NURTURE
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Supplemental Activity: MyPlate Fractions

Supplies Needed:
- 3.1_SW_MyPlate-Fractions -Worksheet
- EP_MyPlate-Visual
- Crayons or colored pencils

Length of Time to Complete:
- 5 minutes to introduce activity
- 10 minutes to complete activity

Audience (grades): 3rd

Common Core Standards Taught:
- Math: Number and Operation Fractions: 3.1
  - Understand a fraction 1/*b* as the quantity formed by 1 part when *a* whole is partitioned into equal parts; understand a fraction *a*/*b* as the quantity formed by a parts of size 1/*b*.
- Math: Number and Operation Fractions: 3.3
  - Recognize and generate simple equivalent fractions, e.g., 1/2 = 2/4, 4/6 = 2/3). Explain why the fractions are equivalent, e.g., by using a visual fraction model.
  - Compare two fractions with the same numerator or the same denominator by reasoning about their size. Recognize that comparisons are valid only when the two fractions refer to the same whole. Record the results of comparisons with the symbols >, =, or <, and justify the conclusions, e.g., by using a visual fraction model.

Lesson:
MyPlate makes it simple to eat a healthy diet. Instead of counting serving sizes or measuring our food, we can just use our plate as a guide.

Raise your hand if you can tell me the food groups that are found on MyPlate. *(Vegetables, fruits, grains, protein and dairy)*

What does a balanced plate look like?
- *(Half of the plate is filled with fruits and vegetables.)*
- *(Half of the plate is filled with grains and protein.)*
- *(The plate includes a serving of dairy or dairy substitute.)*

Today, we are going to work on a fraction worksheet **(Distribute handout.)**.   You will need crayons or colored pencils.

(As a class, review the terms: one half, one-quarter, and one-third. Draw examples on the board.   Discuss greater than, less than, and equal to as it relates to fractions.).

Answer Key

1. Stephen filled one-half of his plate with vegetables, one-quarter with fruit and one-quarter with protein. What does Stephen's plate look like?
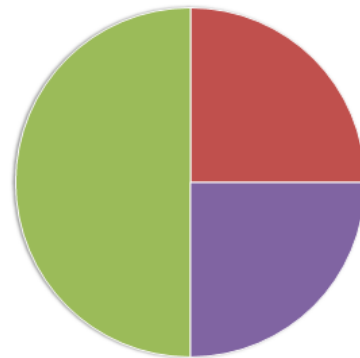
2. Meghan filled one third of her plate with fruit, one-third with protein and one-third with grains. What does Meghan's plate look like?
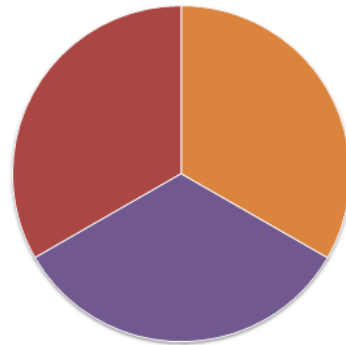
3. Insert the correct symbol: greater than >, less than<, or equal to =

A. $\dfrac{1}{2} > \dfrac{1}{3}$ B. $\dfrac{1}{4} < \dfrac{2}{4}$ C. $\dfrac{1}{2} = \dfrac{2}{4}$

D. $\dfrac{3}{3} = \dfrac{2}{2}$ E. $\dfrac{1}{3} > \dfrac{1}{4}$ F. $\dfrac{0}{2} = \dfrac{0}{4}$