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# Lesson Plan: My Superpowered Plate!

## Materials Needed:

- 1 large paper plate
- Markers, crayons, or colored pencils
- Old magazines, grocery store flyers, or printed pictures of various foods
- Child-safe scissors
- Glue stick
- (Optional) Real food for a snack activity: e.g., fruits, vegetables, cheese cubes, whole-grain crackers

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## 1. Learning Objectives

By the end of this lesson, the student will be able to:

- Identify the five main food groups (Fruits, Vegetables, Grains, Protein, Dairy).
- Explain the purpose of each food group using simple terms (e.g., "Go," "Grow," and "Glow" foods).
- Create a model of a balanced meal on a paper plate, including foods from each group in appropriate proportions.

## 2. Alignment with Standards and Curriculum

This lesson aligns with typical Grade 3 Health & Nutrition curriculum goals, which focus on identifying healthy food choices and understanding the components of a balanced diet for growth and energy.

## 3. Instructional Strategies & Lesson Flow (Approx. 45-60 minutes)

### Part 1: The Hook - What's Your Superpower? (5 minutes)

1. **Ask the student:** "If you could have any superpower, what would it be? Flying? Super strength? What do superheroes need to keep their powers strong?"
2. **Connect to food:** Explain that real people get their "superpowers"—like the power to run fast, think hard in school, and grow strong—from the food we eat! Our food is our fuel. Today, we're going to learn how to build a "Superpowered Plate" to fuel our bodies.

### Part 2: Meet the Food Heroes! (10 minutes)

Introduce the food groups as teams of "Food Heroes," each with a special job.

- **Fruits & Vegetables (The "Glow" Team):** "This team makes you **GLOW!** They are full of vitamins that help your skin shine, your eyes see clearly, and they build a force field inside you to fight off sickness." (Examples: apples, bananas, carrots, broccoli)
- **Grains (The "Go" Team):** "This team helps you **GO!** They give you long-lasting energy for running, jumping, and playing all day." (Examples: bread, rice, pasta, oatmeal)
- **Protein (The "Grow" Team):** "This team helps you **GROW!** They build strong muscles and help your body repair itself if you get a cut." (Examples: chicken, beans, eggs, nuts)

- **Dairy (The "Bone" Team):** "This team builds super-strong bones and teeth! They work with the Grow Team to make you taller and stronger." (Examples: milk, cheese, yogurt)

### Part 3: Main Activity - Build Your Super Plate! (20-25 minutes)

1. **Divide the Plate:** Give the student the paper plate. Help them draw lines to divide it. Explain the goal is to fill half the plate with the "Glow" team (fruits and veggies), one-quarter with the "Go" team (grains), and one-quarter with the "Grow" team (protein). Dairy can be a "sidekick" on the side (like a glass of milk).
2. **Food Hunt:** Have the student look through the magazines or food pictures and cut out different foods they like.
3. **Sort the Foods:** Before gluing, ask the student to sort their cut-out pictures into the different food hero teams (Glow, Go, Grow, Bone). This checks for understanding.
4. **Create the Meal:** The student glues their chosen food pictures onto the correct sections of their paper plate to design a delicious and balanced "super" meal. Encourage creativity—they can design their favorite lunch or dream dinner!

### Part 4: Closure & Show and Tell (5-10 minutes)

1. **Present the Plate:** Ask the student to present their "Superpowered Plate." Have them point to each food and explain which "hero team" it belongs to and what superpower it gives their body (e.g., "I chose chicken because it's a 'Grow' food that builds my muscles!").
2. **Real-World Connection:** Make a simple, balanced snack together using the principles just learned. For example, have an apple (Glow) with some cheese cubes (Bone/Grow) and a whole-grain cracker (Go). Discuss how this snack is giving them different "powers."

## 5. Differentiation and Inclusivity

- **For Extra Support:** Provide pre-cut pictures of food. Focus only on the three main "Go, Grow, Glow" categories to simplify. Use a pre-printed plate template with the sections already labeled.
- **For an Advanced Challenge:** Ask the student to plan a full day of balanced meals (breakfast, lunch, and dinner). Have them write or draw what they would eat and why each meal is healthy.
- **Inclusivity:** Encourage the student to include foods from your family's culture, discussing how those dishes fit into the different food groups.

## 6. Assessment Methods

- **Formative (During the lesson):** Observe the student during the food sorting activity to see if they can correctly categorize foods. Ask guiding questions like, "Why does bread give you energy?"
- **Summative (End of lesson):** The completed "Superpowered Plate" and the student's "Show and Tell" explanation serve as the final assessment, demonstrating their understanding of food groups and the concept of a balanced meal.

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