

## Nutrition Education Lesson Plan: Mystery Food

A cross-curricular lesson plan for teaching nutrition and building food literacy.



### GOALS & OBJECTIVES

- Students will identify a variety of foods and where they come from.
- Students will explore and describe characteristics of a variety of foods using the five senses.



### LESSON

#### Introduction:

- Explain to students that there are different types of food
- All food contributes to helping us grow and have the energy to do the things we love
- Just as we all come in different shapes, sizes and colours, so do the foods we eat

#### Action:

- Place food items in bags and close with elastic band
- Include one bag for each student or work in small groups and have them take turns reaching into their bag and feeling the food.
- Have them describe what they are feeling and try to guess what the food is.

#### Consolidation:

- Have students write their food down on the board.
- Further discuss characteristics, grouping foods into like characteristics.
- **Grade 1:** focus on grouping based on shapes, colours and sizes.
- **Grade 2:** discuss how the foods smell, feel, look, sound and taste (if applicable).
- **Grade 3:** group based on where foods grow.

### EXTENSION ACTIVITIES

- Have each student bring in a food item. The food can be a favourite food, traditional or special to them.
- Expand by using the food items to make simple snacks (e.g. fruit salad, pasta salad, veggie sticks etc.) to share and enjoy.



### ONTARIO H&PE CURRICULUM LINKS

**Grade 1:** C2.1 Food groups, Canada's Food Guide

**Grade 2:** C2.1 Canada's Food Guide – healthy growth

**Grade 3:** C1.1 Food origins, nutritional value and environmental impact



### CROSS-CURRICULAR LINKS

- |   |                                     |         |   |                                     |         |
|---|-------------------------------------|---------|---|-------------------------------------|---------|
|  | <input checked="" type="checkbox"/> | Oral    |  | <input checked="" type="checkbox"/> | Science |
|   | <input checked="" type="checkbox"/> | Reading |  | <input checked="" type="checkbox"/> | Math    |
|   | <input checked="" type="checkbox"/> | Writing |   |                                     |         |



### TIME

**Total Time:** 50 minutes

**Prep:** 25 Minutes

**Lesson:** 25 Minutes



### MATERIALS

- Small brown paper or re-useable bags
- Elastic bands
- Variety of foods - try to choose food items with interesting shapes and textures (e.g. beets, dry pasta, dried beans or lentils etc).



### ALWAYS REMEMBER



- Apply nutrition education best practices and follow the principles of **do no harm** and **eating competence** when conducting this lesson.

# NOTES

What worked well:

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What were the challenges:

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Changes I made to customize:

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