

MyPlate Nutrition Lesson for K and 2nd

10 minutes for the background and student participation

1. Who knows what this is called?

ChooseMyPlate

2. Who can tell me what ChooseMyPlate means?

MyPlate helps us make healthier choices. MyPlate illustrates the five food groups that we need to eat from each day to be healthy.

3. What does it mean to be healthy? Eat healthy?

To be healthy one should eat healthy and be physically active every day.

4. Can someone tell me what the five food groups are?

Vegetables

Fruit

Grains

Protein

Dairy

5. Can someone give an example of a food from each food group?

- Explain how MyPlate serves as a remainder to eat foods from all food groups and in what proportions.
- As you might notice, vegetables and fruits make up half of what we should eat to be healthy.
- It's important to eat a variety of foods from each food group and to eat from each food group.
- Foods have nutrients that health us grow and stay healthy.

6. Who can create an example of a healthy meal for us with foods from each food group?

Taco – tortilla(grain), beef (protein), shredded cheese (dairy), tomatoes and lettuce (vegetables)

10 minutes for name this food activity.

Bring out the bag with food in it and call up a student to put their hand in the bag, pull out a food, tell us what the food is and what food group it belongs to.

Examples:

1. Leek - vegetable
 2. Avocado - fruit
 3. Kiwi - fruit
 4. Eggplant - vegetable
 5. Acorn squash - vegetable
 6. Brown rice - grain
 7. Cabbage - vegetable
 8. Asian pear – fruit
 9. Bok choy – vegetable
 10. Dried apricot - fruit
 11. Yellow Bell Pepper
 12. Butternut Squash
 13. Potato – vegetable ** make comment about healthier ways to prepare and eat vegetables
- ** Bonus: for a t-shirt, Kumquat

