

My Plate Nutrition

TITLE: "MY PLATE" Introduction



OBJECTIVES: Children will learn about "My Plate" components, develop their own examples of components, participate in a class discussion about the components and vote to establish a "Class My Plate".

MATERIALS:

- My Plate Website - <http://www.choosemyplate.gov/food-groups/>
- Drawing Paper
- Coloring Tools (markers, crayons, colored pencils, paints, etc.)
- Large Poster Paper (for final class "My Plate")

PROCEDURE:

1. Explore the My Plate website as a class and discuss the features. Click on the highlighted links provided. (Ex: apple, banana, etc.)
2. Students will be divided into 5 groups
3. They will be asked to draw five different foods (one) for each group (Bread, Fruit, Vegetables, Dairy, and Meat).
4. Drawings will be presented to the class
5. As a whole; the class will discuss and vote for which food will be the class "mascot" for each group (e.g. bagel, apple, corn, milk, and beef).
6. A volunteer from each group will draw the chosen food group "mascot" in the proper spot on a larger previously drawn "Class My Plate".

Teaching points:

- Meals are healthier when they have half fruits and vegetables and one-quarter protein and one-quarter *whole* grain or starchy vegetable like potatoes.
- There are many ways to create a healthy tasty balanced meal.
- Remember that dairy products are an important source of calcium.

Take Home Messages:

- Really see what you are eating and check if it is balanced.
- Half of what we eat should be fruits and vegetables.
- It helps to know the difference between fruits, vegetables, grains and protein sources.

APPROXIMATE TIME FOR PROCEDURE: 30 MINUTES

My Plate Template

