

Pizza Pizza

Subject: Health

Grade: First

Tools: Osmo Pizza and [5 Fabulous Food Groups](#)

Synopsis: For this lesson we will be discussing the food groups and what foods are included in each group. We will first watch a video about the food groups on YouTube. Next, the students will break up into small groups and play with Osmo Pizza. After playing, we will have a discussion as a class to figure out what pizza toppings belong in each food group.