



Lesson 2: MyPlate: Fruits & Vegetables

Nutrition Objectives:

1. Students will be able to name one food and correctly identify the food group that it's in.
2. Students will learn that fruits and vegetables are healthy foods.
3. Students will be able to name one of their favorite fruits or vegetables.

Supplies/Materials:

- Fill Your Plate with Healthy Foods Every Day handout
- MyPlate poster
- Fruit and Veggie Taster Club poster or 8½" x 11" sheet (for teacher)
- Chart paper and markers (for teacher to start Fruit and Vegetable Lists- see Activity #1)

Lesson: MyPlate:

Say→ Today we are going to learn about the five food groups, especially fruits and vegetables.

- Show 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?

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)*

(continued)

Say→ We need to have foods from all of the five food groups every day to make us go and grow. Food gives us energy and vitamins and minerals to help us play, learn, grow, and keep us from getting sick. All of the five food groups are important. Let's talk more about two food groups now - vegetables and fruit.

Discussion About Fruits and Vegetables:

Ask→ Think about the book I read last time, Up, Down and Around, and what you learned about how different vegetables grow.

Ask→ What are some ways vegetables grow? (*up-above the ground, down-below the ground, or around- on a vine*)

Say→ Vegetables are important for your health because they keep you growing strong.

Say→ Fruit helps to keep you healthy, too. Let's talk some more about fruits.

Ask→ Where do fruits come from? (*from plants like vegetables, but many fruits grow on trees.*)

Ask→ What are some fruits that grow on trees? (*bananas, apples, pears, oranges, peaches, mangoes, plums*)

Ask→ Do you know any fruits that grow above the ground on plants or bushes? (*strawberries, blueberries, raspberries, blackberries*)

Ask→ What fruits grow above the ground attached to a vine? (*grapes, watermelon, cantaloupe*)

Ask→ Do any fruits grow under the ground? (*no*)

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 we eat every day. Here's how:

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: Fruit and Veggie Taster's Club (poster or 8" X 11" sheet)

Tell the students that they are part of the Fruit and Veggie Taster's Club, and that their job is to try as many fruit or vegetable snacks as they can. Remind them that if they don't like a fruit or vegetable it's important to try it again.

Fill in each student's name on the poster or 8½ x 11" sheet provided. Write in today's snack under "Week 1", and put a check or a sticker next to the name of each student who tries the fruit or vegetable of the day. When you complete the chart, reward the children who tried the most fruits and vegetables with a certificate.

Activity #3: Fill Your Plate with Healthy Foods Every Day: Read through the food groups with the key messages to the class.