



## Lesson 3: MyPlate

### Nutrition Objectives:

1. Students will be able to name two foods and correctly identify which food groups they are in.
2. Students will learn that fruits and vegetables are healthy foods.

### Supplies/Materials:

- Fill Your Plate with Healthy Foods Every Day handout (front) and worksheet (back)
- MyPlate poster
- Chart paper and markers (for teacher to start Fruit and Vegetable Lists- see Activity #1)

### Lesson:

**Say**→ Last time we learned about how and where fruits and vegetables grow.

**Ask**→ Can anyone name the three things fruit and vegetable plants need to live? (*sun, soil, and water*)

**Ask**→ Can anyone name a fruit or vegetable and tell me how it grows?

**Say**→ Today we are going to learn about the five food groups.

- Show the students the MyPlate poster

**Say**→ This is called MyPlate and it is used as a guide to teach us how to eat healthy. There are five food groups on MyPlate.

**Ask**→ Does anyone know what that means?

**Say**→ There are all sorts of foods that we eat, and they fall into certain groups. These groups are all important for our bodies because they help our bodies in different ways. We need to make sure we eat some foods from every food group, every day.

**Say**→ Let's look at the **fruit** group first. Fruits help to keep you healthy.

**Ask**→ Can anyone name their favorite fruit?

**Say**→ Let's look at the **vegetable** group next. Vegetables keep you growing strong.

**Ask**→ Can anyone name their favorite vegetable?

**Say**→ The next group is **grains**. Grains give you energy so you can go to school and play outside. Some foods in the grains group are bread, pasta and rice.

**Ask**→ Can anyone think of another grain? (*may need prompting with "What is something you eat for breakfast?"*)

**Say**→ The next food group is **protein**. Foods in the protein group help build strong muscles.

**Ask**→ Can everybody show me their muscles?

**Say**→ Foods that are in the protein group are meats like beef, pork and chicken, fish, eggs, beans and nuts.

**Ask**→ What type of protein foods do you like?

(continued)

**Say**→ Our last food group is **dairy**. Foods in the dairy group have milk in them so think of foods that come from cows. Dairy foods help build strong bones and teeth.

**Ask**→ Can you tell me some foods in the dairy group? (*milk, cheese, yogurt*)

**Say**→ We need to have foods from all the five food groups every day to make us grow, learn, and give us the energy to play. All of the five food groups are important, especially the fruit and vegetable groups.

**Say**→ **Remember:** Fruit helps keep you healthy, and vegetables keep you growing strong, so you should eat them every day. During the next several lessons, you're going to be learning about how different color fruits and vegetables help different parts of your body. We're going to keep track of the fruits and veggies you eat every day.

**Activity #1: Fruit and Vegetable Lists**

Begin two lists on chart paper; one for fruits and one for vegetables. When the children receive their fruit or vegetable snack, state what it is and write the name of that fruit or vegetable on the corresponding list. Keep them on display and continue to do this throughout the school year when a new fruit or vegetable is served.

**Activity #2: Fill Your Plate with Healthy Foods Every Day:** Read through the food groups with the key messages to the class. Have students complete the worksheet on the back.