

## Lesson 2: MyPlate

### Nutrition Objectives:

1. Students will be able to identify the five food groups on MyPlate.
2. Students will be able to state that half of their plate should be filled with fruits and vegetables.

### Supplies/Materials:

- MyPlate poster with colored bands and pictures of food
- Half My Plate Pledge Form (one for the entire class)
- Fill Your Plate with Healthy Foods Every Day handout (front) and worksheet (back)
- Silly Story worksheet (one half sheet per student)

### Lesson:

**Ask?** Did anyone try a new fruit or vegetable this week?

**Ask?** What fruit or vegetable did you try?

**Ask?** Did you like it?

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

- Show the students the MyPlate poster

**Ask?** What do you notice about the plate on this poster? *(There are five different colors, each representing a different food group.)*

**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 learn and play. 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 many people eat for breakfast?")*

**Say?** The next food group is **protein**. Foods in the protein group help build strong 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 five food groups every day to help us grow and give us energy. All of the five food groups are important, including the fruit and vegetable groups.

**Say** Let's take a closer look at the fruit (red) and vegetable (green) groups.

**Ask** How much of the plate is full if you combine the fruit and vegetable groups? (*one half*)

**Ask** What meal do you eat that looks most like this plate?

**Ask** Is your lunch or dinner plate at home half full of fruits and vegetables?

**Ask** Maybe you can ask the person who cooks in your house to buy and/or prepare more fruits and vegetables?

**Say** Try to eat fruits and veggies every day this week and don't be afraid to try something new.

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

### **Activity #1: Class Pledge**

Ask students to take the "try a new fruit and veggie pledge" by signing the certificate. Display it in a prominent place in the classroom. Refer to it periodically to monitor progress.

### **Activity #2: Fill Your Plate with Healthy Foods Every Day**

Read through the food groups with the key messages to the class. Have students use the backside of the worksheet to write as many foods in each food group they can think of. Use the MyPlate poster to assist them if necessary.

**Activity #3: Silly Story**: Have students work with a partner to write a silly story. Partners can read the story to each other when their story is complete.