

# Food-Fun-Fitness

# Grades 3-5

## Lesson 1: Basic Food Groups

### **Activity 1: Food Pyramid Bingo**

Health Education  
Health Literacy

**Standard 1 (HE.A.1.2): The student comprehends concepts related to health promotion and disease prevention.**

Benchmark 10: knows the nutritional values of different foods.

### **Activity 2: Food Pyramid Train**

Health Education  
Health Literacy

**Standard 1 (HE.A.1.2): The student comprehends concepts related to health promotion and disease prevention.**

Benchmark 10: knows the nutritional values of different foods.

### **Activity 3: Paradise Island**

Health Education  
Health Literacy

**Standard 1 (HE.A.1.2): The student comprehends concepts related to health promotion and disease prevention.**

Benchmark 10: knows the nutritional values of different foods.

**Standard 1 (HE.B.1.2): The student knows health-enhancing behaviors and how to reduce health risks.**

Benchmark 1: knows the importance of assuming responsibility for personal health habits.

### **Activity 5: Crazy Concentration**

Health Education  
Health Literacy

**Standard 1 (HE.A.1.2): The student comprehends concepts related to health promotion and disease prevention.**

Benchmark 10: knows the nutritional values of different foods.

## Lesson 2: Variety Counts

### **Activity 2: Petie Parrot Says**

Health Education  
Health Literacy

**Standard 1 (HE.A.1.2): The student comprehends concepts related to health promotion and disease prevention.**

Benchmark 10: knows the nutritional values of different foods.

### **Activity 3: The Pyramid Day Parade**

Health Education  
Health Literacy

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**Standard 1 (HE.A.1.2): The student comprehends concepts related to health promotion and disease prevention.**

Benchmark 10: knows the nutritional values of different foods.

**Standard 1 (HE.B.1.2): The student knows health-enhancing behaviors and how to reduce health risks.**

Benchmark 1: knows the importance of assuming responsibility for personal health habits.

## **Activity 4: What Can You Do With The Good Food Clue?**

Health Education

Health Literacy

**Standard 1 (HE.A.1.2): The student comprehends concepts related to health promotion and disease prevention.**

Benchmark 10: knows the nutritional values of different foods.

## **Lesson 3: Make Breakfast Count**

### **Activity 1: Breaking The Fast**

Health Education

Health Literacy

**Standard 1 (HE.A.1.2): The student comprehends concepts related to health promotion and disease prevention.**

Benchmark 10: knows the nutritional values of different foods.

**Standard 1 (HE.B.1.2): The student knows health-enhancing behaviors and how to reduce health risks.**

Benchmark 1: knows the importance of assuming responsibility for personal health habits.

### **Activity 2: Out Of Gas**

Health Education

Health Literacy

**Standard 1 (HE.A.1.2): The student comprehends concepts related to health promotion and disease prevention.**

Benchmark 10: knows the nutritional values of different foods.

**Standard 1 (HE.B.1.2): The student knows health-enhancing behaviors and how to reduce health risks.**

Benchmark 1: knows the importance of assuming responsibility for personal health habits.

### **Activity 3: Say "Breakfast!"**

Health Education

Health Literacy

**Standard 1 (HE.A.1.2): The student comprehends concepts related to health promotion and disease prevention.**

Benchmark 10: knows the nutritional values of different foods.

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**Standard 1 (HE.B.1.2): The student knows health-enhancing behaviors and how to reduce health risks.**

Benchmark 1: knows the importance of assuming responsibility for personal health habits.

## **Activity 4: Protein Power At Breakfast**

Health Education

Health Literacy

**Standard 1 (HE.A.1.2): The student comprehends concepts related to health promotion and disease prevention.**

Benchmark 10: knows the nutritional values of different foods.

Language Arts

Reading

**Standard 2 (LA.A.2.2): The student constructs meaning from a wide range of texts.**

Benchmark 5: reads and organizes information for a variety of purposes, including making a report, conducting interviews, taking a test, and performing an authentic task.

## **Lesson 4: Food Production**

### **Activity 1: Food Movers**

Language Arts

Reading

**Standard 2 (LA.A.2.2): The student constructs meaning from a wide range of texts.**

Benchmark 5: reads and organizes information for a variety of purposes, including making a report, conducting interviews, taking a test, and performing an authentic task.

### **Activity 2: Florida Food**

Social Studies

Economics

**Standard 2 (SS.D.2.2): The student understands the characteristics of different economic systems and institutions.**

Benchmark 1: understands economic specialization and how specialization generally affects costs, amount of goods and services produced, and interdependence.

**Standard 6 (SS.A.6.2): The student understands the history of Florida and its people.**

Benchmark 3: knows the significant individuals, events, and social, political, and economic characteristics of different periods in Florida's history.

### **Activity 3: Radish Growing**

Science

How Living Things Interact with Their Environment

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**Standard 1 (SC.G.1.2): The student understands the competitive, interdependent, cyclic nature of living things in the environment.**

Benchmark 5: knows that animals eat plants or other animals to acquire the energy they need for survival.

## **Activity 5: Garden Recipes**

Language Arts

Reading

**Standard 2 (LA.A.2.2): The student constructs meaning from a wide range of texts.**

Benchmark 5: reads and organizes information for a variety of purposes, including making a report, conducting interviews, taking a test, and performing an authentic task.

## **Lesson 5: Food and Culture**

### **Activity 1: Family Food Habits**

Health Education

Responsible Health Behavior

**Standard 2 (HE.B.2.2): The student analyzes the influence of culture, media, technology, and other factors on health.**

Benchmark 4: understands the role of culture, age, or gender differences in personal health practices (e.g., fitness activities and food preferences).

### **Activity 2: Multicultural Hangman**

Health Education

Responsible Health Behavior

**Standard 2 (HE.B.2.2): The student analyzes the influence of culture, media, technology, and other factors on health.**

Benchmark 4: understands the role of culture, age, or gender differences in personal health practices (e.g., fitness activities and food preferences).

### **Activity 3: Milk Around The World**

Social Studies

People, Places, and Environments

**Standard 1 (SS.B.1.2): The student understands the world in spatial terms.**

Benchmark 5: knows ways in which people view and relate to places and regions differently.

### **Activity 4: Amazing Chili**

Health Education

Responsible Health Behavior

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**Standard 2 (HE.B.2.2): The student analyzes the influence of culture, media, technology, and other factors on health.**

Benchmark 4: understands the role of culture, age, or gender differences in personal health practices (e.g., fitness activities and food preferences).

Mathematics

Measurement

**Standard 4 (MA.B.4.2): The student selects and uses appropriate units and instruments for measurements to achieve the degree of precision and accuracy required in real-world situations.**

Benchmark 2: selects and uses appropriate instruments and technology, including scales, rulers, thermometers, measuring cups, protractors, and gauges, to measure in real-world situations.

## Lesson 6: Preparing Foods

### **Activity 2: Measurement Investigation**

Mathematics

Measurement

**Standard 4 (MA.B.4.2): The student selects and uses appropriate units and instruments for measurements to achieve the degree of precision and accuracy required in real-world situations.**

Benchmark 2: selects and uses appropriate instruments and technology, including scales, rulers, thermometers, measuring cups, protractors, and gauges, to measure in real-world situations.

### **Activity 3: Keep It Fresh**

Science

The Nature of Science

**Standard 1 (SC.H.1.2): The student uses the scientific processes and habits of mind to solve problems.**

Benchmark 1: knows that it is important to keep accurate records and descriptions to provide information and clues on causes of discrepancies in repeated experiments.

Benchmark 3: knows that to work collaboratively, all team members should be free to reach, explain, and justify their own individual conclusions.

**Standard 3 (SC.H.3.2): The student understands that science, technology, and society are interwoven and interdependent.**

Benchmark 2: knows that data are collected and interpreted in order to explain an event or concept.

### **Activity 4: Nutritious Snacking**

Health Education

Health Literacy

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**Standard 1 (HE.A.1.2): The student comprehends concepts related to health promotion and disease prevention.**

Benchmark 10: knows the nutritional values of different foods.

**Standard 1 (HE.B.1.2): The student knows health-enhancing behaviors and how to reduce health risks.**

Benchmark 1: knows the importance of assuming responsibility for personal health habits.

## Lesson 7: Diet And Physical Fitness

### **Activity 1: How My Body Works**

Science

Processes of Life

**Standard 1 (SC.F.1.2): The student describes patterns of structure and function in living things.**

Benchmark 1: knows that the human body is made of systems with structures and functions that are related.

### **Activity 2: Body Building**

Health Education

Health Literacy

**Standard 1 (HE.A.1.2): The student comprehends concepts related to health promotion and disease prevention.**

Benchmark 10: knows the nutritional values of different foods.

Science

Processes of Life

**Standard 1 (SC.F.1.2): The student describes patterns of structure and function in living things.**

Benchmark 1: knows that the human body is made of systems with structures and functions that are related.

### **Activity 3: Fitness Lotto**

Health Education

Health Literacy

**Standard 1 (HE.A.1.2): The student comprehends concepts related to health promotion and disease prevention.**

Benchmark 10: knows the nutritional values of different foods.

### **Activity 4: Petie, Which Way?**

Health Education

Responsible Health Behavior

**Standard 1 (HE.B.1.2): The student knows health-enhancing behaviors and how to reduce health risks.**

Benchmark 1: knows the importance of assuming responsibility for personal health habits.

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**Standard 1 (HE.B.1.2): The student knows health-enhancing behaviors and how to reduce health risks.**

Benchmark 2: compares behaviors that are safe to those that are risky or harmful.

Benchmark 4: uses strategies for improving or maintaining personal health.

## Lesson 8: Food Safety

### **Activity 2: Wash Before You Bite**

Health Education

Responsible Health Behavior

**Standard 1 (HE.B.1.2): The student knows health-enhancing behaviors and how to reduce health risks.**

Benchmark 1: knows the importance of assuming responsibility for personal health habits.

### **Activity 3: Safe Food Discovery**

Health Education

Responsible Health Behavior

**Standard 1 (HE.B.1.2): The student knows health-enhancing behaviors and how to reduce health risks.**

Benchmark 1: knows the importance of assuming responsibility for personal health habits.

### **Activity 4: Keep It Cold**

Health Education

Responsible Health Behavior

**Standard 1 (HE.B.1.2): The student knows health-enhancing behaviors and how to reduce health risks.**

Benchmark 1: knows the importance of assuming responsibility for personal health habits.

### **Activity 5: Picnic Fun**

Health Education

Responsible Health Behavior

**Standard 1 (HE.B.1.2): The student knows health-enhancing behaviors and how to reduce health risks.**

Benchmark 1: knows the importance of assuming responsibility for personal health habits.