- Prepare an **I Eat Healthy Every Day!** mini-poster (Master 17A) and a **Table Talk: Our Top 10 Healthy Snacks** family sheet (Master 17B) for each student.

*Note: The Grade 4 nutrition lessons on MyPlate—Lessons 16 and 17—are intended to be taught in sequence. The activity sheets from Lesson 16 are completed in this lesson.*

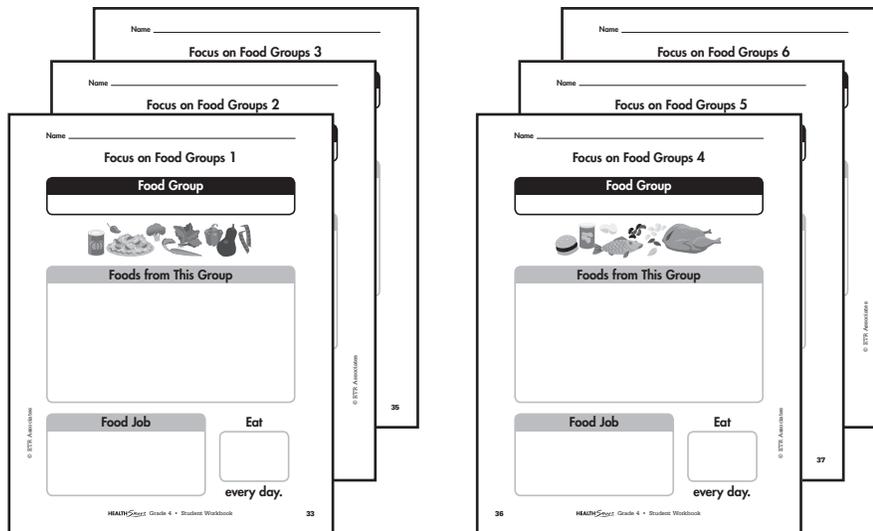
## Teaching Steps

*(Note: Students will need their **Focus on Food Groups** activity sheets begun in Lesson 16.)*

## Review

We've been learning about MyPlate and the big picture view of healthy eating. You've already identified foods you like to eat in each of the food groups.

*Have students turn to the **Focus on Food Groups** activity sheets.*



**Workbook pages 33–38**



## Read & Complete

Learning what different foods do for your body is a good way to learn more about making healthy food choices.

Have students turn to the **Foods Have Jobs to Do!** reading sheet and ask volunteers to read the descriptions for each food group aloud, one at a time.

## Show Image 17A

You're going to label the Food Job boxes on your activity sheets with the good things different kinds of foods do for your body.

Point to each group on **Image 17A** as you discuss it. Summarize the main jobs of each food group. Then ask students to name examples of foods that do this job.

Label the Food Job boxes on the activity sheets for the vegetables and fruits groups “Vitamins and Energy.”

Allow time for students to turn back to and fill out the boxes on the corresponding **Focus on Food Groups** activity sheets.

Name some of the foods that do this job.

Accept all answers that fit.

Label the Food Job box on the activity sheet for the grains group “Lasting Energy.”

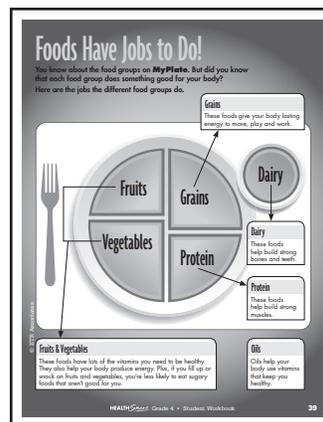
Allow time for students to turn back to and fill out the boxes on the corresponding **Focus on Food Groups** activity sheet.

Name some of the foods that do this job.

Accept all answers that fit.

Label the Food Job box on the activity sheet for the protein group “Strong Muscles.”

Allow time for students to turn back to and fill out the boxes on the corresponding **Focus on Food Groups** activity sheet.



Workbook page 39

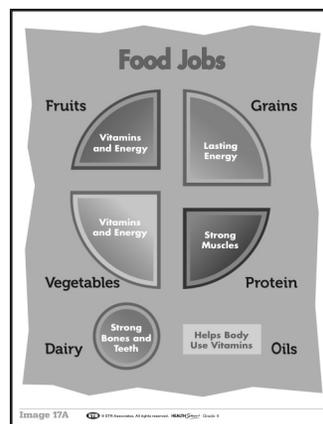


Image 17A

Name some of the foods that do this job.

*Accept all answers that fit.*

Label the Food Job box on the activity sheet for the dairy group “Strong Bones and Teeth.”

*Allow time for students to turn back to and fill out the boxes on the corresponding **Focus on Food Groups** activity sheet.*

Name some of the foods that do this job.

*Accept all answers that fit.*

### **Explain**

**Oils** are found in fish, nuts and vegetable oils. These oils help your body use vitamins that keep you healthy.

Remember that sweets and solid fats such as butter or margarine aren't good for your body. Over time, eating too much of these foods can cause health problems. Cut down on sweets to stay healthy.

### **Complete**

Label the Food Job box on the activity sheet for oils “Helps Body Use Vitamins.”

*Allow time for students to turn back to and fill out the boxes on the corresponding **Focus on Food Groups** activity sheet.*

### **Summarize**

All the food groups on MyPlate have different jobs to do. This is why it's important to eat foods from all the different food groups. How you eat now will affect you and your body for a lifetime.

### **Show Image 17B**

There's one more piece of information you need to complete your **Focus on Food Groups** activity sheets: how much you need to eat from each food group each day to be healthy.

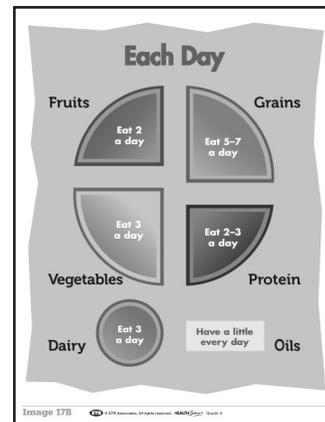


Image 17B

© ETR Associates. All rights reserved.

## Explain

Eating different foods in the right amounts is one of the best ways to grow healthy and strong and keep your body free from illness.

On each food group sheet, you'll see a box to fill in with how many foods from that group you should eat each day. Let's do that now.

## Complete

Have students label the boxes on each **Focus on Food Groups** activity sheet with the number of foods to eat from that group per day.

- Eat 3 foods from the vegetables group each day.
- Eat 2 foods from the fruits group each day.
- Eat 5 to 7 foods from the grains group each day.
- Eat 2 to 3 foods from the protein group each day.
- Eat 3 foods from the dairy group each day.
- Have a little healthy oil every day. You can get this from the foods you eat such as salad dressing, nuts and fish.

*(Note: The emphasis is on variety of foods at this age, so servings are recorded as number of times foods from each group should be eaten per day. The recommendations are based on information at [www.choosemyplate.gov](http://www.choosemyplate.gov) and cover the range of amounts recommended for an inactive 9-year-old girl to a very active 10-year-old boy.)*

## Summarize

Eating the right amounts from the different food groups can help keep you healthy. It's also important to remember to drink plenty of water and to move your body and be physically active or exercise each day.

## Show Image 17C

Look at this picture. What do you see?

## Ask & Discuss

Is this someone like you?

What is the picture telling you?

If you do what the picture says, what will happen?

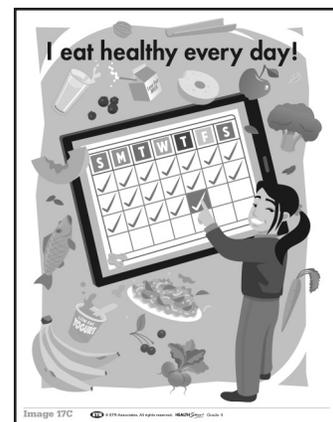
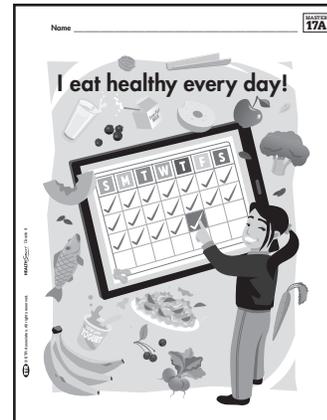


Image 17C

## Summarize

This picture can help you remember the things you learned about different food groups, what different kinds of foods do for the body, and how to use MyPlate to eat healthy each day.

*Distribute an I Eat Healthy Every Day! mini-poster to each student. Explain that this is their copy to take home to share and remind them to practice their healthy behaviors.*



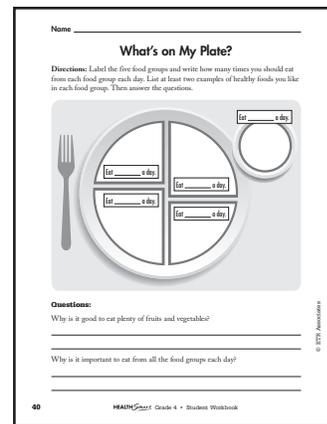
Master 17A

## Complete & Share

Have students turn to the **What's on My Plate?** activity sheet.

Now you'll have a chance to show all the things you've learned about how to eat healthy with MyPlate. Label the five food groups and write how many times you should eat from each food group each day. List at least two examples of healthy foods you like in each food group. Then answer the questions.

*Allow time for students to complete activity sheet. Ask for volunteers to share their food examples and answers to the questions.*

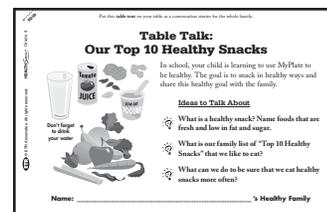


Workbook page 40

## Send Home

*Distribute a Table Talk: Our Top 10 Healthy Snacks family sheet to each student. Explain that they will take this sheet home to share with their families.*

*Have students write their names on the activity sheet and fold it in half to create a table tent. Explain that it goes on the dinner table or wherever the family gathers to eat to help them talk with their families about using MyPlate to choose healthy snacks.*



Master 17B

## Debrief

*Over the next few days, take a few minutes to follow up on students' experiences.*



**Assessment Evidence****Students:**

1. Identified the amount of food from each food group that a child needs daily by:
  - Completing the **What's on My Plate?** activity sheet.
2. Identified the jobs different food groups do for the body by:
  - Completing the **Focus on Food Groups** activity sheets.
3. Described the benefits of eating plenty of fruits and vegetables by:
  - Completing the **What's on My Plate?** activity sheet.
4. Explained the importance of eating a variety of foods from all the food groups by:
  - Completing the **What's on My Plate?** activity sheet.