

Overview: First Grade - Science - Nutrition

Standards:

Standard 3. Students, through the inquiry process, demonstrate knowledge of characteristics, structures, and function of living things, the process and diversity of life, and how living organisms interact with each other and their environment.

- 3.2 – I can tell what animals need for energy and nutrition.
 - h. I can describe a healthy diet.

Materials:

Paper plates
Scissors
Glue

Instructions:

1. Using, <http://www.choosemyplate.gov/>, review with students the “My Plate” icon and what type of food belongs in each food group.
2. Next, students will use Google to search for an image of their favorite dairy, fruit, vegetable, grain, and protein.
3. Then students will click on the images and print.
4. Last, students will use a paper plate, scissors, and glue to create their own “My Plate.”

Resources:

<http://www.choosemyplate.gov/>

Rubric:

[My Plate Rubric](#)

