



## Nurture – Kids Session 1



### MyPlate

### The foundation of healthy meals

#### Agenda

20 minutes	<ul style="list-style-type: none"> <li>Exercise: See Family Exercise Lessons. Kids start as parents fill out forms</li> <li>Alternatively make exercise part of <a href="#">Introductions</a></li> </ul>
15 minutes	<ul style="list-style-type: none"> <li><a href="#">MyPlate Lesson</a></li> <li><a href="#">MyPlate Visuals</a></li> </ul>
10 minutes	<ul style="list-style-type: none"> <li>Review <a href="#">Keeping it Clean</a>, Safety Tips, Reading a Recipe</li> </ul>
20 minutes	<ul style="list-style-type: none"> <li>Everyone washes hands</li> <li>Read recipe, talk about MyPlate/food groups, and make <a href="#">Fiesta Pizzas</a></li> <li>Read recipe, talk about MyPlate/food groups, and make <a href="#">Fruit Salsa</a></li> <li>Everyone helps clean up</li> </ul>
20 minutes	<ul style="list-style-type: none"> <li><a href="#">MyPlate Tag</a></li> </ul>
5 minutes	<ul style="list-style-type: none"> <li>Complete recipe &amp; session evaluations. Optional: present to parents what they learned/made</li> </ul>

#### Additional Materials need for class

Program Management materials -	<ul style="list-style-type: none"> <li>Name Tags</li> <li>Recipe Evaluation Forms</li> <li>Pens</li> </ul>	
Cleaning supplies – Food Serving Supplies – (In Nurture Storage Unit)	<ul style="list-style-type: none"> <li>Wipes</li> <li>Sponge</li> <li>Dish soap</li> <li>Dish towels</li> <li>Paper towels</li> </ul>	<ul style="list-style-type: none"> <li>Plates</li> <li>Bowls</li> <li>Spoons</li> <li>Cups</li> <li>Water pitcher</li> <li>Napkins</li> </ul>
Fiesta Pizza (quantities for 8 kids: one pizza each) (This is best used only when pizzas can be heated)	2 can black beans, 2 Limes, 8 whole wheat tortillas, 2 cups salsa, 2 cups shredded cheese, 8 oz Corn (any type – fresh, frozen, canned), 1 avocado, 2 green onions chopped.	1 blender 1 pizza cutter 1 spatula 1 juicer 1 can opener 1 strainer 6 small bowls for ingredients Optional Oven/microwave

<p>Fruit Salsa (quantities for 8 – 10 kids about ½ cup each)</p> <p>(You may want to put each ingredient in a baggie or other container to transport it to the class)</p>	<p>1 green pepper, seeded, sliced (let kids dice) 1 small cucumber, (let kids peel, seed, dice) 1 small jalapeno, minced 1 cup pineapple, diced 1 cup cantaloupe or honeydew, chopped 1 cup watermelon, diced 1 cup cilantro (let kids chop) 1 tablespoon lime juice 1 tablespoon honey</p>	<p>1 large mixing bowl 1 large mixing spoon 7 small bowls for ingredients Strainer 1 cup measures 1 Tablespoon measures 1 Pizza Cutter Butter knives Carrot peeler</p>
<p>Teaching Aids</p>	<ul style="list-style-type: none"> <li>• MyPlate Visuals</li> <li>• 2 laminated MyPlates for tag</li> <li>• 1 or 2 sets of <a href="#">Food Cards Small</a> with beverages and slow foods removed.</li> <li>• <a href="#">Food Card Information</a></li> </ul>	

## Exercise class or Make introductions

- During each class we will start with exercise, then do lesson, then cook, then do a game/activity
- Introduce teachers, assistants, and kids. If using this as the exercise class, have each child choose an exercise to have the kids do. If the kids are younger, have the teacher and assistant introduce themselves and suggest an exercise also. You may want to set a time limit such as – suggest an activity within 30 seconds or we will \_\_\_(do jumping jacks, etc)

## Lesson: MyPlate

### Goals:

- Student will be able to identify the five components of MyPlate
- Students will be able to design a balanced meal if given a blank plate
- 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

### 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](http://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.

To help the children learn the benefits of the food groups, act the following “actions” whenever that food group is mentioned. Get the kids to start doing it also.

Vegetables – Smile because they make our bodies happy

Fruits – OK 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 muscles (biceps) because muscles are made of protein

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

### 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 Vegetable Visuals).

(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 and/or show Fruit Visuals).

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. 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. Show picture)

(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 Show picture)

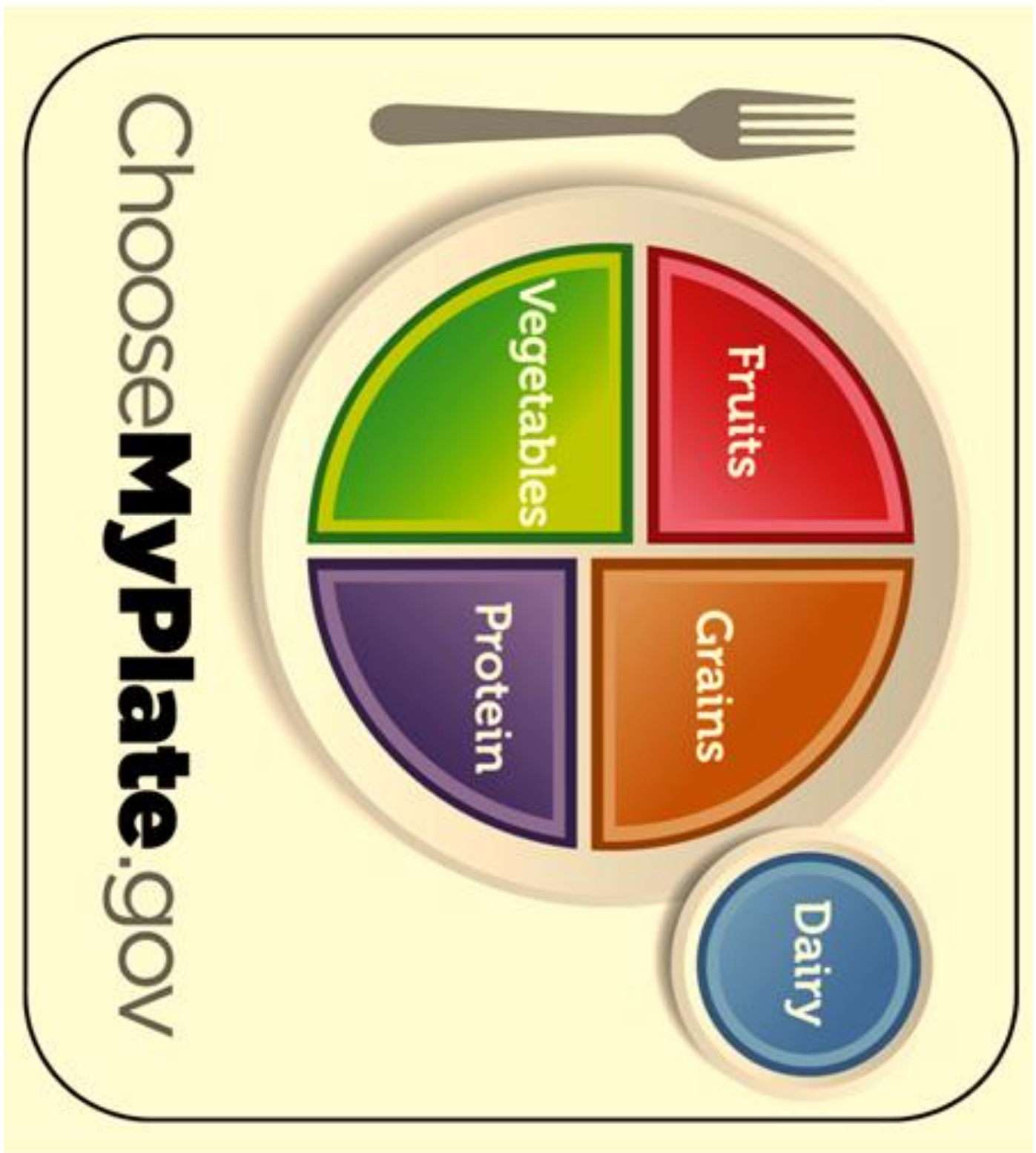
(Recap) Why is the protein group important? It provides the foundation for a strong body.

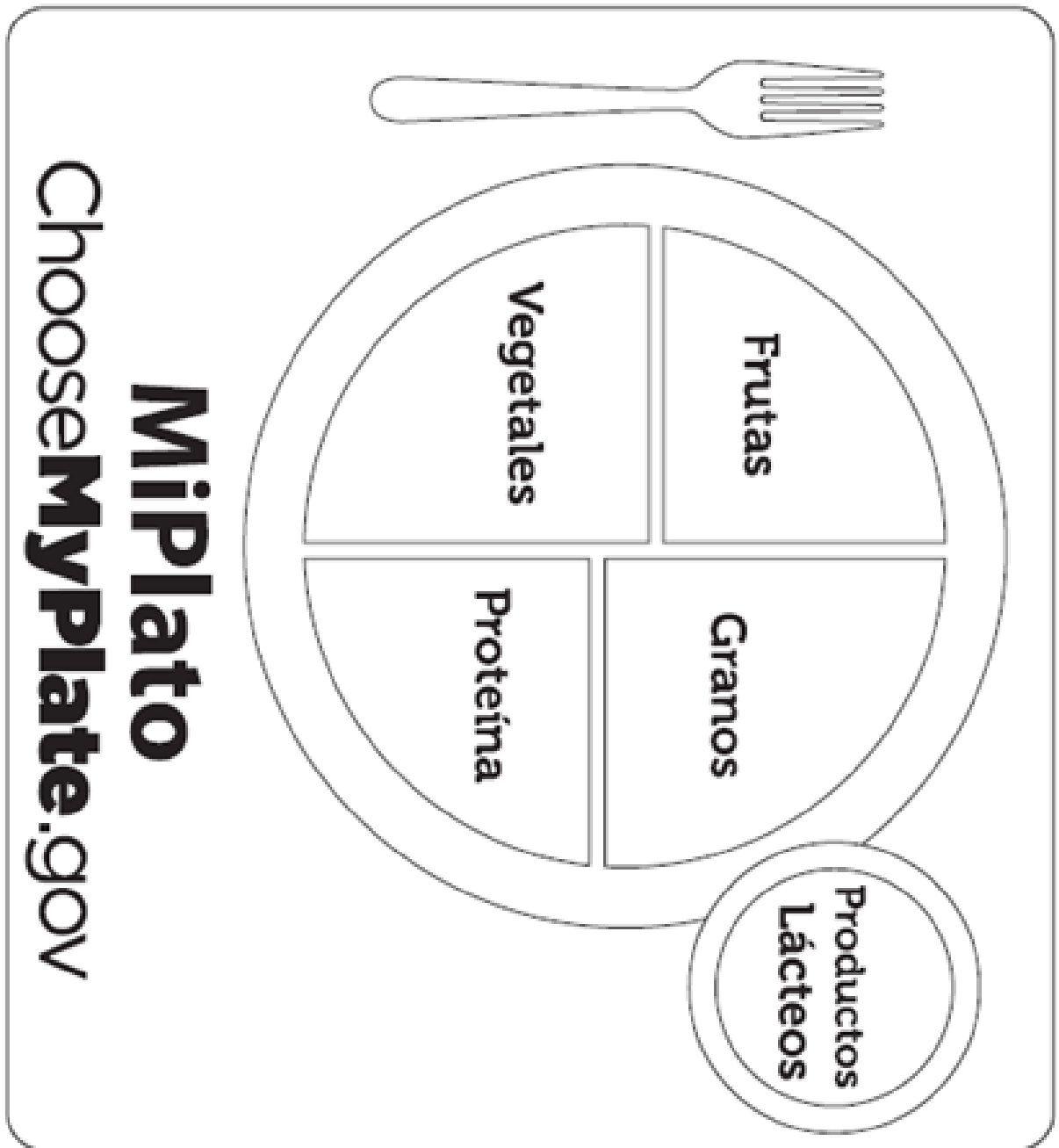
Off to the side of plate is a circle. This represents the dairy group. Dairy products contain calcium and vitamin D, which helps build strong bones and teeth. Many dairy products are also a good source of protein. Some people are unable to tolerate cow's milk, but there are other types of milk that contain 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. Only show Dairy picture unless the group has someone who can't have dairy.).

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

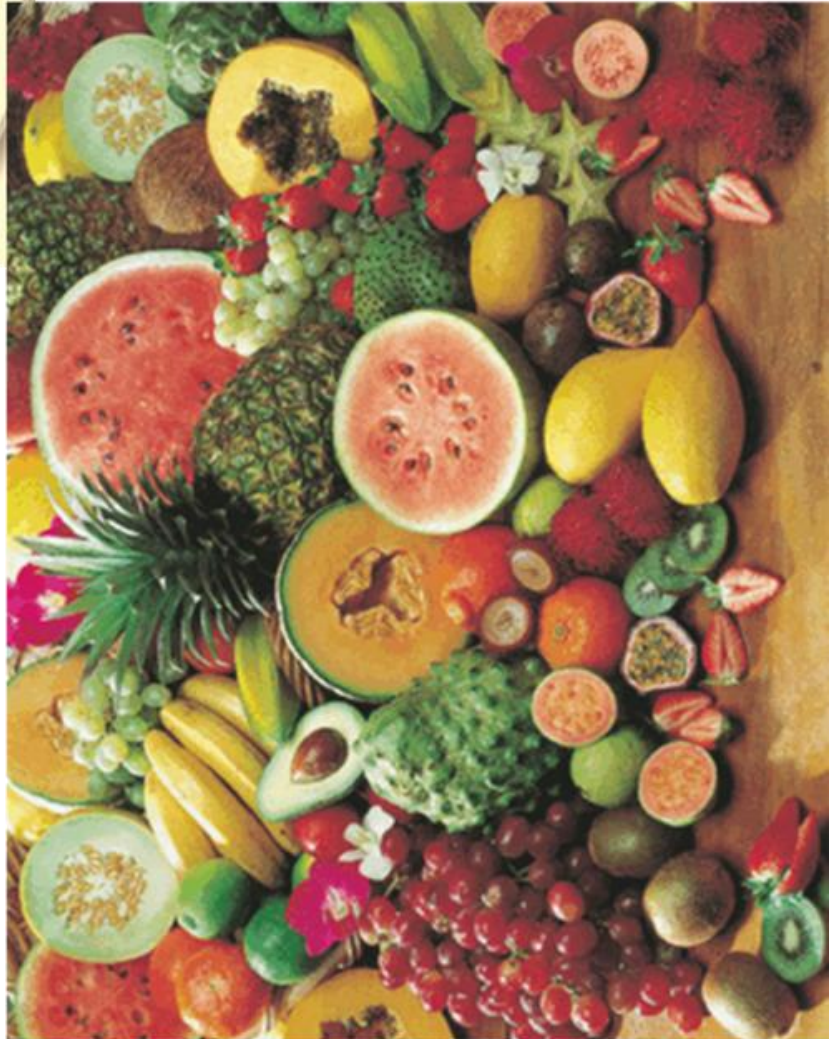
Eating foods from all five foods groups helps our bodies get the nutrients we need to stay healthy and grow strong. We'll end our lesson today with a fun game. I am going to hold up a picture of a food, raise your hand and tell me, what it is called, what food group it belongs to, and one way that food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

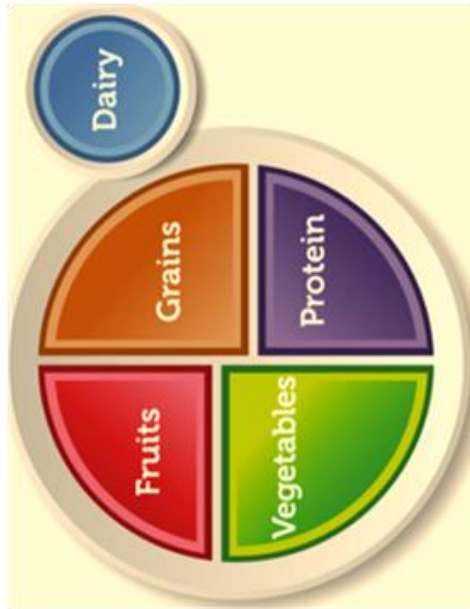






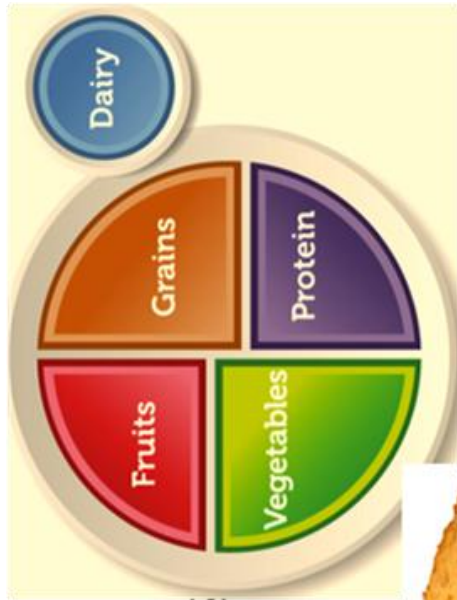
# Fruits





# Vegetables Verduras





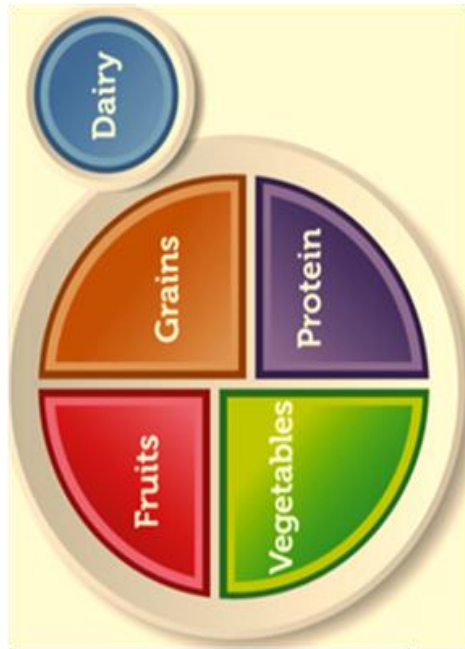
# Grains

## Whole Grains

### Granos

### Granos Enteros

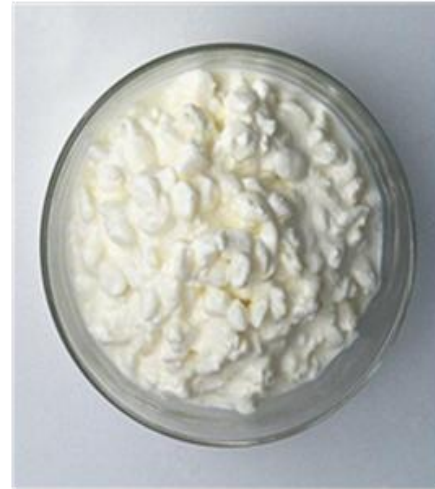
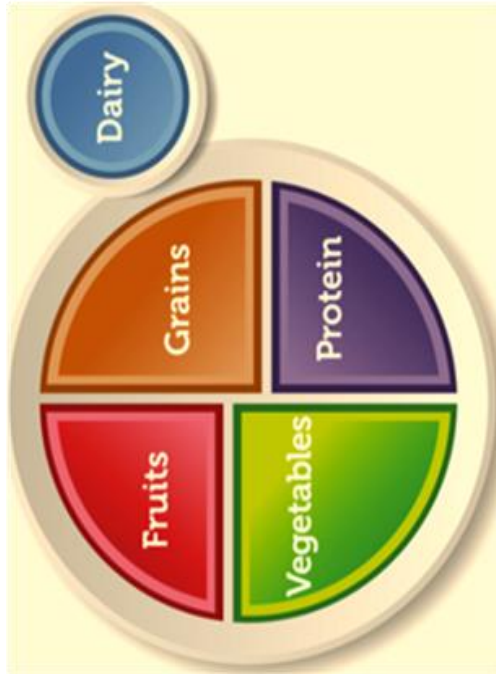




# Proteins

# Proteínas





# Dairy Productos lácteos



# Calcium Rich Ricos en Calcio



Almonds - Protein



Broccoli – Vegetable



Kale - Vegetable

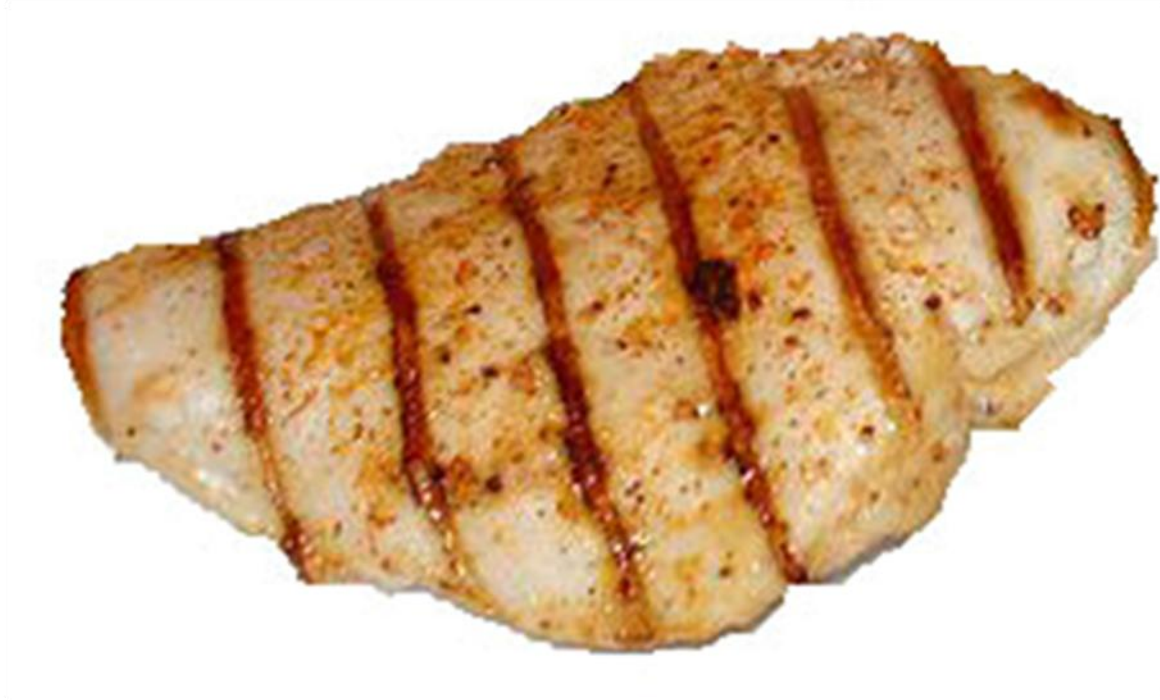


Tofu - Protein



Calcium Fortified Juice - Fruit





Grilled Chicken

Pollo a la Parrilla









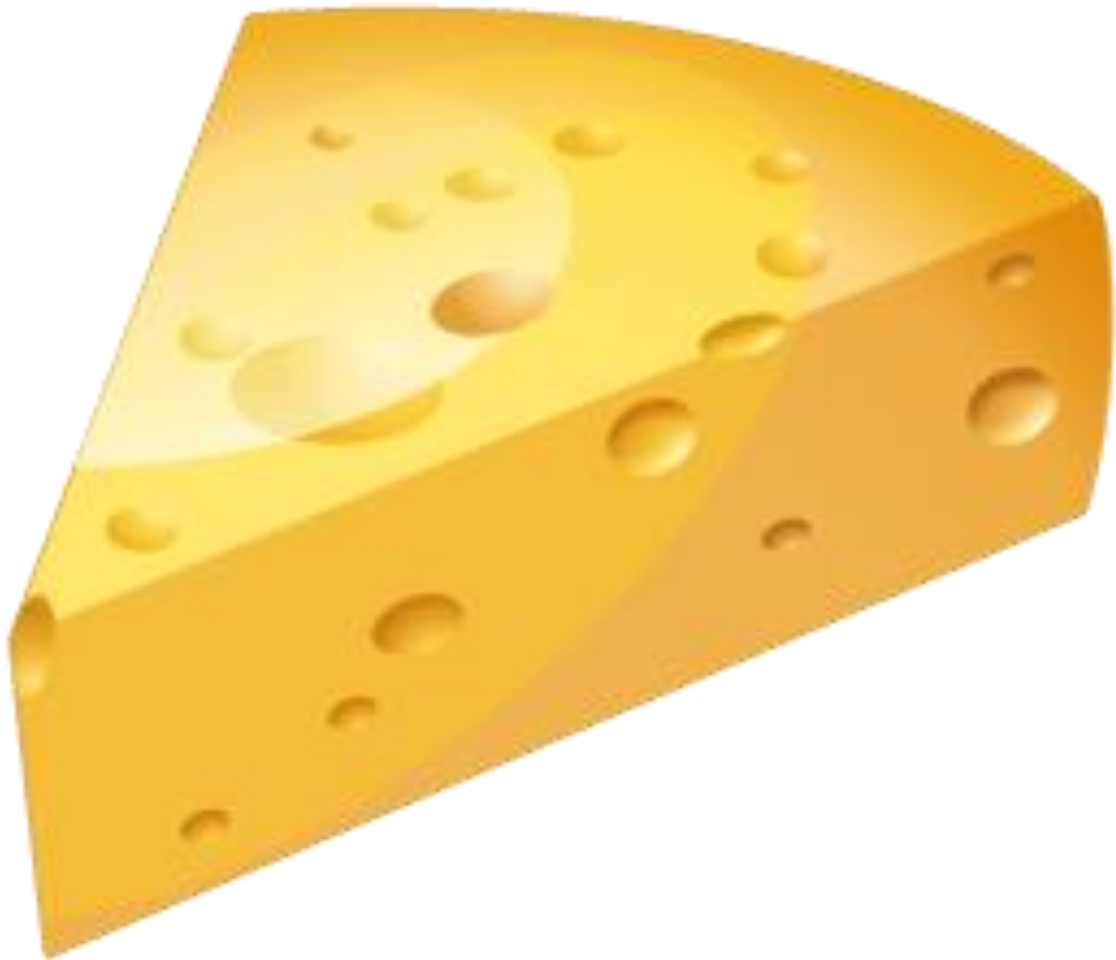
## Salsa

Photo courtesy of Chris Breeze









## 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](http://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!

## Fiesta Pizzas

Ingredients:

- 1 can black beans
- 1 Lime
- 4 whole wheat tortillas
- 1 cup salsa
- 1 cup shredded cheese
- Corn, avocados, green onions or black olives (optional)

**Directions:** Rinse the beans and place in a mixing bowl. Add the juice from one lime. Using a blender, blend the beans briefly; the mixture should still be lumpy. Spread the bean mix evenly on the 4 tortillas, followed by salsa and shredded cheese. You can enjoy your pizza cold or heat it in the oven or microwave. If you're on the go, roll the tortilla and slice into quarter-sized pinwheels.

## Fruit Salsa

Ingredients:

- 1 green pepper, seeded, diced
- 1 small cucumber, peeled, seeded, diced
- 1 small jalapeno, minced
- 1 cup pineapple, diced
- 1 cup cantaloupe or honeydew, chopped
- 1 cup watermelon, diced
- 1 cup cilantro chopped
- 1 tablespoon lime juice
- 1 tablespoon honey

**Directions:** Mix all the ingredient together in a bowl. Experiment with different ingredients.

## MyPlate Tag

Ok everybody we are going to play MyPlate Tag. I have 2 blank MyPlate charts (Show Chart) and a bunch of food cards.

I'm going to divide you into 2 teams and assign 2 taggers. Two MyPlates will be on the two sides 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 category 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.

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 Hop. Ready, set (blow the whistle/clap).

(After the cards are all placed, move to one of the MyPlates, review where the foods were place and if they were the correct categories. 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](http://www.precentral.org)

