

Nutrition in the Classroom: Snack Time with Hornsby

Grade: K-2

Time: 30 minutes

Materials:

- Snack time with Hornsby video

Objectives:

- Learn the names of all 5 food groups and examples of foods from each group
- Learn that how to pick a snack with at least 2 food groups
- Learn that basic benefits of each food group

Introduction:

Have you ever been feeling a little bit different but didn't know why? Maybe you felt sleepy, or maybe you felt a little sad, or maybe your body was just telling you that it needed a little bit of energy! Snacks can be a good way for us to fuel our body and make sure we have energy for our day. Let's watch a video to see how Hornsby picks his snacks!

Snack time with Hornsby video script:

IAK to Hornsby:

Hey Hornsby, you look a little tired. I was hoping we could play some games, but you don't seem to have the energy to play.

IAK to screen:

Let's check in to see what is wrong with Hornsby. Maybe we can help. Think of a time when you didn't have the energy to play. Hmmmmmm....

IAK to Hornsby:

Did you get enough sleep (Hornsby shakes head yes)

Are you sad about something that happened at school (Hornsby shakes head no)

Oh I know! Are you hungry? (Hornsby shakes head yes)

Well, let's pick out a snack! You know a way to pick out a good snack is to make sure you have more than one food group.

Hornsby picks out a snack that is two of the same food group.

IAK to Hornsby:

Oh, those are two foods in the same group silly! Try again.



Hornsby picks out a snack that is two different foods from the same food group.

IAK to Hornsby:

Those are both in the same group too. We need more of a variety than that! Let's talk about the food groups so we can pick a better snack.

Do you know how many food groups there are? (Hornsby thinks about it and shows a variety of answers on his fingers eventually just shrugging his shoulders)

There are five different groups! We have fruits, vegetables, grains, dairy, and protein!

Our fruits and vegetables are full of what we call nutrients. They are so important for our body. We need them for our bodies to grow, for our skin to be healthy, for your fur and my hair to grow. And you know what? We need them to give our body energy through one particular nutrient we call carbohydrates.

Hornsby, do you like fruits and vegetables? Oh, me too. There are so many tasty ones.

So you know how I mentioned that nutrient that gives us energy? Do you remember what it was called? Carbohydrates. We another group that also gives us lots of energy. It is called the grains group. Can you pick out a grain food? (Hornsby picks out a grain food model) Oh good job! Pasta, rice, bread, oats, and cereal are all different grains. My favorite whole grain is popcorn!

Our next group is dairy. You may have already heard about dairy because it is so important for the growth of your bones and teeth! That is because it has two different nutrients, calcium and vitamin D. Dairy can be easy to recognize because it all comes from cows. But don't worry, if you don't like or can't have dairy you can get calcium and vitamin D from other foods too.

Okay Hornsby, we are on to our last group. Protein! Do you know what part of our body protein is important for? (Hornsby flexes to show muscles). That's right! Protein is important to help our muscles grow big and strong.

Let's see what you learned. Can you show me now how many food groups we have? (After a second, Hornsby holds up 5 fingers) Great job! Our five groups are fruits, vegetables, grains, dairy, and protein. They are all so important. That is why when we pick a snack we try to eat more than one group at a time. Okay Hornsby. Try to pick out a good snack now.

Hornsby picks out a snack that has two food groups.

IAK to Hornsby:

Great job! Now let's eat our snack so that we have energy to go play.

Activity:

The students will now have a chance to build their own MyPlate.



- Pass out the blank MyPlate and a bag of crayons to each student. Give them time to draw and color foods into each food group. If needed- talk about each of the food groups one by one and have the students color in each section together as a class. Give examples and guide the students through the entire My Plate.
- As time allows, review these points of the video with the My Plate
 - Based on the foods that you drew on your My Plate, let's talk about what would make some good snacks! We learned with Hornsby that we need at least how many food groups to make a good snack? (2).
 - Raise your hand and tell me two different foods that you drew that would be tasty if you ate them together for a snack! (Make sure that the student is listing 2 different food groups)

Conclusion:

Ask the students to answer the following questions:

- How many food groups are there? (5); let's name them. (As a class name each of the different food groups).
 - Our fruits and vegetables help us grow and help our body use energy
 - Our grains also give us energy for our brains
 - Our dairy foods help our bones and teeth stay strong
 - Our protein foods help our muscles grow
- How many food groups should we have in our snacks (at least 2).
- Okay class, let's make it our goal to have two food groups in our snacks whenever we are able to this week!

National Health Education Standards:

- Standard 1
- Standard 5
- Standard 6
- Standard 7
- Standard 8

Oklahoma Academic Standards - Health:

- 1.2.1
- 5.2.1
- 6.2.1
- 7.2.1; 7.2.2
- 8.2.1

CASEL Competencies:

- Self-awareness
- Self-management
- Responsible decision-making

