

Lesson/Activity Title:

FOOD GROUP BINGO



Time: Approximately 90 minutes*

Focus (5-10 min); Teach/Model (5-10 min); Guided Practice (5-10 min); Independent Practice (20-30 min*); Closure (20-30 min*)

*May be divided into instructionally appropriate blocks of time

Instructional Goals:

- The student will learn about the different food groups and their recommended servings per day.
- The student will search a database to locate and record needed information in a graphic organizer.
- The student will be challenged to try foods from different food groups.

Integrated Content Standards

- AASL Standards Framework for Learners- (<http://standards.aasl.org/wp-content/uploads/2017/11/AASL-Learner-Framework-Spread.pdf>)
- CASEL Core SEL Competencies- (<https://casel.org/core-competencies/>)
- Center for Disease Control Healthy Schools- National Health Education Standards- (<https://www.cdc.gov/healthyschools/sher/standards/index.htm>)
- Common Core English Language Arts/Literacy Standards (www.corestandards.org/ELA-Literacy/)
- National Educational Technology Standards for Students (<https://www.iste.org/standards/for-students>)

Materials/Resources:

- **PebbleGo Health** online database
- **Food Group** graphic organizer
- **Food Group Bingo** template

Procedures/Lesson Activities:

Focus

1. Ask students to name some of their favorite foods. List them for the class to view and discuss together.
2. Explain to students that we group foods based on the type of food it is. There are five different food groups: grains, proteins, dairy, fruits, and vegetables. There is also another "unofficial" group called junk food.
3. Discuss with students how some of their favorite foods, such as tacos or pizza, are made from foods in different groups. For example, cheese pizza might have ingredients from the grains (crust), dairy (cheese), and vegetable (tomato sauce) groups.

Teach/Model

4. Tell students that doctors and scientists who study health and nutrition recommend we eat a certain amount of food from each food group in order to stay healthy.
5. Explain that, as a class, they are going to create a Food Group Bingo, and everyone will be challenged to play the bingo game.
6. Show students the **Food Group Bingo template** and explain that the bingo board will need to have the correct number of food group example foods filled in. The challenge will be to try at least one food from each column (four foods total).
7. Have students choose a food group to research: grains, proteins, dairy, fruits, vegetables, and junk food. (Make sure at least one student is researching each food group. It is best to have at least two or three students research the grains group, since this group will need five example grains for the bingo challenge.)

Guided Practice

8. Demonstrate how to navigate to the different food group articles in **PebbleGo Health**.
9. Give each student a **Food Group graphic organizer**.
10. Explain how to complete the **Food Group graphic organizer**.
 - In the top box, students write the name of their food group.
 - In the middle box, they color in the number of forks corresponding to the number of recommended daily servings for that food group. (For example, if it is recommended to eat three dairy servings a day, students color in three forks.)
 - In the bottom box, students write or draw three example foods from that food group on the plates.
 - For the bibliography, students write the citation for their information source, **PebbleGo Health**.

Independent Practice

11. Students research their food group in **PebbleGo Health** and complete the **Food Group graphic organizer**.
12. After students have completed their **Food Group graphic organizers**, have them meet with other students researching the same food group. Ask students to compare their research information and share their information with the class.
13. Ask each food group to choose their example foods that they want to challenge the class to try. Each group will need to pick the number of foods equal to the recommended daily serving amount for that food group. (For example, the grains group will need to pick five example grains, since it is recommended that we eat five servings of grains a day. They might choose popcorn, rice, oatmeal, bread, and pasta for their challenge foods.)

The junk food group will need to discuss how many servings of junk food a day would be appropriate to eat. They may decide zero or one serving. Ask them to also choose one healthy snack as a replacement for junk food. If necessary, have them review the Foods to Eat Instead tab within **PebbleGo Health's** Junk Food article, as well as search for the Healthy Snacks article for additional information.

Closure

14. Work as a class to fill in the **Food Group Bingo template** with each groups' challenge foods.
 - Divide the example foods among the columns so students will be encouraged to try different food groups while completing the challenge. (The challenge is to eat one food from each column.)
 - There are enough spaces on the **Food Group Bingo template** to include one junk food choice and one healthy snack choice. Ask the students researching the junk food group to explain the difference to the class and the reasons for the foods they chose.
15. Make copies of the class' **Food Group Bingo** for students to take home. Challenge students to choose one food from each column to try. Recognize students who complete a bingo.



Extend/Enrich

- Ask students to read/listen to the Planning Meals article in **PebbleGo Health**. Challenge students to create a "perfect day" meal plan that includes the number of recommended servings for all five food groups.
- Have students create a matching game of food groups and their example foods.

Name _____

FOOD GROUP BINGO

Color in the square for each food you try.
Create a bingo by trying at least one food from each column.

F	O	O	D

Name _____

FOOD GROUP BINGO *EXAMPLE*

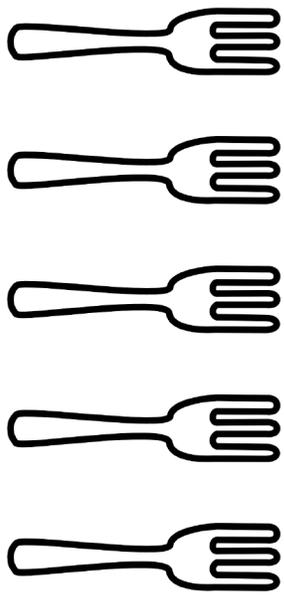
Color in the square for each food you try.
Create a bingo by trying at least one food from each column.

F	O	O	D
Grain: Pasta	Healthy Snack: Apple Slices	Protein: Beef	Fruit: Orange
Vegetable: Carrots	Dairy: Cheese	Dairy: Yogurt	Vegetable: Peas
Grain: Popcorn	Protein: Chicken	Grain: Bread	Fruit: Grapes
Grain: Oatmeal	Protein: Fish	Protein: Eggs	Vegetable: Corn
Dairy: Milk	Junk Food: Piece of Candy	Fruit: Kiwi	Grain: Rice

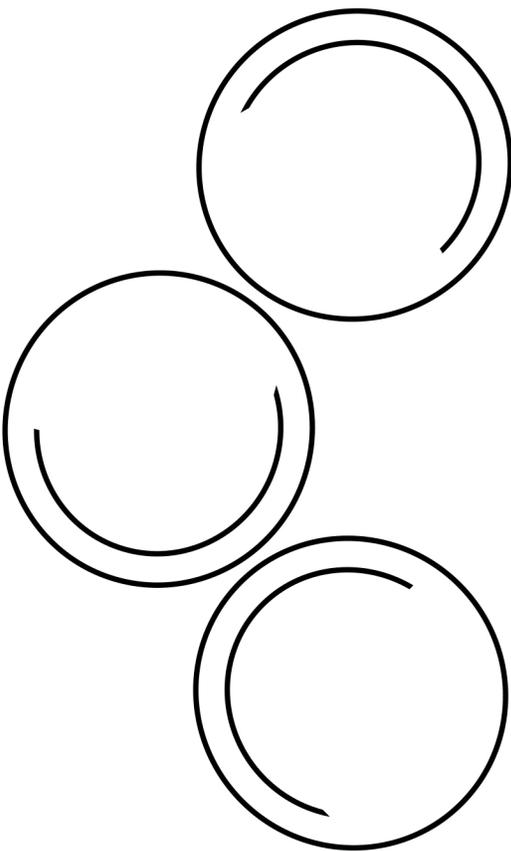
Name: _____

Food Group Name

How many servings a day?



3 Examples

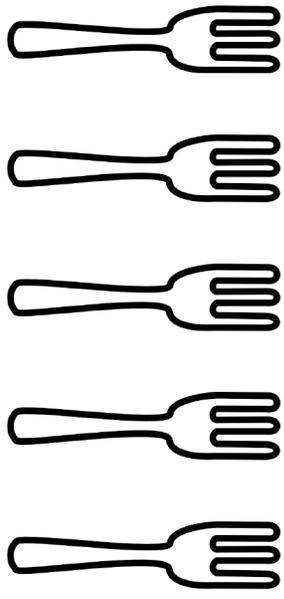


Bibliography: _____

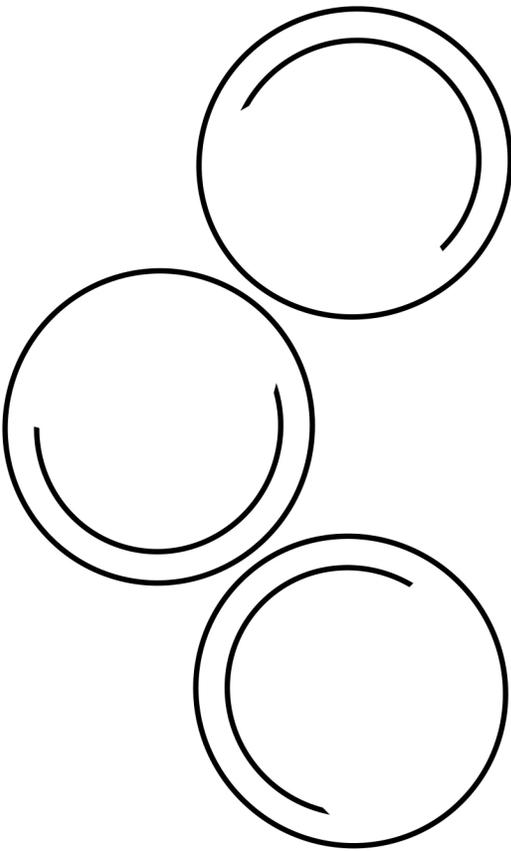
Name: _____

Food Group Name

How many servings a day?



3 Examples



Bibliography: _____