

## Classroom Extensions

# Nutrition Beat

Developed by: Mark “Chef Moving Mark” Vanek  
Artform(s): Dance/Movement, Music, Visual Art

### Learning Objectives

#### **Students will:**

- Recall “Nutrition Beat” through call and response.
- Understand the four food groups by sorting food into categories.
- Select healthy food choices.
- Create a visual representation of a well-balanced meal.

### Materials Needed

- Paper dinner plates
- Grocery ads, pictures of food from magazines, or drawing materials
- Magazines
- Scissors
- Glue stick

## Lesson Plan

- After video is over, split class in half; one half does the body rhythm, while the other half recites the rap. Switch roles.
- Once students are confident with the words, switch to doing the whole “Nutrition Beat” in unison (all together) without call and response. Everyone does body rhythm and rap as one group.
- Facilitate a discussion with students about the four food groups: fruits and vegetables, grains, meat, and dairy.  
Suggested questions:
  - What is a type of fruit or vegetable?
  - What is a type of meat?
  - What is a type of dairy?
  - What is a healthy food choice?
  - What is a less healthy food choice?
- Hand each student a paper plate.
- Explain that they are going to create a healthy meal.
- Using grocery advertisements and/or magazine photos, ask students to cut out their favorite foods and glue them onto the paper plate. If magazines or grocery advertisements are not available, students may draw their favorite foods onto the plate using crayons, markers, or colored pencils.
- Allow time for students to share their balanced meals.
- Go further; ask students to balance the plates they created on their head. Take turns walking around desks, chairs, or around the room with the “balanced meal” on top of their heads.