

Lesson Plan: Fatty Food

Subject: Nutrition & Health

Age Group: 3-5th Grade

Supplies Needed:

- Brown paper grocery bags
- Scissors
- Potato chips
- Peanuts
- Peanut butter
- Carrot
- Apple
- Banana
- Butter
- Ziploc Bags

Introduction:

- Ask a couple of the students to share what they ate for breakfast, lunch, and dinner yesterday.
- Explain the food pyramid.
- Use one of the students as an example, and tell how much of a balanced diet they had.

Instructions:

- 1) First label each square with the name of each food.
- 2) Rub each piece of food onto a separate paper bag square.
- 3) Count to 20 while rubbing so that you test each food for the same amount of time.
- 4) Ask the students which foods they think will have the most fats.
- 5) Put the squares into the Ziploc bags to take home.
- 6) Leave them overnight and observe the next day.
- 7) Tell them that the foods that leave the greasiest spots are the fattiest foods.

Follow-up:

- The Food Pyramid is one way for people to understand how to eat healthy.
- A balanced diet is one that consists of food from every group in the pyramid.
- However, a different amount of each type of food should be eaten.
- Foods at the bottom of the pyramid are breads, cereals, rice, or pasta. 6-11 servings per day should be eaten.
- Next up is vegetables & fruits. 3-5 servings of vegetables, and 2-4 servings of fruits a day.
- Next is milk, yogurt, and cheese group; then meat, poultry, fish, eggs, nuts, and dry beans group. Each should be eaten in 2-3 serving amounts per day.

- At the top are fats, oils, and sweets, which should be eaten very sparingly.
- Encourage them to eat healthy and follow the food pyramid as a guide. 😊

Source: <http://pbskids.org/zoom/activities/sci/fattyfoods.html>