Lesson plan for teachers
Nutrition lesson 1: The five food groups

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Learning intentions

- To understand the five food groups and why each is important for a healthy diet

Key messages

- Fruit and vegetables: Eat at least five a day
- Starchy carbohydrates: Choose whole grain
- Protein: Vary your protein
- Dairy: Know your dairy
- Fats and healthy oils: Limit them
- Treats are for special occasions

Before the lesson

- Read through the message in full (see **Nutritional messaging for children**, page 3)
- Print one copy of the nutrition graphic per pupil
- Gather examples of foods from each food group to show the children – if you can't use real food examples, collect a variety of foods images instead
- Arrange the classroom into four areas for the food-group game-show activity

Running order

1. Welcome children to the classroom
2. Introduce learning intentions
3. Explain what the five food groups are and why each one is important, using real food examples of food images. If possible, let children taste the different foods as you explain all about the food groups
4. Split the children into four teams, then direct them to the four areas and ask them to face you, the game-show host
5. Explain the premise of the game: to name the food group each food falls into. Call out or hold up a food and get the children to buzz in (or make a buzzing noise) if they know which group the food belongs to. If the correct answer is given, their team will be awarded 10 points. The team with the most points wins
6. Announce the winning team
7. Recap the key messages at the end of the lesson, answering any extra questions the children may have

Plenary

Food group diary:
Get the children to keep a food diary of everything they eat and drink over the course of the next day. Identify which food groups each item of food or drink falls into, then turn the results into a bar graph or a pictogram depicting how much of each food group they have consumed. Work out whether the children have eaten from all five food groups, and in the right proportion, or whether they need to balance their plate