

## Activity: Give Me Five!

Activity Level: Intermediate

Source: *Oregon Agriculture in the Classroom Foundation*

### PURPOSE

Students learn about the five food groups and what state-grown foods fit into each group. This lesson makes a local connection to nutrition and a healthy lifestyle.

### EXAMPLE TOPICS IT SUPPLEMENTS

Health; decision making skills.

### ACTIVITY SNAPSHOT

1. Organize and Prepare Supplies
2. Read Background Information
3. Interest Approach
4. Conduct Activity  
Explain the five food groups. Make a list with students of which foods they believe belong in each group. Use the Agricultural Commodities workshop to highlight the commodities in Nebraska. Using the hand cutout, have students write each food group on each finger and their favorite Nebraska grown product from that food group. Write an exercise in the middle of the hand. Discuss some of their favorite foods and where they are grown.
5. Ask follow-up questions and make the connection to agriculture
  - What does a balanced diet include?
  - What else is good for good health?
  - What foods are produced locally that can be used on our plate?

### STATE STANDARDS IT SUPPORTS

- LA 4.3.3.c—Apply conversation strategies to recognize and consider new information presented by others in relationship to one’s own ideas.
- LA 4.3.3.d—Listen, ask clarifying questions, summarize, and explain information being communicated and consider its contribution to a topic, text, or issue under study.
- LA 4.2.2.e—Collaboratively converse with peers and adults on grade-appropriate topics and texts, building on others’ ideas to clearly express one’s own views while respecting diverse perspectives.
- PE.4.3.1.a—Analyzes opportunities for participating in physical activity outside physical education class. (M).

### MATERIALS

- Give Me Five! Hand template, one for each student
- Agricultural Commodities List
- Popsicle Sticks or Pencils, one for each student
- Scissors
- Glue or Masking Tape
- Crayons or Markers
- [Nebraska MyPlate Poster](#)

### WHAT’S THE CONNECTION TO AGRICULTURE?

Agriculture Literacy Outcomes

Food, Health and Lifestyle Outcomes

- Describe the necessary food components of a healthy diet using the current dietary guidelines.

# VOLUNTEER ENRICHING ACTIVITY

## PROCEDURES:

### 1. Organize and Prepare Supplies

See “Materials” on cover page.

### 2. Background Information

The five dietary food groups are the building blocks for a healthy diet. Recommendations are set forth by the U.S. Department of Agriculture. Food group guidelines were first introduced in 1916. As our knowledge of healthy diets has increased, dietary recommendations, including caloric intake and essential nutrients, has evolved as well.

The five dietary food groups include: fruits, vegetables, grains, protein, and dairy.

#### Vocabulary

Commodity—A raw or primary agricultural product that can be bought or sold, such as hay, eggs or cattle.

### 3. Interest Approach

Begin by asking students if they have heard of food groups, and if so, to raise their hand and share what they know.

Project the [Food Group Puzzle](#) on the board and complete it as a class. Alternatively, you can print the puzzle for smaller groups of students to complete.

As the students help you complete the puzzle, review the concepts taught.

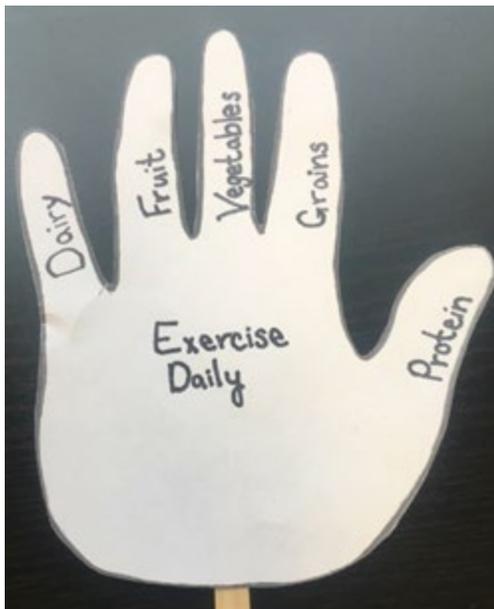
There are 5 food groups, where each food is produced, common foods in each food group, and nutrients received.

### 4. Conduct Activity

- a. Explain that food groups are collections of foods with similar nutritional benefits. Nutrition guidelines recommend daily servings from each group for a healthy diet.
- b. Ask students to name any food groups they know. List answers on the board. Fill in any of the five groups that are not mentioned.
- c. When all five groups are on the board, review them and discuss how each makes our bodies healthy.
- d. Ask students to name foods they like to eat in each group. Record answers on the board. In the end, there should be a list of the five food groups and foods in each group.
- e. Go over the Agricultural Commodities List worksheet and star or circle with a bright color all the foods grown in your state (or region).
- f. Tell students that farmers and ranchers in our state grow thousands of different types of crops and many of them are food we eat. If there are additional commodities grown or raised in your area add them to the list, or list them on the board.
- g. Tell students that each day they should eat from the five food groups for a healthy diet – fruits, vegetables, grains, protein and dairy. Have them hold up one hand and list the five groups, one for each finger. After they list off the five groups, have them turn to a partner and give each other a high five. To help them remember the five food groups, students will be making a Give Me Five! hand.
- h. Each student will need to have a paper hand, a popsicle stick (pencils work too), tape and crayons or markers.

# VOLUNTEER ENRICHING ACTIVITY

- i. On one side of the hand, students write the name of a food group on each finger. In the center of the palm they write "Exercise Daily." (see example below).
- j. On the other side of the hand students should write/draw a state-grown food for each food group in the corresponding finger area (Ex: fruits/picture of apple).
- k. Have them write/draw their favorite exercise in the palm area. (See example below).
- l. Students cut out the hand then tape a popsicle stick at the wrist area.
- m. When they are done, as a group repeat the five food groups.
- n. Share the [Nebraska MyPlate Poster](#) to discuss foods that are grown in Nebraska. Learn more about Nebraska commodities at the [Interactive Map Project](#).
- o. Have students take turns sharing their favorite local foods with the class .



## 5. Ask Follow-Up Questions and Make the Connection to Agriculture

After conducting these activities, review the following key concepts:

- What does a balanced diet include?  
*A balanced diet includes all five food groups.*
- Other than a balanced diet, what else is important for good health?  
*Exercise is also important to good health.*
- What foods are produced locally that we can use on our plate?  
*See Agricultural Commodities Answer Sheet*

# VOLUNTEER ENRICHING ACTIVITY

## Five Food Groups and Key Messages

**Fruits and Vegetables:** Any fruit or vegetable is included in this group. Fruits or vegetables may be fresh, canned, frozen or dried. They can be whole, cut-up, pureed or juiced.

**Key Message:** Make half your plate fruits and vegetables.

**Grains:** Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Examples include bread, pasta, oatmeal, breakfast cereals, tortillas and grits.

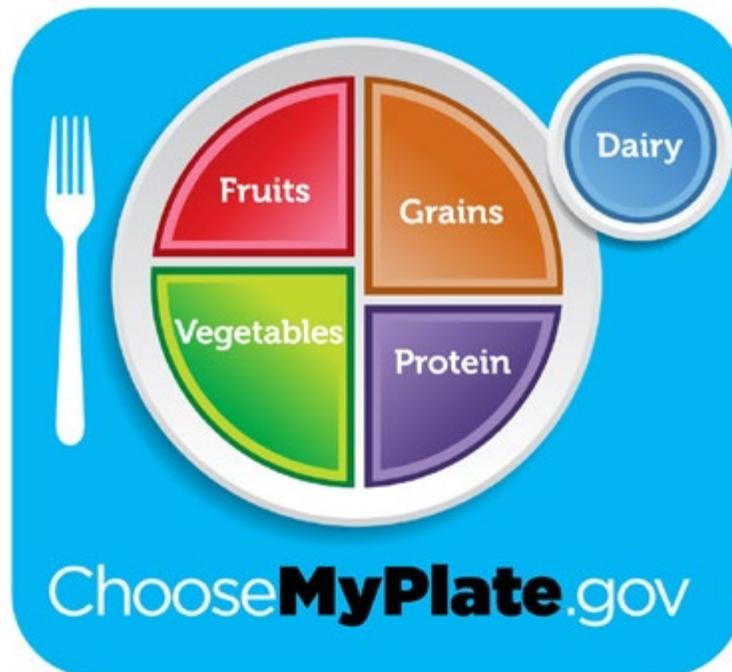
**Key Message:** Make at least half of your grains whole grains.

**Protein Foods:** All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds are considered part of this group. Meat and poultry choices should be lean or low-fat.

**Key Message:** Choose lean protein.

**Dairy:** All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, however, foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are not part of this group. Calcium-fortified plant based “milks” (i.e., soy beverage) is also part of this group.

**Key Message:** Choose fat-free or low-fat dairy products.



# VOLUNTEER ENRICHING ACTIVITY

## A List of Agricultural Commodities

Alfalfa Hay	Christmas Trees	Kale	Rice, Wild
Alfalfa Seed	Clams	Kiwi Fruit	Rutabagas
Alpacas/Llamas	Cod	Lentils	Rye
Apples	Corn, Sweet & Grain	Lettuce	Safflower
Apricots	Cranberries	Mint	Salmon
Artichokes	Cucumbers	Mules & Donkeys	Sheep & Lambs, Wool
Asparagus	Dairy Cattle, Milk	Mushrooms	Silage, Corn
Barley	Dungeness Crab	Mustard	Sorghum
Bass	Eggplant	Nectarines	Soybeans
Beans, dry	Emus, Ostriches	Nuts	Spruce
Bees, Honey	Figs	Oats	Sod
Beets	Fish	Olives	Squash
Blackberries	Flax	Onions	Straw
Blueberries	Flounder	Oysters	Strawberries
Boysenberries	Game Birds, Quail, Pheasants	Parsnips	Sugar Beets
Broccoli	Garlic	Peaches	Sunflower, Oil & Seed
Brussel Sprouts	Goat Products	Pears	Swiss Chard
Buckwheat	Gooseberries	Peas	Tomatoes
Cabbage	Gourds	Peppermint	Trout
Canola	Grapes	Peppers	Tuna
Cantaloupes & Muskmelons	Green Beans	Plums	Turf Sod
Carrots	Greens, Cut	Potatoes	Turkeys
Cattle, Beef	Hay	Prunes	Turnips
Cattle, Dairy & Milk	Hazelnuts	Pumpkins	Walnuts
Cauliflower	Herbs	Rabbits	Wasabi
Celery	Hogs and Pigs	Radishes	Watermelon
Cherries	Hops	Raspberries, Red	Wheat
Chickens, Eggs	Horseradish	Raspberries, Black	Yams, Sweet Potato
Chickens, Meat	Horses	Rhubarb	Zucchini

# VOLUNTEER ENRICHING ACTIVITY

## Answers

**YELLOW** = Nebraska Agriculture Top Commodity

**BOLD** = Is known to be grown or raised in Nebraska

<b>Alfalfa Hay</b>	<b>Christmas Trees</b>	Kale	Rice, Wild
Alfalfa Seed	Clams	Kiwi Fruit	<b>Rutabagas</b>
<b>Alpacas/Llamas</b>	Cod	Lentils	Rye
<b>Apples</b>	<b>Corn, Sweet &amp; Grain</b>	<b>Lettuce</b>	Safflower
<b>Apricots</b>	Cranberries	<b>Mint</b>	Salmon
Artichokes	<b>Cucumbers</b>	<b>Mules &amp; Donkeys</b>	<b>Sheep &amp; Lambs, Wool</b>
<b>Asparagus</b>	<b>Dairy Cattle, Milk</b>	Mushrooms	<b>Silage, Corn</b>
<b>Barley</b>	Dungeness Crab	Mustard	<b>Sorghum</b>
Bass	<b>Eggplant</b>	Nectarines	<b>Soybeans</b>
<b>Beans, dry</b>	Emus, Ostriches	Nuts	<b>Spruce</b>
<b>Bees, Honey</b>	Figs	<b>Oats</b>	<b>Sod</b>
<b>Beets</b>	Fish	Olives	<b>Squash</b>
Blackberries	Flax	<b>Onions</b>	<b>Straw</b>
Blueberries	Flounder	Oysters	<b>Strawberries</b>
Boysenberries	<b>Game Birds, Quail, Pheasants</b>	Parsnips	<b>Sugar Beets</b>
<b>Broccoli</b>	Garlic	Peaches	<b>Sunflower, Oil &amp; Seed</b>
<b>Brussel Sprouts</b>	<b>Goat Products</b>	Pears	<b>Swiss Chard</b>
Buckwheat	Gooseberries	<b>Peas</b>	<b>Tomatoes</b>
<b>Cabbage</b>	<b>Gourds</b>	Peppermint	Trout
Canola	<b>Grapes</b>	<b>Peppers</b>	Tuna
<b>Cantaloupes &amp; Muskmelons</b>	<b>Green Beans</b>	<b>Plums</b>	Turf Sod
<b>Carrots</b>	Greens, Cut	<b>Potatoes</b>	<b>Turkeys</b>
<b>Cattle, Beef</b>	<b>Hay</b>	Prunes	<b>Turnips</b>
<b>Cattle, Dairy &amp; Milk</b>	Hazelnuts	<b>Pumpkins</b>	Walnuts
<b>Cauliflower</b>	<b>Herbs</b>	<b>Rabbits</b>	Wasabi
<b>Celery</b>	<b>Hogs and Pigs</b>	<b>Radishes</b>	<b>Watermelon</b>
Cherries	<b>Hops</b>	<b>Raspberries, Red</b>	<b>Wheat</b>
<b>Chickens, Eggs</b>	<b>Horseradish</b>	<b>Raspberries, Black</b>	<b>Yams, Sweet Potato</b>
<b>Chickens, Meat</b>	<b>Horses</b>	<b>Rhubarb</b>	<b>Zucchini</b>

