

## LESSON PLAN - Youth

Educator Name: \_\_\_\_\_

Date: \_\_\_\_\_

Name of Lesson: **Moooving & Motion (Milk and Meat Groups)**

### **Review Last Lesson/ Ask Open-Ended Questions:**

Who can tell me what they remembered from last week's lesson? Raise your hands!

**Objectives:** *What do you want your participants to know by the end of this lesson?*

**Youths will be able to identify the origins of different foods.**

**Youths will identify sources of plant and animal foods in the milk and meat groups.**

**Youth will discuss the importance of properly storing milk and meat foods to keep them safe to eat.**

**Youths will discover that eating foods from the milk and meat groups result in strong bones, teeth, and muscles.**

**ANCHOR:** *Anchor the topic in your youths' lives first. Tap into their experiences and what they already know. Relate it to the topic you are about to teach.*

- **Invite the children to name foods they ate for lunch or dinner.**
- **List the foods on the newsprint or the board**
- **Pick one or two foods on the list and ask children to trace their origin**  
(Where the food comes from)

*If they say milk comes from supermarkets, ask where it comes from before reaching the store.*

*Explain that unlike the lower three groups on the Food Guide Pyramid (grain, vegetable, and fruit groups), **the milk and meat groups feature foods from both plant and animal sources.***

What did you learn about food (s) we discussed?

**ADD:** *Add the information, content or skills related to the lesson. This is the time when you, the educator, do a short amount of talking/demonstrating what you want your learners to know.*

- Invite children to name their favorite foods in the milk and meat groups (Food Guide Pyramid)
- Using the food guide poster, talk about the milk and meat food groups with the youths.

*Explain that the foods in these two groups are important because meats give us protein to keep us strong & Milk keeps our bones and teeth healthy and strong.*

*Remind the group that washing our hands before handling food is one way to keep foods safe to eat. Explain that storing foods properly is another way to keep foods safe to eat.*

*Explain that foods are stored in the refrigerator or freezer to keep them from spoiling. Foods spoils when bacteria (germs) grow on the food. Foods from the milk and meat group that are kept cold at the store must be refrigerated and kept cold when we bring them home.*

**APPLY:** Allow the participants to apply what they just learned through learning tasks – have them work in pairs or small groups to DO something together (comparing labels, role playing, planning menus, etc.). Include 2-3 learning tasks for your participants

Display the Food Guide Pyramid in your meeting space where everyone can see it.  
Bring a variety of food models from the milk and meat & beans

- Have the children sort a variety of food models from the milk and meat groups into bags labeled “ **plant sources**”, “**Animal sources**”

Food Activity: Cheese Quesadillas

Physical Activity: **slow motion movement:** Have the youth perform different locomotor movements (such as running, skipping, & hopping in slow exaggerated motion. Change the pace of the movement from slow, to medium slow then to super slow.

**AWAY:** Allow participants to think about what they will do with the information they learned today. Ask open-ended questions and allow them to reflect on what they will DO with the information.

What did you learn about the foods you eat from the milk and meat groups?

**Successes experienced by this group or a participant so far...**

**Name of next lesson and Reminders:**

**Power Up the Day**

Posters

Cornell Logo

Measuring spoons and cups

***Always Remember...***

**Voice By Choice** – Learners will not be called on to speak in front of the whole group.

**One, Two, Three, Four Five** – Wait five seconds for responses before moving on.

**Inclusion** – Make sure everyone feels welcome and accepted in the group, knows what is happening, and has the opportunity to be heard.

**Consideration** – Start on time, end on time and come back from breaks in a timely fashion.

**Encouragement** – Be supportive and always recognize learners for their contributions by thanking them.