

# Fishing for Nutrition

Name: \_\_\_\_\_

**Date:** 6-11-12    **Grade Level:** K-2    **References:** SD Office of Rural Health

**Professions:** Nurse, Physician, Dietitian, Dentist, Dental Hygienist, and Dental Assistant

*All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.*

**Purpose:** To help students identify the food group that various foods fit into according to the food guide pyramid.

**Materials needed:** Paper food models (at least 1 food model per student), poster of My Plate for Kids, paper clips, a fishing pole. You can make your own fishing pole with a yard stick, string and a heavy magnet. You can use the food categories from the "Food Pyramid Tag" game for the students to place their food models on once they fished and decided what food category it belonged in.

**Duration:** 30 minutes

## Instructions:

□ Place paper clips on the paper food models prior to class time. Review the My Plate poster for Kids with the students. Then place the food models face down in a “pond” fashion. Explain to the students that this is the “fish pond” and the food models are the “fish”. Using the fishing pole, each student will take a turn to “fish” in the pond by putting the magnet from the pole on the paper clip on the food model. The student will “reel in” (bring up the food model) and decide which food group on the food guideplate that it belongs to. You may ask the remaining students for help if needed. During the activity, the students may stay seated at their desks or they may sit in a circle on the floor around the pond. I used the food group categories from the Food Pyramid Tag game for the students to place each food model on once they decided which food group it went into.

□ You can vary this activity to include discussing number of servings per day for each food group or where on the pyramid the food would go in that category – top or bottom.

□ You can also use this game activity for a first aid kit or safety cards. Just change the name of the game Fishing for Safety.

□ With bigger classes, each student will have a chance to fish one time. A class of 5 should be able to fish 3 to 4 times each. With a bigger class of 20, students may only fish once.