



Lesson 3: More MyPlate: Fruits and Veggies

Nutrition Objective:

1. Students will be able to name the five food groups.
2. Students will be able to name one food in each food group.
3. Students will be able to state that half of their plate should be filled with fruits and vegetables

Supplies/Materials:

- MyPlate poster
- Five sheets of colored paper (green, red, orange, purple, and blue)
- MyPlate to My Family worksheet
- Tasting Passport (saved from Lesson 2; remind students to fill it in when they try new fruits and vegetables)
- Fruit and vegetable lists (**Add this week's fruits and vegetables to the list.**)

Lesson:

Say→ We've been talking about how eating healthy foods helps people stay well and the 5 food groups that contain different types of healthy foods. Today we are learning more about the five food groups, especially the fruit and vegetable groups.

Say→ Let's take another look at the poster and review the five food groups.

- Point to the foods in each group as you discuss:

Say→ **Green** is the vegetable group.

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

Say→ **Red** is the fruit group.

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

Say→ **Orange** is the grains group.

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

Say→ **Purple** is the protein group.

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.

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

Say→ Let's review the fruit and vegetable groups again because these are very important.

Ask→ What food group does the red color represent? (*fruit group*)

Ask→ Why is it important to eat fruit every day? (*Fruits help to keep you healthy. They contain vitamin C so they can protect you from getting a cold.*)

Ask→ What food group does the green color represent? (*vegetable group*)

(continued)



Ask→ Why is it important to eat vegetables every day? (*Vegetables help keep you healthy and growing strong. They also keep food moving through your body so it helps you go to the bathroom.*)

Ask→ What meal do you eat that looks most like this plate? (*dinner*)

Ask→ How much of the plate is full if you combine the fruits and vegetables group? (*one half*)
That means that at least half of your plate should be filled with foods that come from plants.

Ask→ Is your dinner plate at home half full of fruits and vegetables?

Ask→ Are you are going to ask the person who cooks in your house to buy and/or prepare more fruits and vegetables?

Activity #1: Food Groups

Divide the children into five groups and assign each one a food group. Give each group the sheet of colored paper that corresponds with their food group. Each group will need a recorder and a reporter. Ask each group to make a list of all the foods they can think of that are in their assigned food group. Ask each group to share their lists with the class. Use the MyPlate poster to assist them if necessary. Ask the class to decide which foods on their lists are the healthiest.

Activity#2: My Plate to My Family worksheet (Curriculum Connection/Language Arts)

- Refer to the handout for the directions.

Say→ It is important for you to eat more fruits and vegetables, and it is important for your family to eat more, too. Today, you will write a letter to your family explaining why it is important for all of you to eat healthy foods and foods from each food group.

Don't forget! Remind students to draw any new fruits and veggies they've tried in their Tasting Passports.