2nd Grade Nutrition Lesson Objectives

Marty Moose is the star of the lessons. He teaches the students about nutrition throughout this 5 lesson series.

Lesson 1 – Grazin’ the Pyramid
1. Identify food groups on the food pyramid.
2. Drink plenty of water
3. Understand the importance of eating a variety of foods
4. Demonstrate proper hand washing

Tasting Experience: Vegetables, grains, and Peanut Butter Yogurt Dip

Lesson 2 – Grazin’ On Grains
1. Identify foods in the MyPyramid grain group
2. Identify grain foods as the best source of energy
3. Compare sensory differences between whole and other grain foods.
4. Understand that fiber and water help keep our intestines clean and healthy

Tasting Experience: Goofy Grains Sandwich

Lesson 3 – Eating a Rainbow
1. Identify a variety of fruits and vegetables
2. Understand that fruits and vegetables are a great sources of key nutrients (water, fiber, vitamins C & A)
3. Value fruits and vegetables as “anytime” foods

Tasting Experience: Bite-sized samples of vegetables

Lesson 4 – Where’s Your Moosetache?
1. Identify foods in the milk group
2. Demonstrate safe handling of foods needing refrigeration
3. Understand that it takes a lifetime of eating calcium-rich foods to have strong healthy bones.

Tasting Experience: Blue Moosetache Smoothie

Lesson 5 – Protein Power
1. Identify a variety of plant and animal foods in the Meat and Bean Group
2. Understand that both protein and physical activity are important for strong, growing bodies
3. Recognize that removing fat from meat results in a healthier choice

Tasting Experience: Bean Dip in A Bag