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Authors program

Anthony Slusher

GRADES
6-8

THE FIVE FOOD GROUPS

HEALTH

nearpod



“ TAKE CARE OF
YOUR BODY,
it's the only place
YOU HAVE TO LIVE ”



Anthony James Slusher

Elementary and Middle School Health Educator

Hi there! I'm Anthony, an Elementary and Middle School Health Educator with a craze for motivating our youth on the importance of living a healthy and active lifestyle. In my highly enthusiastic classroom, we engage in the skills, knowledge and understanding it takes to create and sustain lifelong physical, mental and emotional health. I take pride in being a Healthy Role Model for my students and hope to inspire them to do the same :)

Healthy people = Happy people. Who doesn't want to be happy?

Hobbies: Yoga, Sports, Nature, Hiking, Camping, Biking, Reading, Being Grateful.

Qualities: Energetic, Motivated, Passionate.

Lesson Objectives

Students will:

1. Learn the five major food groups and which foods are in them
2. Be able to explain the differences in food groups
3. Practice matching foods to their group

Classroom Time: 30 minutes

Poll

What are the main 5 food group outlined by the United States Department of Agriculture (USDA)?

- Grains, Fruits, Vegetables, Sweets, Protein
- Fruits, Vegetables, Protein, Legumes, Dairy
- Grains, Fruits, Vegetables, Protein, Dairy

Fruits
Vegetables
Grains
Proteins
Dairy

Fruits

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

- Strawberries
- Blueberries
- Raspberries
- Cantaloupe
- Honeydew
- Watermelon

- Apples
- Apricots
- Bananas
- Cherries
- Grapefruit
- Grapes

- Kiwi fruit
- Lemons
- Limes
- Mangoes
- Nectarines
- Oranges

- Peaches
- Pears
- Papaya
- Pineapple
- Plums
- Prunes
- Raisins
- Tangerines

Vegetables

Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. 100% vegetable juice also counts as a member of the Vegetable Group.

Based on their nutrient content, vegetables are organized into **subgroups:**

1. dark green vegetables
2. starchy vegetables
3. red and orange vegetables
4. other vegetables

Vegetables

Dark Green Vegetables

- bok choy
- broccoli
- collard greens
- dark green leafy lettuce
- kale
- mesclun
- mustard greens
- romaine lettuce
- spinach
- turnip greens
- watercress

Starchy vegetables

- cassava
- corn
- green bananas
- green peas
- green lima beans
- plantains
- potatoes
- taro
- water chestnuts

Red & orange vegetables

- acorn squash
- butternut squash
- carrots
- hubbard squash
- pumpkin
- red peppers
- sweet potatoes
- tomatoes
- tomato juice

Other vegetables

- artichokes
- asparagus
- avocado
- bean sprouts
- beets
- Brussels sprouts
- cabbage
- cauliflower
- celery
- cucumbers
- eggplant
- green beans
- green peppers
- iceberg (head) lettuce
- mushrooms
- okra
- onions
- turnips
- wax beans
- zucchini

Partner Activity

Work with a partner to answer the next three open-ended questions.

Open Ended Question



List all the vegetables you see in the image.

Open Ended Question



List all the fruits you see in this image.

Open Ended Question



What are the three other main food groups that are not represented in this image?

Grains

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into two subgroups, **Whole Grains** and **Refined Grains**.

Whole grains contain the entire grain kernel — the bran, germ, and endosperm.

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins.

Grains

Whole grains

- amaranth
- brown rice
- buckwheat
- bulgur
- millet
- oatmeal
- popcorn
- rolled oats
- quinoa
- sorghum
- triticale
- whole grain barley
- whole grain cornmeal
- whole rye
- whole wheat bread
- whole wheat crackers
- whole wheat pasta
- whole wheat sandwich buns and rolls
- whole wheat tortillas
- wild rice

Refined grains

- cornbread
- couscous
- crackers
- flour and corn tortillas
- grits
- noodles
- pitas
- pretzels
- white bread
- white sandwich buns and rolls
- white rice
- most ready to eat breakfast cereals
- pasta and spaghetti

Proteins

All foods made from meat, poultry, seafood, beans, peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.

Meats, poultry, eggs

- beef
- ham
- lamb
- pork
- veal
- bison
- rabbit
- duck
- goose
- venison
- chicken
- turkey
- chicken eggs
- duck eggs
- Deli meat

Nuts and seeds

- almonds
- cashews
- hazelnuts (filberts)
- mixed nuts
- peanuts
- peanut butter
- pecans
- pistachios
- pumpkin seeds
- sesame seeds
- sunflower seeds
- walnuts

Processed soy products

- tofu (bean curd made from soybeans)
- veggie burgers
- tempeh
- texturized vegetable protein (TVP)

Proteins

Seafood

- catfish
- cod
- flounder
- haddock
- halibut
- herring
- mackerel
- pollock
- porgy
- salmon
- clams
- tuna
- sardines
- sea bass
- snapper
- swordfish
- trout
- tuna
- clams
- crab
- crayfish
- lobster
- mussels
- octopus
- oysters
- scallops
- squid (calamari)
- shrimp
- anchovies

Beans and peas

- bean burgers
- black beans
- black-eyed peas
- chickpeas (garbanzo beans)
- falafel
- kidney beans
- lentils
- lima beans (mature)
- navy beans
- pinto beans
- soy beans
- split peas
- white beans

Draw It

Draw an image of a meal that contains only protein and grains.

Dairy

Foods made from milk that **retain their calcium content** are part of the group.

All fluid milk products and many foods made from milk are considered part of this food group.

Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, **are NOT part of the group.**

Calcium-fortified **soy milk** is also part of the Dairy Group.

Dairy

Milk

- fat-free (skim)
- low fat (1%)
- reduced fat (2%)
- whole milk
- flavored milk
- lactose-reduced milks
- soy milk
- lactose-free milks

Cheese

- cheddar
- mozzarella
- Swiss
- Parmesan
- ricotta
- cottage cheese
- American

Milk-based desserts

- puddings
- ice milk
- frozen yogurt
- ice cream

Yogurt

- fat-free
- low fat
- reduced fat
- whole milk yogurt

Others

Oils

Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Oils are NOT a food group, but they provide essential nutrients.

Some foods are naturally high in oils:

- nuts
- olives
- some fish
- avocados

Other foods that are mainly oil:

- mayonnaise
- certain salad dressings
- margarine
- butter

Draw It

Circle all the foods that are classified as PROTEIN.

salad dressings

soy beans

corn

margarine

fresh squeezed orange juice

turkey

blueberries

wild rice

pecans

cucumbers

salmon

ANSWERS

salad dressings

soy beans

corn

margarine

fresh squeezed orange juice

turkey

blueberries

wild rice

pecans

cucumbers

salmon

Draw It

Circle all the foods that are classified as OILS.

salad dressings

soy beans

corn

margarine

fresh squeezed orange juice

turkey

blueberries

wild rice

pecans

cucumbers

salmon

ANSWERS

salad dressings

soy beans

corn

margarine

fresh squeezed orange juice

turkey

blueberries

wild rice

pecans

cucumbers

salmon

Quiz

Which of the following is a good source of protein?

- Pasta with margarine
- Chicken with beans
- Asparagus with rice



Which food group is NOT represented in the image?

- Fruits
- Grains
- Vegetables
- Protein
- Dairy

All foods made from meat and poultry are considered part of the grains food group.

True

False

Which food group is divided into two subgroups (Whole and Refined)?

- Fruits
- Vegetables
- Grains
- Protein
- Dairy

All fluid milk products and many foods made from milk are considered part of this food group.

- Fruits
- Vegetables
- Grains
- Protein
- Dairy

_____ are fats that are liquid at room temperature.

- Grains
- Dairy products
- Oils
- Seeds

*Thank
You!*

Credits

The Meeting Place North- “Fruits and Vegetables”- <https://www.flickr.com/photos/themeetingplacenorth/4112011298/>

AlivaPam- “Breakfast” <https://www.flickr.com/photos/alivapam/8380004305/>

Reya Veltman- “Lunch” <https://www.flickr.com/photos/reyaveltman/266149647/>