



## Grade 2 Sample Lesson Plan: Unit 1 – Nutrition, Physical Activity, and Health Promotion

### SOLs

- 2.1.B Identify foods that come from plants and animals.
- 2.1.C Name a variety of healthy foods, and recognize the benefits of eating a healthy breakfast.
- 2.1.D Identify characteristics of foods that should be consumed in limited quantities.
- 2.1.E Identify foods and beverages that contain sugar and caffeine.
- 2.1.F Recognize that germs cause colds and flu and can be spread from person to person (communicable).
- 2.2.B Describe how food choices, regular physical activity, and getting enough sleep are essential components of a healthy lifestyle.
- 2.2.C Explain how regular physical activity and healthy eating habits and food choices keep the cardiorespiratory, skeletal, and muscular systems healthy
- 2.2.D Use a decision-making process to select healthy foods.
- 2.2.E Identify ways to increase physical activity.
- 2.3.B Design a meal with food from each food group.
- 2.3.C Explain how different dietary customs and traditions influence health.
- 2.3.D Describe how to keep food safe from harmful germs.
- 2.3.E Demonstrate techniques for reducing or preventing the spread of germs and communicable diseases.

### Objectives/Goals

- Students will demonstrate a good understanding of recommended nutrition, physical activity and hygiene principles.

### Procedure

Following are a few activity ideas. The Health Smart Virginia website provides a bank of more detailed lesson plans to meet the Grade 2 Health Promotion SOLs in the *Related Resources* listing under this lesson on the website. To directly access these on their source sites, click the links on the references below.

## Nutrition

- Utilize the [www.choosemyplate.gov](http://www.choosemyplate.gov) resources including resources of the My Plate Kids Place <https://www.choosemyplate.gov/kids>.
- Implement the Serving Up My Plate – A Yummy Curriculum for Grades 1-2 [http://www.fns.usda.gov/multimedia/tn/sump\\_level1.pdf](http://www.fns.usda.gov/multimedia/tn/sump_level1.pdf).
- Provide images for students to cut out to “prepare a healthy meal, ” ensuring that all food groups are represented.
- Have students describe how each food group helps the heart and body.
- Describe food safety practices that keep foods safe from germs (e.g., washing, refrigeration, separation from meats and fats).
- Have students write a story about how their family and friends influence their food choices.
- Ask students to keep a record of all the foods they eat in a day and compare their log to the *My Plate* recommendations.

## Physical Activity

- Ask students to review the activity cards at <http://www.cdc.gov/bam/activity/cards.html> and identify activities that they might like to try as they grow up.
- Discuss everyday activities that provide physical activity (e.g., walking, cleaning up, skipping rope, riding a bicycle, kicking a ball).
- Have the students set goals to limit daily screen time and to increase two of these activities and keep a log of how much time they engaged in it over a week-long timeframe.
- Incorporate physical activity into classroom activities using various instant recess, brain breaks, and energizers.

## Other

- Have students wear smocks to protect their clothing; place a small amount of hypoallergenic washable paints on students hands and involve them in selected activities (e.g., greeting and shaking hands with classmates, opening doors and cabinets) to enable a discussion of how the paint transfers from the student to other people and other surfaces in the same way that germs do.
- Discuss and practice hand washing and covering coughs as a way to prevent the transmission of germs and communicable diseases.

## Assessment Idea

- Evaluate student completion of class activities or worksheets and student participation in discussion and activity.

## References

*Nutrition*

*Interactive site*

- My Plate Kids Place <https://www.choosemyplate.gov/kids>
- *Other*
- American Heart Association (AHA) - Elementary Lesson Plans  
<http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans>
  - [/Elementary-Lesson-Plans UCM 001258 Article.jsp#.WHVMj2VNGs0](#)
- BAM! Body and Mind Teacher's Corner Nutrition -  
<http://www.cdc.gov/bam/nutrition/index.html>
- Food Plate Game - <https://lesson-plans.theteacherscorner.net/health/food-plate-game.php>
- Fuel Up to Play 60- 101 Tips for Teaching Nutrition in Physical Education  
<http://westerndairyassociation.org/download/101-tips-for-teaching-nutrition-in-pe/>
- Great Body Shop - <http://www.thegreatbodyshop.net/curriculum/k-six/topics>
- Kids Health Teacher's Guides:
  - *-Breakfast*
  - <https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/breakfast.pdf>
  - *-Food and Cooking Safety*
  - [https://classroom.kidshealth.org/classroom/prekto2/personal/safety/food\\_safety.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/safety/food_safety.pdf)
  - *-Healthy Snacking*
  - [https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy\\_snacking.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy_snacking.pdf)
  - *-School Lunch*
  - [https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school\\_lunch.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school_lunch.pdf)
- Learning to Give- What Is a Balanced Menu?  
<http://www.learningtogive.org/units/helping-others-feed-themselves/what-balanced-menu>
- Learning to Give- What Is My Plate - <http://www.learningtogive.org/units/helping-others-feed-themselves/what-my-plate>
- Learning to Give- World Hunger - <http://www.learningtogive.org/units/helping-others-feed-themselves/world-hunger>
- My Plate-based Grade K-2 Curriculum <http://www.maricopaschoolwellness.org/grades-k-2>
- NIH We Can! Eat Play Grow site <http://www.nhlbi.nih.gov/health/educational/wecan/>
- NIH Eat Play Grow Curriculum  
<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/eatplaygrow.pdf>
- PBS Arthur Nutrition – Eat Well <http://pbskids.org/arthur/health/nutrition/>
- PBS Fizzy's Lunch Lab site <http://pbskids.org/lunchlab/>
- PBS Fizzy's Lunch Lab videos <http://www.pbslearningmedia.org/collection/fizzys-lunch-lab/>
- PE Central Lessons <http://www.pecentral.org/lessonideas/pelessonplans.html>
- There's a Rainbow on My Plate

- [http://www.pbhfoundation.org/pub\\_sec/edu/cur/rainbow/](http://www.pbhfoundation.org/pub_sec/edu/cur/rainbow/)
- Together Counts K-2 Nutrition curriculum <http://www.togethercounts.com>
  - -*Food for Thought*  
[http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K\\_Thru\\_5/K-2\\_2.3\\_Food\\_For\\_Thought.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_Thru_5/K-2_2.3_Food_For_Thought.pdf)
  - -*Healthy Eating Patterns*  
[http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K\\_Thru\\_5/K-2\\_2.1\\_Healthy\\_Eating\\_Patterns.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_Thru_5/K-2_2.1_Healthy_Eating_Patterns.pdf)
  - -*Job of a Nutrient*  
[http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K\\_Thru\\_5/K-2\\_2.2\\_Job\\_of\\_a\\_Nutrient.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_Thru_5/K-2_2.2_Job_of_a_Nutrient.pdf)
- USDA - Serving Up My Plate – A Yummy Curriculum Grades 1-2  
<https://www.choosemyplate.gov/kids-parents-educators>  
[http://www.fns.usda.gov/multimedia/tn/sump\\_level1.pdf](http://www.fns.usda.gov/multimedia/tn/sump_level1.pdf)  
<http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>

### *Physical Activity*

- Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers
- <http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>
- Active Classroom Resources  
<http://www.healthiestmc.org/docs/Active%20Classrooms%20Resources.pdf>
- Activity Breaks <http://www.healthworldeducation.org/industry-trends/item/183-activity-break-5-ways-add-burst-physical-activity-classroom>
- American Heart Association (AHA) - NFL Play 60 Challenge  
[http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge\\_UCM\\_304278\\_Article.jsp#.WHVKCWVNGs0](http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WHVKCWVNGs0)
- East Carolina University -Energizers for Grades K-2 [https://www.ecu.edu/cs-hhp/exss/upload/Energizers for Grades K 2.pdf](https://www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_K_2.pdf)
- Fuel Up to Play 60 [https://www.fueluptoplay60.com/tools#tab\\_why-physical-activity](https://www.fueluptoplay60.com/tools#tab_why-physical-activity)
- Fast Breaks Poster  
[https://kidshealth.org/classroom/posters/nba\\_fit\\_classroom\\_color.pdf](https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf)
- Kids Health Teacher’s Guides:
  - -*Fitness*  
<https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/fitness.pdf>
  - -*Sportsmanship*  
<https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/sportsmanship.pdf>
- National Institutes of Health (NIH)- We Can! Eat Play Grow site  
<http://www.nhlbi.nih.gov/health/educational/wecan/>
- National Institutes of Health (NIH) Eat Play Grow Curriculum  
<https://www.nhlbi.nih.gov/health/educational/wecan/downloads//eatplaygrow.pdf>
- PE Central Lessons Site <http://www.pecentral.org/lessonideas/pelessonplans.html>
- PE Central - Heart Power  
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdnFho>

- Safe Routes to School <http://www.saferoutesinfo.org/program-tools/access-classroom-resources>
- SHAPE America
- -Space Jamming
- <http://www.shapeamerica.org/events/pesportweek/upload/Space-Jamming-2.pdf>
- -Healthy Heart Transport
- [http://www.shapeamerica.org/events/pesportweek/upload/Heart\\_Healthy.pdf](http://www.shapeamerica.org/events/pesportweek/upload/Heart_Healthy.pdf)

### *Sleep and Hygiene*

- Al's Pals: Kids Making Healthy Choices- <http://wingspanworks.com>
- CDC Cover Your Cough Poster [http://www.cdc.gov/flu/pdf/protect/cdc\\_cough.pdf](http://www.cdc.gov/flu/pdf/protect/cdc_cough.pdf)
- CDC Hand Washing Experiment - [https://www.cdc.gov/bam/teachers/documents/epi\\_4\\_hand\\_wash.pdf](https://www.cdc.gov/bam/teachers/documents/epi_4_hand_wash.pdf)
- CDC Stop Germs Stop Germs - <http://www.cdc.gov/flu/protect/stopgerms.htm>
- Germs – video <https://www.youtube.com/watch?v=DYKADcR34Y8>
- Getting Ready for Bed - <https://www.teachervision.com/healthy-lifestyle/printable/33800.html>
- Hand Washing \_ It's a Snap (Middle School Curriculum) <http://www.itsasnap.org/snap/pdfs/SNAP%20Toolkit%20FINAL%204.pdf>
- Henry the Hand – 4 Principles of Hand Awareness <http://www.henrythehand.com>
- How to Brush Your Teeth Properly - For Kids- video <https://youtu.be/hDZXSMU2IAk>
- How to Wash Your Hands –video <https://www.youtube.com/watch?v=LQ24EfM7sEw>
- Kids Health Teachers Guides:
  - -Germ <https://classroom.kidshealth.org/classroom/prekto2/personal/hygiene/germs.pdf>
  - -Sleep <https://classroom.kidshealth.org/classroom/prekto2/body/functions/sleep.pdf>
- NIH Open Wide and Trek Inside – Oral Health Lesson <https://science.education.nih.gov/customers/ESDental.html>
- Oral Health Education: Saving Smiles Series- “Healthy Mouth, Healthy Body” [http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving\\_Smiles\\_K-5\\_Oral\\_Health\\_Education\\_Curriculum.pdf](http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving_Smiles_K-5_Oral_Health_Education_Curriculum.pdf)
- PE Central – Rush to Brush -Grades K-2 [http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=922#.V7\\_RU8dNFho](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=922#.V7_RU8dNFho)
- Seuss Sleep Book Lesson Plan - <http://www.brighthub.com/education/k-12/articles/20926.aspx>
- Sleep Education K-2 <http://school.sleepeducation.com/K-2.aspx>
- Sleep – BrainPop <https://www.brainpop.com/science/ecologyandbehavior/sleep/>
- Virginia Department of Health Dental Program <http://www.vdh.virginia.gov/oral-health/>
- When and How to Wash Hands <http://www.cdc.gov/handwashing/when-how-handwashing.html>
- Why We Need Sleep - <http://www.instructorweb.com/lesson/sleep.asp>

