



Educator guide: MyPlate lesson

Recommended for grades:

Kindergarten

Time:

4 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. Recognize MyPlate.

Lesson description:

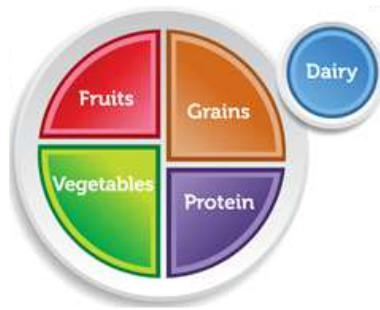
In this lesson students will learn about MyPlate, which includes the five food groups. They will learn about eating a variety of foods to have a healthy diet and the importance of being active every day.

Pre and post-test question:

Use the question on the following page with your students in any way that you see fit. You may choose to combine questions from various lessons and activities that your students participate in.



1. Which one is MyPlate? (circle one picture)



Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the MyPlate lesson. You may choose to use this list in any way that fits your needs.

- Dairy – one of the food groups on MyPlate, which includes foods like milk, cheese and yogurt
- Fruit – one of the food groups on MyPlate, which includes apples, grapes and pineapple
- Grains – one of the food groups on MyPlate, which includes bread, rice, noodles and cereal
- Protein – one of the food groups on MyPlate, which includes chicken, fish, eggs and beans
- Variety – eating different kinds of foods from each food group every day
- Vegetable – one of the food groups on MyPlate, which includes lettuce, broccoli, peppers and carrots

Supplemental activity: Food rainbow

Objectives:

After completing this activity students will be able to:

- Recognize MyPlate.
- Identify different colored foods from each group.

Materials needed:

- Blank sheet of paper for each student
- Crayons or markers
- Whiteboard or chalkboard

Time required:

20 minutes

Instructions:

Discuss with students the importance of eating different colored foods. Different colored foods have different nutrients that your body needs. Your body needs nutrients to grow and work properly. The way to get a lot of different nutrients into your body is to eat a variety of different colored foods each day.

Have each student draw or color a rainbow. Let your students know that foods come in all of the colors of the rainbow. Pick a color of the rainbow and as a class, make a list of foods that are that color. Do this for all of the colors and the rainbow and try to include all of the food groups for each color.

To take this activity a step further, challenge students each day to eat a different colored food. Have students share what foods they are trying each day and whether or not they liked them.



Transcript

Slide 1

MyPlate

Slide 2

This is My Plate. But it's not just mine. It's yours, too! You can use it to find out about healthy foods. MyPlate puts foods into groups. Every color on MyPlate is a food group. Click on the colors to learn more about each of the food groups.

Orange - Grains group. Some different kinds of grains are breads, rice, noodles and cereal.

Green - Vegetable group. Some different kinds of vegetables are lettuce, broccoli and tomatoes.

Red - Fruit group. Some different kinds of fruits are apples, grapes and pineapple.

Blue - Dairy group. Some different foods in the dairy group are milk, cheese and yogurt.

Purple - Protein group. Some different kinds of protein foods are chicken, fish, and red or black beans.

Slide 3

See how some group colors are bigger than others? You should eat more from the bigger group colors than the smaller ones. You should also make sure to eat from every food group each day. If you eat different foods, it's better for your body. Try eating foods you haven't had in a while. If you didn't like a food before, you might like it now. Eating many different kinds of foods is called variety.

Slide 4

Remember to be active every day. That means moving around! You can run, walk the dog, play, or even swim. Do you know why you should be active every day? Because being active keeps you healthy. Physical activity makes your whole body stronger, including your heart, lungs, muscles and bones. It also helps you learn better!

Slide 5

Everybody eats something different, and that's okay! Listen to what your friends eat. Click on their pictures to hear their stories.

Sofia: Mac and cheese is my favorite! But I know I have to try different foods, so I only have it once a week. That gives me something to look forward to!

Carly: This week, I'm having something different for breakfast every day! Yesterday it was oatmeal and fruit. Today, I had scrambled eggs and toast. Tomorrow, I'm going to ask my dad if he'll make me a tuna sandwich with celery sticks! I wonder if he'll do it?

Jack: My older brother's favorite food is peanut butter sandwiches, but I can't eat them because I'm allergic to peanuts. I like to eat cheese sandwiches instead.

Zach: Radishes, yuck! They taste gross! But my mom says I need to eat my vegetables, so I choose the ones I like. Sweet potatoes are my favorite.

Slide 6

Good job!



Acknowledgements

Children's Wisconsin gratefully acknowledges the contributions and support provided by the following organizations for the research, development and delivery of Nutrition and physical activity lessons and activities:

Children's Wisconsin – NEW Kids™ Program

Children's Research Institute

Medical College of Wisconsin

Wisconsin Department of Public Instruction





Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

