

Overall Learning Objectives:

1. Be able to identify the five components of MyPlate.
2. Be able to design a balanced meal if given a blank plate.
3. Be able to identify the essential macronutrients of each of the food groups.
4. Understand the importance of eating a well-balanced diet.

Agenda:

20 minutes	<ul style="list-style-type: none"> • Sign-in, Introductions • Exercise Week 1 or make exercise part of Introductions
15 minutes	<ul style="list-style-type: none"> • MyPlate Lesson • MyPlate Visuals: English Spanish • Refer to Food Card Information when doing the activity during the lesson
10 minutes	<ul style="list-style-type: none"> • Review Keeping it Clean, Safety Tips, Reading a Recipe
20 minutes	<ul style="list-style-type: none"> • Everyone washes hands • Read recipe, talk about MyPlate/food groups, and make Recipe 1 • Read recipe, talk about MyPlate/food groups, and make Recipe 2 • Everyone helps clean up
20 minutes	<ul style="list-style-type: none"> • MyPlate Tag,
5 minutes	<ul style="list-style-type: none"> • Complete class evaluations • Optional: present to parents what they learned and made

See [Teaching and Program Implementation Kits](#) for additional materials needed for class.

Select recipes:

- Choose two recipes that either individually or together include all five food groups.

See [Recipe Selection and Giveaways](#) for suggestions on recipes.

Introductions and Exercise

- During each class we will start with exercise, then do lesson, then cook, then do a fun game or activity
- Let's introduce ourselves saying our name and our favorite food. **(Start with Coach and Assistants.)**
- **Exercise**
 - **Option 1: As each person introduces themselves, they choose a 30 second exercise for the group to do.**
 - **Option 2: Use Exercise Lesson - Week 1.**

MyPlate

Background:

MyPlate was created by the United States Department of Agriculture (USDA) to help Americans understand the foundation of a healthy diet. To learn more about MyPlate, please visit: www.choosemyplate.gov The Nurture curriculum reinforces general nutrition guidelines as set forth by the USDA 2010 dietary guidelines. It does not promote the exclusion of any food group, nor strict consumption of select super foods. The Nurture nutrition message is broad; its primary goals are to emphasize balance and promote a healthy relationship with food.

Children have a hard time remembering the benefits of the various food groups. To help them remember, Nurture uses specific food group actions every time a food group is mentioned. We encourage the students to use these symbols as well.

Vegetables – Smile, because they make our bodies happy

Fruits – Okay symbol with hand, because fruits keep us feeling okay

Grains – Pump arms like your running in place, because grains give us energy

Protein – Flex your bicep muscles, because muscles are made of protein

Dairy – Point to your teeth, because dairy helps build strong teeth and bones

Lesson:

(Show MyPlate.) MyPlate is a great tool to remind us how to eat a balanced diet.

Eating a well-balanced diet helps us stay healthy, grow strong, and helps us perform at our best! Let's take a closer look at MyPlate to find out which foods we should be eating.

MyPlate is divided into four sections. Each section represents a food group. There are four food groups represented on the plate: vegetables, fruits, grains, and protein. The fifth food group, dairy, is off to the side; it represents a glass of milk, but can be any food from the dairy group.

Today we are going to take a look at each of the food groups.

(Show Vegetable Food Group.) First, let's look at the vegetable group. Many kids and adults don't eat enough veggies. Vegetables are an excellent source of fiber. Fiber helps you feel full and helps keep your stomach and intestines healthy. Vegetables are also a great source of vitamins, minerals, and phytochemicals, which are all very important to feel healthy and strong. We want to help you remember how vegetables help our bodies. Because vegetables make our bodies happy and healthy I want everyone to **(Smile.)** each time we say the word vegetable or the name of vegetable.

MyPlate recommends that we fill over a quarter of our plates with vegetables.

(Make sure everyone is smiling.)

Can you think of examples of vegetables?

(Let children brainstorm and make sure they smile.)

(Recap.) Why is the vegetable group important? *(Vegetables provide us with fiber, vitamins and minerals.)* When we eat vegetables, our bodies feel happy!

(Show Fruit Food Group) Next is the fruit group. Fruits also contain vitamins. Many fruits, such as strawberries, are a great source of vitamin C. Vitamin C helps boost our immune system so we don't get sick, and it helps us heal if we get a cut or bruise. Fruits also contain water and minerals that help our body stay balanced and hydrated. Fruits help keep us feeling okay-- let's represent fruits by making the okay sign with our hands! **(All together, make okay sign.)**

Can you think of fruits that we could put on our plate?

(Let kids brainstorm and make okay signs.)

What about fruit juice? Would that fit on MyPlate? *(100% juice is often missing the fiber and nutrients found in whole fruit, so it is best to limit juice to no more than one cup per day.)*

(Recap.) Why is the fruit group important? *(Fruits have vitamins, minerals, phytochemicals, and fiber that help us stay healthy.)* **(Make okay sign.)**

If you look at MyPlate, over half of what we eat should be fruits **(Make okay sign.)** and vegetables **(Smile.)**.

(Show Grain Food Group.) Next is the grain group. Grains are carbohydrates that give our body energy. Let's represent the grain group by pumping our arms, like we're running in place. **(Pump arms.)** Without carbohydrates, we could not function or think clearly. MyPlate recommends that we fill a little more than a quarter of our plates with grains **(Pump arms.)** and whole grains **(Pump arms.)**. Whole grains should be your first choice.

Can you think of some healthy whole grains **(Pump arms.)** that give our body long lasting energy?

(Brown rice, whole wheat bread, oatmeal, cereal, pasta, etc.)

(Recap.) Why is the grain group important? *(Grains provide us with energy.)* **(Pump arms.)**

(Show Protein Food Group.) Let's move on to the protein group. The protein group includes foods like meat, fish, nuts, seeds, eggs, soy, and chicken. Protein provides the building blocks for our body. Our skin, hair, fingernails, muscles, and organs are made of protein. It is important to include protein in our diet so our body can repair and build new tissue. Think of protein as a building block, it sets the foundation for a strong body. Let's represent protein by flexing our muscles **(Flex biceps.)** because our muscles need protein to be strong.

Raise your hand if you can think of a tasty food from the protein **(Flex biceps.)** group. *(Chicken, beans, eggs, nuts, seeds, beef, etc.)*

(Recap.) Why is the protein group **(Flex biceps.)** important? *(It provides the foundation for a strong body.)*

(Show Dairy Food Group.) Off to the side of plate is a circle. This represents the dairy group. Dairy products contain calcium and vitamin D, which helps build strong bones and teeth. Let's represent the dairy group by showing off all of our beautiful sets of teeth. **(Point to teeth.)** Many dairy products are also a good source of protein. Some people are unable to tolerate cow's milk, but there are other types of milk that contain calcium and vitamin D, such as soy milk, rice milk or almond milk. **(If this becomes a big discussion point, show the slide with calcium alternatives. Otherwise, skip it.)**

MyPlate recommends at least three servings of dairy **(Point to teeth.)** per day. A carton of milk from the cafeteria is one serving of dairy. **(Point to teeth.)** Can you think of other foods that belong to the dairy group **(Point to teeth.)**?

(Yogurt, cheese, cottage cheese)

(Recap.) Why is the dairy group **(Point to teeth.)** important?
(Dairy helps us build strong bones and teeth.)

Eating foods from all five foods groups helps our bodies get the nutrients we need to stay healthy and grow strong. We'll end our lesson today with a fun game. I am going to hold up a picture of a food, raise your hand and tell me, what it is called, what food group it belongs to, and one way that food group helps our bodies. **(Show slides of foods.)**

Great job with the game! Now we're going to get ready to cook. First let's talk about some basic rules.

Keeping it Clean!

1. Always wash your hands before you start!
 - Use warm water
 - Lather on both sides of your hands, wrists and between your fingers
 - Wash for 20-30 seconds
 - Dry completely
 - Re-wash your hands any time
 - You come in contact with raw meat
 - Touch your mouth, nose, or hair.
2. If you are not feeling well, you should not cook. Your germs can spread easily.
3. Wash cutting boards, cooking utensils, and cooking surfaces with hot, soapy water before and after preparing each food item and before moving on to the next.
4. Wash any fruit or vegetable before using it.
5. If you have long hair, pull it back into a pony tail or wear a hat so it does not get into the food.

Safety Tips

Kitchen safety is VERY important. Here are some tips to keep things safe in the kitchen.

- Never use electrical appliances in the kitchen sink. Use on a sturdy kitchen counter or table.
- Never touch anything electrical with wet hands.
- Keep electrical cords away from the sink.
- Sharp knives should be held by the handle with cutting edge away from you.
- Keep handles of saucepans turned inward on stove.
- Always use oven mitts or pot holders when handling hot dishes.
- Turn off burners and oven when not in use.

- Unplug appliances when not in use.
- Clean up as you go.
- Do not use kitchen utensils to taste food. Use a spoon to taste food and make sure not to double dip!
- Until you master things in the kitchen - follow cookbook instructions precisely.
- Always ask an adult for help if you need it!

Source: www.kidsturncentral.com

Reading a Recipe

1. Read a recipe from start to finish. If you don't understand a step, ask an adult for help.
2. Make sure you have all the ingredients before you start. If you don't have all the ingredients, make a list of what you need, ask an adult to help you buy them.
3. Gather all the necessary equipment. If you are not sure what something is, ask an adult.
4. Have fun and remember to practice all of your kitchen safety skills!

(Have children prepare Recipe 1 and Recipe 2 and name the food group each ingredient belongs to. Taste the recipes, and clean up.)

MyPlate Tag

Ok everybody we are going to play MyPlate Tag. I have two MyPlates (**Show MyPlate**) and a bunch of cards with pictures of food on them.

I'm going to divide you into two teams and assign two taggers. One MyPlate will be on each side of the playing field (**Show where you are putting them.**). The food cards will be in the middle.

Each team will try to get as many food cards as possible and put them in the appropriate food group on their chart. Each person can only take one food card at a time. Once you take a card try to put it on your MyPlate as quickly as possible.

If you are tagged before putting your food card onto your team's MyPlate, you must put the food card back into the middle and take a different card.

As soon as all the food cards are on the MyPlates, we'll see which team got the most correct placements.

Optional Alternative: To make things a bit more challenging, I will tell you how you and the taggers must move. (**Hopping, crab walk, running, skipping, etc.**). If I blow

the whistle **(Or clap)** you must stop and listen for how you should be moving next. Then I will blow the whistle **(Clap.)** again to resume the game.

Ok to start, everyone will run. Ready, set **(Blow the whistle/clap)**.

(After the cards are all placed, move to one of the MyPlates, review where the foods were placed and if they were the correct categories. Use [Food Card Information](#) as a reference. Ask them how each food group helps their bodies. Then move to the next chart and repeat.)

Orange - Grains – Grains are carbohydrates that give our bodies energy!

Green – Vegetables – Vegetables are an excellent source of fiber, vitamins, and nutrients. Fiber promotes a healthy digestive track, helps regulate blood sugar, and helps keep us full.

Red – Fruits – Fruits contain vitamins and nutrients that help keep us healthy.

Blue – Dairy or Calcium Rich – Calcium and Vitamin D help build strong bones and teeth.

Purple – Protein (Meat, Beans, Seeds, Nuts) – Protein helps build strong muscles and repair body tissues

Activity adapted from: www.precentral.org