

② January Lesson: MyPlate Portions

Goals:

- Student will be able to identify the five components of MyPlate
- Given a blank plate, students will be able to design a balanced meal
- Student will understand the importance of eating a well-balanced diet

Audience: 2nd

Optional Craft, Activity or Snack:

- 4 Square Tournament
- MyPlate Math

Materials:

- MyPlate Portions Visuals
- MyPlate Worksheet
- Food Cards
- Red, Green, Orange, Purple, and Blue crayons or colored pencils for the students and markers/chalk/promethean board marker colors for teacher

Common Core Standards:

- English Language Arts: Speaking and Listening: 2.1
 - Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).
 - Build on others' talk in conversations by linking their comments to the remarks of others.
 - Ask for clarification and further explanation as needed about the topics and texts under discussion.
- English Language Arts: Speaking and Listening: 2.3
 - Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue.
- Math: Measurement and Data: 2.10
 - Draw a picture graph and a bar graph (with single-unit scale) to represent a data set with up to four categories. Solve simple put-together, take-apart, and compare problems¹ using information presented in a bar graph.

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*.

Lesson:

Raise your hand if you can list all 5 food groups. (Vegetables, fruits, grains, protein and dairy).

The five foods groups can be found on the new food guide, MyPlate (Show Slide #1). Eating foods from all five food groups helps our bodies get the nutrients we need to stay healthy and grow strong.

But how much do we need to eat of each food? The old food guide, MyPyramid, had serving recommendations based on a person's gender, age, and activity level. The serving recommendations were often listed in cups or by weight. For example, an active child might need to eat 5 oz. of protein, 8 oz. of grains, 3 cups of vegetables, 2 cups of fruit, and 3 cups of dairy. Raise your hand if you think that sounds confusing!

Since many of us don't carry around a measuring cup or food scale, the new food guide, MyPlate makes it much easier to portion your plate. Instead of measuring and counting serving sizes, MyPlate divides a dinner plate into different sections. Each section represents a different food group. The new guidelines recommend that every time we eat a meal, we should fill half of our plates with fruits and vegetables. The remaining half should be filled with grains and proteins.

(Teacher draws a circle on the board or use Slide #2 on a promethean board.) Raise your hand if you could divide this circle in half? (Have a volunteer divide the circle in half.) Now, what if I wanted to divide my plate into quarters or four equal parts? (Ask a volunteer to divide the circle into quarters).

MyPlate is divided into four parts (but these parts aren't exactly equal). The vegetable group and the grain group are slightly bigger than the protein and fruit group. (Shade the vegetable group using green if possible and grain group using orange if possible).

Today, we are going to draw our own MyPlate (distribute blank MyPlate Worksheet, ask students to take out red, green, orange, purple, and blue crayons or colored pencils, and show Slide #3).

First, I want everyone to draw a line down the middle of the plate so you have two equal halves. On the left side, we are going to have fruits and vegetables (cover the

right side of the plate). Now, looking only at this half of the plate, I want you to draw a line and divide the left side of the plate. The vegetable section will be slightly bigger than the fruit section. Think of this as half of a pie that you are sharing with a sibling and you cut a slightly bigger piece for yourself. Outline your vegetable section in green and your fruit section in red.

It is important to eat both veggies and fruit, but our bodies need a few more veggies as they contain different vitamins and minerals that we need to stay healthy and grow strong.

Let's move to the other side of the plate (cover the left side of the plate). Just like we divided the fruit and vegetable section into two parts, we are going to divide the right side of the plate into two parts. These two parts will be for the grain group and the protein group. The grain group is going to be slightly bigger than the protein group. Grains provide our bodies with energy and protein helps build strong muscles. Outline the grain section in orange and the protein section in purple.

Finally, the dairy group is the small circle in the right hand corner. The dairy group can include foods such as milk, yogurt, or cottage cheese. Dairy provides our bodies with calcium and vitamin D- which helps build strong bones and teeth. There are some people who can't eat dairy, but there are other alternatives such as soy milk or leafy green vegetables. Outline the dairy section in blue.

Now that our plates are portioned, Let's talk about what types of food you like that go into each pie shape. Remember the "GO" foods? Let's fill in each pie shape with your favorite "Go" food for each of the food groups. What is your favorite Go Vegetable? Fruit? Grain? Protein? and finally Dairy? (Slides 4 – 9 can be used to help guide this discussion.)

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. Sometimes you may look at your plate and not see all the food groups there. Say at Breakfast when maybe its hard to get the vegetables in if you are having a bowl of oatmeal. That's OK! Think about that at snack time and have some carrot sticks or another veggie snack to make up for it!

Next time you eat a meal, look at the foods on your plate.

- Is half of your plate filled with fruits and veggies (a few more veggies than fruit)?
- Is the other half filled with grains and protein (a few more grains than protein)?
- Did you include a serving of dairy (or dairy-substitute)?

Tips:

Students love to talk about how to tell the difference between fruits and vegetables.

Most fruits have seeds on the inside. There are exceptions such as strawberries and some exotic berries.

Scientists classify fruits and vegetables based on whether or not they have seeds. In the health world, however, we classify fruits and vegetables based on their nutrition profile. There are numerous nutrients in fruits and vegetables, but one of the deciding factors of whether a food is classified as a fruit or vegetable is the sugar content. Most fruits taste sweet such as watermelon, grapes, apples etc.

However, there are foods that are technically fruits because they have seeds, but taste more like vegetables such as zucchini, cucumber, tomatoes etc. Nutritionists classify these fruits as vegetables. It can all get very confusing! However, in general, a good rule of thumb is that if it tastes sweet, it is probably a fruit.

Regardless of whether it is a fruit or vegetable, it is important to include plants in the diet. They are filled with nutrients that help keep you healthy and strong.