

Building Blocks
Healthy Eating, Physical Activity, and Oral Health
A Lesson Plan Module for Teachers
Junior Kindergarten – Grade 6

Healthy Eating
Grade 6
Lesson 4

Lesson 4 – Great Munch Mix-Up

Curriculum Expectation:

Students will describe the benefits of healthy eating for active living.

Objective:

Students will learn about combination foods.

Suggested Outline

Section 1: Introduce Today’s Lesson

Section 2: Discussion/Background Information

Section 3: Activity

Section 4: Conclusion

Section 1: Introduce Today’s Lesson

Today we will learn about combination foods by completing the activity sheet, “The Great Munch Mix Up”.

Section 2: Discussion/Background Information

Combination Foods

Some food dishes have more than one food group or category in them.

For example: taco (hard tortilla shell: Grain Products; green peppers, tomatoes: Vegetables & Fruit; chicken: Meat & Alternatives; cheese: Milk Products). Casseroles, chilli, moussaka, pizza, stir-fry, pilau, spaghetti, soup, stew, fajitas, quesadillas and sandwiches are all made of foods from more than one food group as well as Other Foods.

Section 3: Activity

Hand out “The Great Munch Mix Up” to each student. Ask the students to complete the activity by identifying the food groups of the individual foods in the combination food.

Ask the students to write in their favourite ‘combination’ food and identify what food groups are found in it.

For example, pizza: crust=Grain Products, cheese=Milk Products, ham=Meat & Alternatives, mushrooms and pineapple=Vegetables & Fruit.

After completing, “The Great Munch Mix Up”, ask students to discuss the benefits of healthy eating (e.g. combination foods) for active living.

Section 4: Conclusion

Today we learned about combination foods by completing the activity sheet, “The Great Munch Mix Up”.

Grade 6, Lesson 4 – Healthy Eating

