

② December 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: 2nd

Optional Craft, Activity or Snack:

- MyPlate Tag
- Menu Makeover

Materials:

- MyPlate Poster
- Large Food Cards

Common Core Standards Taught:

- 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: 2.2
 - Recount or describe key ideas or details from a text read aloud or information presented orally or through other media.
- 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.

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! Let's take a closer look at MyPlate to find out which foods we should be eating!

MyPlate is divided into 4 sections. Each section represents a food group. There are 4 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).

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

First, let's look at the vegetable group. Many kids (and adults) don't consume enough veggies! Vegetables are an excellent source of fiber. Fiber helps you feel full and promotes a healthy digestive tract. Vegetables are also a great source of vitamins, minerals, and phytochemicals.

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

Can you think of examples of vegetables? (Let children brainstorm and/or show examples using the food cards).

(Recap) Why is the vegetable group important? Vegetables provide us with fiber, vitamins and minerals.

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. Fruit also contains water and minerals that help our body stay balanced and hydrated.

Can you think of fruits that we could put on our plate? (Let kids brainstorm).

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!

If you look at MyPlate, over half of what we eat should be fruits and vegetables!

Next is the grain group. Grains are carbohydrates that give our body energy! 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 and whole grains should be your first choice.

Can you think of some healthy whole grains that give our body long lasting energy? (Brown rice, whole wheat, oatmeal, cereal etc.)

(Recap) Why is the grain group important? Grains provide us with energy!

Moving on to the protein group. The protein group includes foods which include: meat, fish, nuts, seeds, eggs, soy, and chicken. Protein provides the building blocks for our body. Our skin, hair, finger nails, 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.

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

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

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. 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.

MyPlate recommends at least 3 servings (which is a cup of milk, for example) of dairy per day. Can you think of foods that belong to the dairy group? (Yogurt, cheese, cottage cheese).

Recap: Why is the dairy group important? Dairy helps us build strong bones and teeth!

Eating foods from all five food 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!