

# Food Group Tag

**Pillar: Healthy Eating and Active Living**  
**Division: I**  
**Grade Level: 1**  
**Core Curriculum Connections: Math and PE**

## I. Rationale:

Students will become familiar with *Eating Well with Canada's Food Guide*, and the number of servings that are recommended for students in their age group. After sorting different types of foods into their appropriate food groups, students will play 'Food Group' tag to reinforce this learning while participating in physical activity. This lesson encourages healthy eating habits with a focus on variety and balance.

## II. Activity Objectives:

Students will be able to:

- Name the four food groups
- Classify foods into the food group to which they belong
- Identify the number of servings they require from each food group on a daily basis

## III. Curriculum Outcomes: Grade 1

Math	PE
<b>Patterns and Relations</b> 3. Sort objects, using one attribute, and explain the sorting rule. [C, CN, R, V]	A1-10 Demonstrate body and space awareness when performing space awareness games
	A1-11 Demonstrate an understanding of basic rules and fair play for simple games
	C1-5 Display a willingness to play cooperatively with others in large and small groups

## IV. Materials:

- [Eating Well with Canada's Food Guide](#)
- Pinnies (red, blue, green, yellow) enough for the class
- Food cards
- 4 Paper plates - one for each group

## V. Procedure:

1. Handout 4 different colors of pinnies. Distribute them equally amongst the class. Tell students to get into groups based on the color of pinny they have been given: (Green –Vegetables and Fruits, Yellow- Grain Products, Blue- Milk and Alternatives and Red – Meat and Alternatives,).
2. Show students Canada's Food Guide and pass out a copy to each group. Identify the group they belong to based on color: Blue pinnies are the Milk and Alternatives group, etc.

3. Talk about each group and the number of servings that students their age need from each food group every day. Discuss the importance of variety and balance. For example, talking about how choosing many different colors of vegetables and fruits can help ensure that we get a variety of different vitamins and other nutrients.
4. Pass out a set of food cards and have students sort them into four piles according to the group in which they belong.

**Tag Game:**

1. Put each group into separate corners of the gym. Have one student stand in the center.
2. The student in the middle calls out the names of two of the food groups. Those two food groups run to exchange places.
3. The student in the center tries to tag students as they run to become helpers.
4. When “all food groups” is called all groups run diagonally to the opposite corner. Once most students have been tagged, the game starts over.

**VI. Extensions/Variations:**

- To illustrate the number of servings from each group, make the group sizes proportionate to the number of servings. For example, children aged 4-8 need 5 servings of Vegetables and Fruit, 4 servings of Grain Products, 2 servings of Milk and Alternatives and 1 serving of Meat and Alternatives. Therefore, organize groups according to the size of your class.

**VIII. Source:**

- ❖ Lesson idea submitted by Donna Soderberg, Terrace Ridge School, Wolf Creek Public Schools.

# Food Picture Cards







