



Lesson 2: MyPlate

Nutrition Objectives:

1. Students will be able to identify the 5 food groups on MyPlate.
2. Students will be able to name one food in each food group.

Supplies/Materials:

- Make MyPlate Your Plate handout (one for each student)
- Tasting Passport (one for each student; attach child's photo; **save these**)
- MyPlate poster
- Fruit and vegetable lists (**Add this week's fruits and vegetables to the list.**)
- Crayons or colored pencils

Lesson:

Say→ Last week we talked about how eating healthy foods helps people stay well. All the different foods we eat fall into certain groups which are important for our bodies. There are five food groups that contain different types of healthy foods. We need to make sure we eat foods from these five food groups every day. Today we are learning about MyPlate and the five food groups.

Say→ Let's take a closer look at the top part of this poster. This is called MyPlate and it is used as a guide to show both grown-ups and kids how to eat healthy foods.

Ask→ What do you notice about MyPlate? (*It has 5 different food groups on it.*)

Say→ Let's find out where each food group is on MyPlate and talk about some foods that are in each of those groups:

Say→ **Green** is the vegetable group. Vegetables keep you growing strong.

Ask→ What are some of your favorite vegetables? (*carrots, spinach, corn, potatoes, etc.*)

Say→ **Red** is the fruit group. Fruits help to keep you healthy.

Ask→ What are some of your favorite fruits? (*apples, bananas, grapes, strawberries, kiwi, etc.*)

Say→ **Orange** is the grains group. Grains give you energy so you can go to school and play.

Ask→ What are some foods in the grains group? (*cereal, bread, pasta, crackers, rice, etc.*)

Say→ **Purple** is the protein group. Protein helps build strong muscles. Show me your muscles.

Ask→ What are some foods in the protein group? (*meat, fish, chicken, turkey, beans, eggs, nuts and peanut butter*)

Say→ **Blue** is the dairy group. Dairy foods contain milk which is important for strong bones and teeth.

Ask→ What are some foods in the dairy group? (*milk, cheese, and yogurt*)

Ask→ Why is it important to eat foods from all the 5 food groups every day?

(*The foods in each food group help your body grow healthy and strong so you have the energy to run, jump and play.*)

(continued)



Activity#1: Make MyPlate Your Plate Read the nutrition messages in the circles with the class. Instruct the children to draw their favorite foods from each food group on the other side. Use the MyPlate poster to assist them if necessary.

Activity #2: Tasting Passport

Say→ Over the next few weeks, you may receive a fruit or vegetable that you've never tried before or one that you don't like. Please have a good attitude about trying a new food for the first time or trying it again. Your taste buds may have changed!

Say→ When you try a new food, draw a star or a smiley face in the small box on your Tasting Passport. Then, draw a picture of the fruit or vegetable you tried in the bigger box.

- Have the students fill in a box for a fruit or vegetable they tried yesterday or today.