

Thanksgiving Dinner Breakdown

Overview: Students list their favorite Thanksgiving foods and research what category they should be on the Healthy Eating Plate.

Objective: Students will be able to:
sort Thanksgiving foods into the correct nutrition categories
create a healthy plate for their Thanksgiving meal.

Grades: 3-5, can be modified for older grades

Materials:

Healthy Eating Plate from Harvard Medical School

Let's Talk Turkey: Nutrition powerpoint presentation

Healthy Eating Plate printable student version one copy per student

NOTE: all resources are available to download under Animal Agriculture/Turkeys at newjersey.agclassroom.org.



Instructions:

Show the *Let's Talk Turkey: Nutrition* powerpoint presentation and introduce students to the idea of the Healthy Eating Plate if they have not seen it before. Discuss what types of foods fall into each category. Be very general for this introduction/review. Give each student a copy of the Healthy Eating Plate printable version.

Students brainstorm a list of Thanksgiving foods. This can be done individually, in small groups, or with the whole class.

Next, students will research what food category their Thanksgiving favorites fall into. Assign individuals or small groups specific foods to look up.

Students will write each Thanksgiving food into the correct category on the Healthy Eating Plate.

Evaluation:

completed Healthy Eating Plate sheet

Extension:

Give students another copy of a blank Healthy Eating Plate and challenge them to think of another holiday that they associate with food. Have students write or draw the foods they

eat in each part of the plate. This can also serve as a jumping off point for discussions about different holidays and foods in various cultures.

New Jersey Learning Standards:

Comprehensive Health and Physical Education

- Nutrition - By the end of grade 5, students will understand the principles of a balanced nutritional plan (e.g., moderation, variety of fruits, vegetables, limiting processed foods) assists in making nutrition related decisions that will contribute to wellness.
- Nutrition - By the end of grade 2, students will know that nutritious food choices promote wellness and are the basis for healthy eating habits.

Extension Activity:

Diversity and Inclusion

C.18A:35-4.36a (1) highlight and promote diversity, including economic diversity, equity, inclusion, tolerance, and belonging in connection with gender and sexual orientation, race and ethnicity, disabilities, and religious tolerance.