

3 October Lesson: MyPlate

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 be able to identify the essential macronutrients of each of the food groups
- Student will understand the importance of eating a well-balanced diet

Audience: 3rd

Optional Craft, Activity or Snack:

- MyPlate Tag
- MyPlate Fractions Worksheet

Materials:

- MyPlate Poster
- 5 pieces of butcher paper
- Writing Utensils

Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 3.1
 - Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 3 topics and texts*, building on others' ideas and expressing their own clearly.
 - 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).
 - Ask questions to check understanding of information presented, stay on topic, and link their comments to the remarks of others.
- English Language Arts: Speaking and Listening: 3.3
 - Ask and answer questions about information from a speaker, offering appropriate elaboration and detail.
- English Language Arts: Presentation of Knowledge and Ideas: 3.4
 - Report on a topic or text, tell a story, or recount an experience with appropriate facts and relevant, descriptive details, speaking clearly at an understandable pace.

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:

(Hold up poster) 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!

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

Why do we need to eat a variety of foods? What would happen if we only ate one or two of the food groups?

We would miss out on important vitamins, mineral, and nutrients.

Who can remember why it is important to eat fruits and vegetables? Fruits and vegetables contain vitamins, minerals, fiber, and water which are important in keeping our bodies healthy.

Who can remember why it is important to eat grains?
Grains give our bodies energy, so we can play, run, and think clearly.

Who can remember why it is important to eat protein?
Protein helps us build strong muscles.

Who can remember why it is important to eat/drink dairy (or dairy substitutes)?
Dairy provides our bodies with calcium and vitamin D, which is important for building strong bones and teeth.

Today, I'm going to divide you up into 5 teams. Each team will represent a different food group. When I say, "Go!" I want your team to write down as many 'go' foods that belong to that food group.

After 3 minutes, we will share our ideas with the rest of the class.

(Divide class into 5 equal teams and distribute butcher paper).

Tips:

As the students share their ideas with the group, make sure they've categorized the food properly.

The Protein Group contains meats, poultry, beans, seeds, and nuts

The Grains Group contains bread, pasta, crackers, whole grains like oatmeal, brown rice

The Dairy Group can also be considered the Calcium Group and could contain things like soy milk or almond milk. This is important for students who can't have dairy.

If they seem to have a strong handle on this, see if they can also subcategorize into Go and Slow foods. **Go foods** provide long-lasting energy, tend to be minimally processed, and include things like whole grains, lean proteins, fruits and vegetables, and lean dairy. **Slow foods** may provide a quick burst of energy, but then slow you down. They are usually high in unhealthy fats, salt, or sugar and tend to be heavily processed.