

Purpose:

Students will explore the five food groups and the eight basic nutrients our bodies need for a healthy, active life.

Cross Curricular Connections and Colorado Academic Standards:

3rd Grade Science:

Comprehensive Health

- Demonstrate the ability to make and communicate appropriate food choices.

4th Grade Science:

Comprehensive Health

- Demonstrate the ability to set a goal in order to enhance person nutrition; Explain the importance of eating a variety of foods from all the food groups.

5th Grade Science:

Comprehensive Health

- Demonstrate the ability to make good decisions about healthy eating behaviors.

3rd, 4th, and 5th Grade Reading, Writing, and Communicating: Reading for all Purposes

- Apply strategies to fluently read, comprehend, interpret, and analyze various types of informational texts.

How to use:

Pass out one copy of the *Colorado Reader* to each student. Also, make copies of the Student Worksheet (on the back of this page) and distribute to students. Another option is to send these items home with your students (or include in homework/enrichment packets) to complete at home on virtual learning days. Review the provided vocabulary with your students. Ask your students to read the *Colorado Reader*, completing the activities within the *Reader* as they go. They should also complete the Student Worksheet, using the content within the *Reader*. Answers to the activities

in the *Reader* are obelow, should you desire to collect and score responses.

Lesson Plans to go with this Reader

The Agricultural Literacy Curriculum Matrix is an online, searchable, and standards-based database for K-12 teachers. The Matrix contextualizes national education standards in science, social studies, and nutritional education with relevant instructional resources linked to Common Core Standards. Below are a few lesson plans that could be used in conjunction with this *Colorado Reader*. Go to www.GrowingYourFuture.com and click on Curriculum Matrix (on the Home Page or under the Educator's Tab), search each title within the Curriculum Matrix to find these lesson plans.

FoodMASTER (3-8): A series of 10 lessons exploring food production, food safety, meal management, and measurement.

Give Me Five! (3-5): Students examine the five food groups and what state-grown foods fit into each group by making a local connection to good nutrition and a healthy lifestyle. <https://agclassroom.org/matrix/lesson/36/>

Understanding MyPlate (3-5): Students explore appropriate serving sizes and learn how to make healthy dietary decisions by understanding the components of nutrition as illustrated by MyPlate. <https://agclassroom.org/matrix/lesson/379/>

Use the search word "nutrition" at www.AgClassroom.org/Matrix for additional free lessons and classroom activities (or scan the QR code).



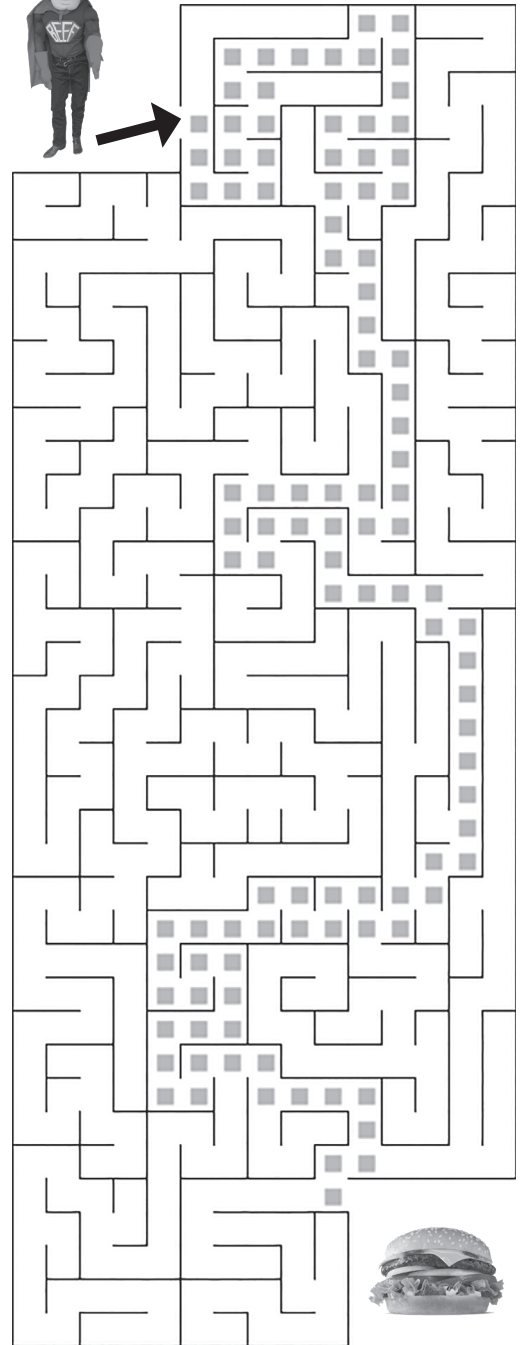
Answers

Page 6 - What about calories:

- 22 grams of protein = 88 calories
- 0 grams of carbohydrates = 0 calories
- 10 grams of fat = 90 calories

Page 7 - Beef Trivia Questions

1. A. Memorial Day
2. C. 1,000 quarter-pound burgers
3. B. 12 basketballs



Student Worksheet - What food group am I?:

Answers: 1. Grains; 2. Vegetables; 3. Fruits; 4. Dairy; 5. Protein; 6. Protein, Vegetables, and Grains; 7. Answers will vary but should include one item from the fruit group and one dairy item.

WHAT FOOD GROUP AM I?

1. Foods in my group supply the B vitamins that are important in keeping your blood, skin, and nervous system healthy. My foods are naturally low in fat and high in carbohydrates that provide you an important source of energy. These foods provide fiber and help with digestion.

What food group am I? _____

2. My foods can be eaten raw, cooked, or consumed as juice. They are the main source of vitamin A, which is important for healthy skin and eyes. Foods in my group are naturally low in fat and provide a good source of fiber.

What food group am I? _____

3. My foods provide the main source of vitamin C, which helps your body heal and grow new cells. My foods are a good source of fiber, can be eaten whole, and are often consumed as juice. These foods can also be dried and eaten as tasty snacks.

What food group am I? _____

4. My foods are rich in calcium, which helps keep muscles and nerves working properly. Vitamin D is often added to my foods to help your body absorb my calcium and to build and maintain strong bones and teeth. Foods from this group come from animals.

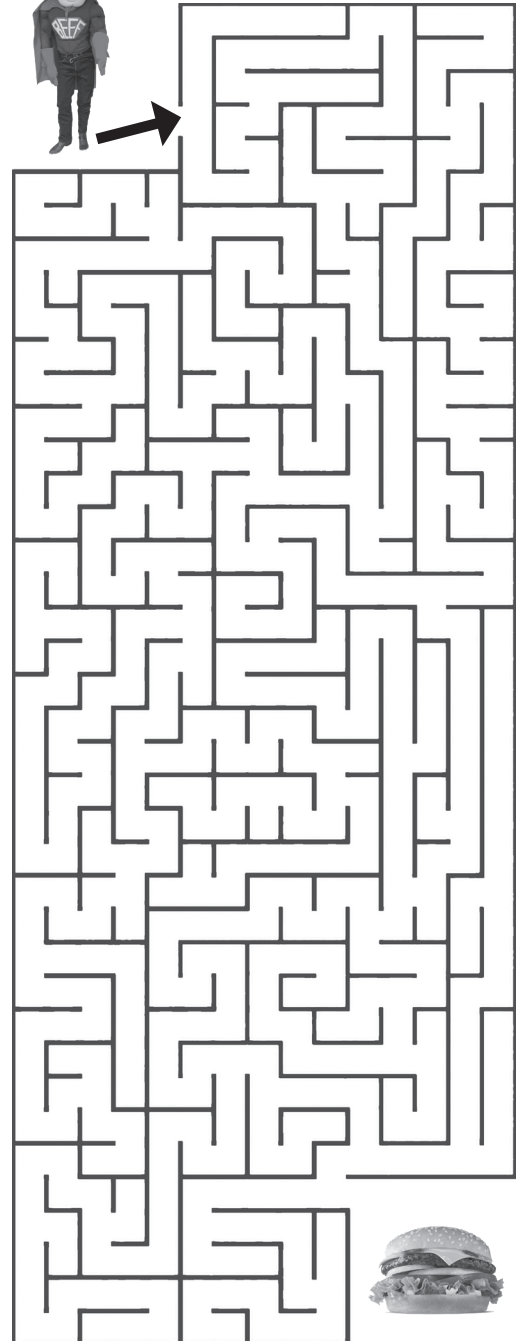
What food group am I? _____

5. Foods in this group come from both animals and plants. You need my foods to build strong muscles, repair and build new body tissue, and keep skin, hair, and nails healthy. Some foods in this group can be high in fat, so be sure to make low fat choices!

What food group am I? _____

6. What food groups are represented by the "Rock and Roll Beef Wraps" recipe in the *Colorado Reader*?

HELP BEEF MAN FIND THE HAMBURGER BY COMPLETING THIS MAZE.



7. What could you eat with the beef wraps to hit the target of a meal from all five food groups?
