

Give Me Five!

Grade Level(s)

3 - 5

Estimated Time

45 minutes

Purpose

Students learn about the five food groups and what state-grown foods fit into each group. This lesson makes a local connection to good nutrition and a healthy lifestyle.

Materials

- *Give Me Five!* Hand Template, one for each student
- Agricultural Commodities List
- Popsicle sticks
- Scissors
- Glue or Masking Tape
- Crayons and Markers

Essential Files (maps, charts, pictures, or documents)

- [Give Me Five! Worksheets](#)

Vocabulary

commodity: a raw or primary agricultural product that can be bought or sold, such as hay, eggs, or cattle

Background Agricultural Connections

The five dietary food groups are the building blocks for a healthy diet. Recommendations are set forth by the U.S. Department of Agriculture. Food group guidelines were first introduced in 1916. As our knowledge of healthy diets has increased, dietary recommendations including caloric intake and essential nutrients has evolved as well.

The 5 dietary food groups include: fruits, vegetables, grains, protein foods, and dairy.

Interest Approach – Engagement

1. Begin by asking students if they have heard of food groups and if so, to raise their hand and share what they know.
2. Project the [Food Group Puzzle](#) on the board and complete it as a class. Alternatively, you can print the puzzle for smaller groups of students to complete.
3. As the students help you complete the puzzle, review the concepts taught. (There are 5 food groups, where each food is produced, common foods in each food group, and nutrients received.)

Procedures

1. Explain that food groups are collections of foods with similar nutritional benefits. Nutrition guidelines recommend daily servings from each group for a healthy diet.
2. Ask students to name any food groups they know. List answers on the board. Fill in any of the five groups that are not mentioned.
3. When all five groups are on the board, review them and discuss how each makes our bodies healthy.
4. Ask students to name foods they like to eat in each group. Record answers on the board. In the end, there should be a list of the five food groups and foods in each group.
5. Go over the *Agricultural Commodities List* worksheet and star or circle with a bright color all the foods grown in your state (or region).
6. Tell students that farmers and ranchers in our state grow thousands of different types of crops and many of them are food we eat. If there are additional commodities grown or raised in your area add them to the list, or list them on the chalkboard.
7. Tell students that each day they should eat from the five food groups for a healthy diet – fruits, vegetables, grains, protein and dairy. Have them hold up one hand and list the five groups, one for each finger. After they list off the five groups, have them turn to a partner and give each other a high five. To help them remember the five food groups, students will be making a *Give Me Five!* hand.
8. Each student will need to have a paper hand, a popsicle stick (pencils work too), tape and crayons or markers.
9. On one side of the hand, students write the name of a food group on each finger. In the center of the palm they write “Exercise Daily.” (*see example below*).
10. On the other side of the hand students should write/draw a state-grown food for each food group in the corresponding finger area (*Ex: fruits/picture of blueberries*).
11. Have them write/draw their favorite exercise in the palm area. (*See example below*).
12. Students cut out the hand then tape on a popsicle stick at the wrist area.
13. When they are done, as a group repeat the five food groups.
14. Have students take turns sharing their favorite local foods with the class.



Concept Elaboration and Evaluation

After conducting these activities, review the following key concepts:

- The greatest health benefits are received when all five dietary guidelines are followed.
- A balanced diet includes all five food groups.
- Exercise is also important to good health.
- Some foods are produced locally. Other foods are produced in more ideal climates and shipped to local grocery stores.

Enriching Activities

- Read the book, *To Market, To Market*, by Nikki McClure. This beautiful story follows a mother and son to the farmer's market. As they check off items on their shopping list, the reader learns how each particular food was grown or produced, from its earliest stages to how it ended up at the market.
- Read Issue 2 of *Ag Today* titled *Food, Keeping us Fueled for an Active Lifestyle*. This reader can be printed or accessed digitally. Learn about the healthy and tasty food that farmers grow to help humans maintain a healthy diet. Follow the process from farm to plate and learn about serving sizes, food safety, and USDA's MyPlate.

Suggested Companion Resources

- [A Seedy Fruit Challenge](#) (Activity)
- [Endless Options](#) (Activity)
- [Food Group Puzzle](#) (Activity)
- [Mapping Meals Activity](#) (Activity)
- [Portion Size Comparison](#) (Activity)
- [The Healthy Hop 'n Shop](#) (Activity)
- [An Orange in January](#) (Book)
- [Plants Feed Me](#) (Book)
- [The Fruits We Eat](#) (Book)
- [The Scrambled States of America](#) (Book)
- [To Market, To Market](#) (Book)
- [MyPlate Activity Poster](#) (Poster, Map, Infographic)
- [What is a Fruit? What is a Vegetable? Bulletin Boards](#) (Poster, Map, Infographic)
- [Brittlelactica: Planet in Need](#) (Multimedia)
- [Eat & Move O-Matic](#) (Multimedia)
- [Ag Today](#) (Booklets & Readers)
- [State Agricultural Facts](#) (Website)

Author(s)

Tami Kerr

Organization Affiliation

Oregon Agriculture in the Classroom
Foundation

Give me Five

- **Health**
 - **3-5 Grade:**
 - Standard 1: “Students will comprehend concepts related to health promotion and disease prevention to enhance health” (NHES, 2007).
 - Standard 7: “Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks” (NHES, 2007).
- **English Language Arts**
 - **3-5 Grade:**
 - Reading Informational Text (RI)
 - Language, Craft, and Structure (LCS) Standard 8: Interpret and analyze the author’s use of words, phrases, text features, conventions, and structures, and how their relationships shape meaning and tone in print and multimedia texts.

Food Group Poem

My cap is blue it's plain to see
I give you calcium and Vitamin D
For strong bones and teeth, if you please
Have some yogurt, milk, and cheese!

I'm crowned with purple as you see
With Iron, Protein, and Vitamin E
Nutritious and keeping fats so low
Eat meat, beans, eggs, and nuts to help you grow!

My crest is red and as red can be
I give you Potassium and Vitamins C
Disease control, fiber, and healing—
So many fruits and all appealing!

My top is orange and can't be beat
You need lots of corn and wheat
And oats and rice for fiber, please
To reduce your risk of heart disease!

You'll see my summit is bright green
Where potassium and Vitamins A, E, and C are seen
Keep disease away and blood pressure healthy
When your diet is "veggie-wealthy"!

Vegetables

**Broccoli
Carrots
Squash
Greens
Cauliflower**

**Potassium
Fiber
Folic Acid
Vitamins A, E, and C**

**Reduce the
risk of chronic
disease and
help maintain
healthy blood
pressure.**

Dairy

**Cheddar
Cottage Cheese
Milk
Yogurt**

**Calcium
Protein
Vitamin D
Potassium**

**Helps build
strong bones
and teeth.
Provides
nutrients while
keeping
saturated fat
and cholesterol
intake low.**

Protein

**Meat
Poultry
Fish
Beans
Eggs**

**Protein
B Vitamins
Vitamin E
Iron, Zinc, Magnesium**

**Helps build
bones,
muscles,
cartilage,
skin, and
blood**

Grains

**Cereal
Pasta
Popcorn
Whole Grain Bread**

**Fiber
B Vitamins
Minerals**

**Reduce risk of
heart disease
and other
chronic
diseases.**

Fruits

**Apples
Oranges
Kiwi
Grapes
Bananas**

**Potassium
Fiber
Folic Acid
Vitamin C**

**Provides fiber,
helps reduce
risk of chronic
disease, and
helps in
healing
process.**

Five Food Groups & Key Messages

Fruits and Vegetables: Any fruit or vegetable is included in this group. Fruits or vegetables may be fresh, canned, frozen or dried. They can be whole, cut-up, pureed or juiced. **Key Message: Make half your plate fruits and vegetables.**

Grains: Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Examples include bread, pasta, oatmeal, breakfast cereals, tortillas and grits. **Key Message: Make at least half of your grains whole grains.**

Protein Foods: All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds are considered part of this group. Meat and poultry choices should be lean or low-fat. **Key Message: Choose lean protein.**

Dairy: All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, however, foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are not part of this group. Calcium-fortified plant based “milks” (i.e., soy beverage) is also part of this group. **Key Message: Choose fat-free or low-fat dairy products.**

An ABC List of Agricultural Commodities

Alfalfa Hay	Dungeness Crab	Loganberries	Ryegrass Seed
Alfalfa Seed	Eggplant	Meadow Foxtail Seed	Safflower
Alpacas/Llamas	Eggs	Meadowfoam	Salmon
Angus	Elderberries	Milk	Shad
Apples	Emus, Ostriches	Mink	Sheep and Lambs
Apricots	Endive	Mint	Shrimp
Arborvitae	Escarole	Mules & Donkeys	Shrubs, Deciduous & Flower
Arugula	Farm Forest Products	Mushrooms	Silage - Corn, Hay, or Mint
Artichokes	Fescue Seed	Mustard	Sorghum
Asparagus	Figs	Myrtle Wood	Soybeans
Barley	Fish	Nectarines	Spruce
Bass	Flax	Nursery Crops	Smelt
Beans, dry	Flounder	Nuts	Sod
Bees	Flowers, Cut & Bulbs	Oats	Spinach
Beets	Game Birds, Quail, Pheasants	Olives	Squash
Bentgrass Seed	Garlic	Onions, green and storage	Steelhead
Birdsfoot Trefoil Seed	Goat Products	Orchardgrass Seed	Straw
Blackberries	Gooseberries	Oysters	Strawberries
Blueberries	Gourds	Parsley	Sturgeon
Boysenberries	Grapes	Parsnips	Sugarbeets
Broccoli	Green Beans	Peaches	Sunflower, Oil & Seed
Brussel Sprouts	Greenhouse Crops	Pears	Swiss Chard
Buckwheat	Greens, cut	Peas, dry and green	Tomatoes
Cabbage	Halibut	Peppermint, Oil & Rootstock	Trees, deciduous
Canola	Hay	Peppers	Trout
Cantaloupes & Muskmelons	Hazelnuts	Perch	Tulips
Carrots	Herbs	Plants, Flowering and Foliage	Tuna
Cattle, Beef	Hogs and Pigs	Plums	Turf Sod
Cauliflower	Honey	Ponderosa Pine	Turkeys
Celery	Hops	Poplar Trees	Turnips
Cherries, Sweet & Tart	Horseradish	Potatoes	Umbrella Plant
Chickens	Horses and other equine	Prunes	Vegetable & Flower Seeds
Christmas Trees	Huckleberries	Pumpkins	Vetch Seed
Clams	Ice Cream	Quince	Walnuts
Clover Seed, Red	Iris	Rabbits	Wasabi
Cod	Jam	Radish Seed	Watermelon
Corn, Sweet & Grain	Jasmine	Radishes	Wheat
Cranberries	Juniper	Raspberries, Black & Red	Wool
Cucumbers	Kale	Red Snapper	Xeropyte (water succulent plant)
Currants, Red	Kelp	Reed Canarygrass Seed	Yams
Daffodils	Kentucky Bluegrass Seed	Rhubarb	Yogurt
Dairy Products	Kiwi Fruit	Rice, Wild	Zinnias
Dill for oil	Leeks	Rockfish	Zucchini
Dogwood Tree	Lentils	Rutabagas	
Douglas Fir	Lettuce	Rye	

