

Potential Integration:

ELA

Health
1.NPA.1.1 Select a variety of foods based on MyPlate.

Materials:

- One copy of Reach for the Sky song lyrics and access to the music audio: - <http://www.fns.usda.gov/multimedia/kindergarten.mp3>
- Mini Emergent Reader Books – copies for each student
- Copies MyPlate Food Cards (cut apart) – one set per small group (can also paste these cards on small paper bags if easier to facilitate the assessment activity)
- Handout – My Lunch Menu (copies for each student)
- Optional – copies of build a healthy meal and eat smart handouts for students and parents

Statement of Objectives:

Today, we will match a variety of foods with the correct food group in MyPlate. After today’s lesson, you will be able to give examples of foods from each food group.

Focus Step:

Use the lyrics on the Reach for the Sky handout to lead students in singing a song about the five food groups.

The teacher can lead the students in action steps as follows:

- give a hoot (flap arms) if you like fruit
- stomp your feet (stomp three times) and eat veggies
- sing my tune ooh ooh ooh (cup hands around mouth) for protein foods
- fly like a plane (arms extended) with some grains,
- add dairy you’ve got all five (hold up five fingers)

Music audio - <http://www.fns.usda.gov/multimedia/kindergarten.mp3>

Teacher Input:

Team Nutrition developed mini emergent reader books written to teach children about each food group in MyPlate and provide examples of the types of foods in each group. Provide copies of each food group mini book to students and read through each book describing the value of each food group and emphasizing examples of a variety of foods from each group.

Assessment:

Use the MyPlate - A MyPlate Meal emergent reader pdf book to demonstrate connecting foods to food groups in MyPlate. Display the book’s pages on the board or use a paper copy and ask the class which food group this food belongs to. Example page 3 – “I have apples.” belongs to the fruit group. Move this page to the fruit food card and continue accordingly.

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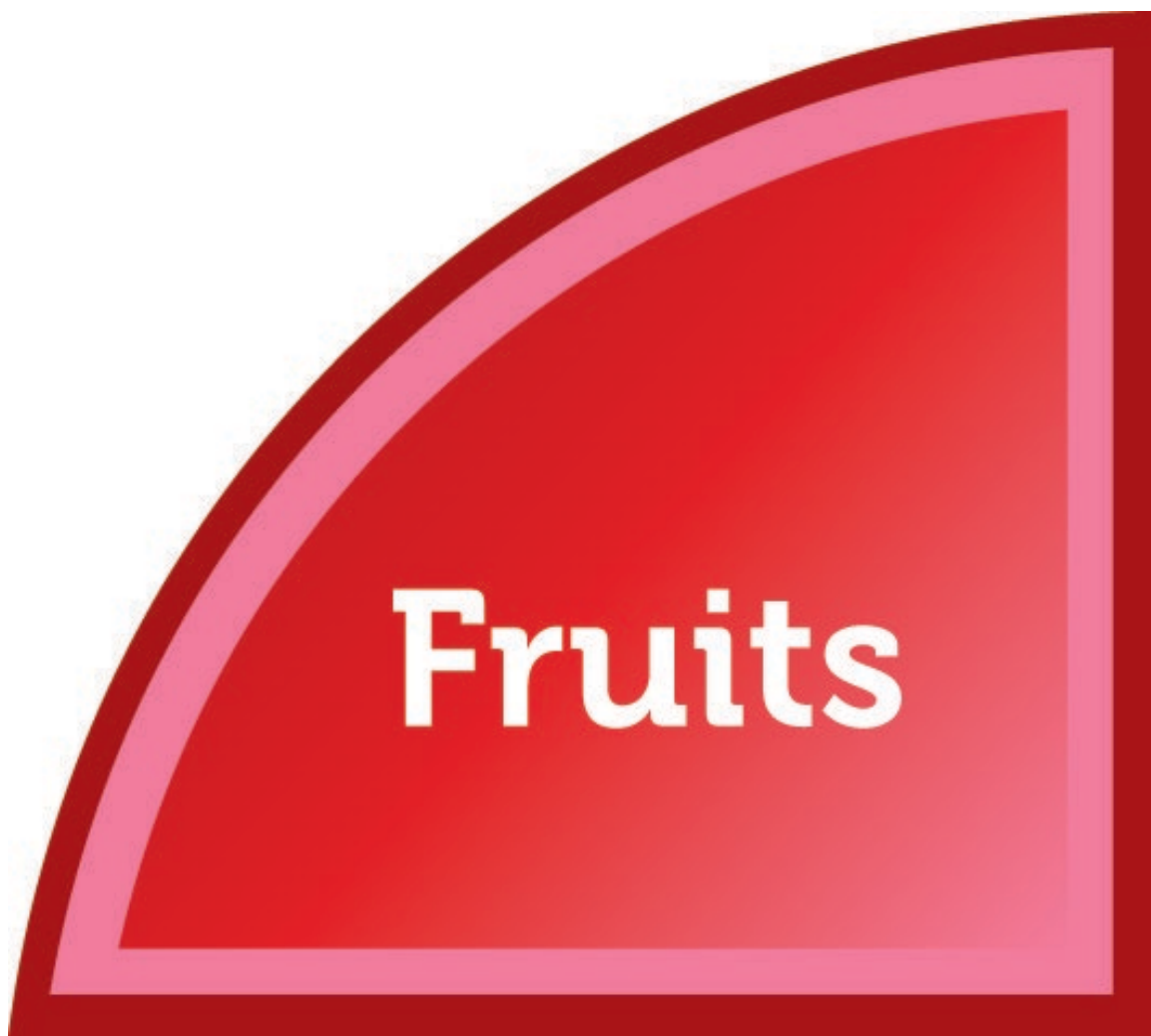
Divide students into small groups and place MyPlate food group cards on each group's table. If your school receives newspapers from the Newspapers In Education (NIE) program, request a copy of the Wednesday edition as this is typically the edition that offers food ads. Provide a food ad and a pair of scissors to each student and ask students to cut out different pictures from the ads. Ask the students to place their food cards on the appropriate food group card. The teacher can also paste the MyPlate food group cards on small paper bags and have students put their food cards in the correct bag if easier to facilitate. The teacher will examine each group's categories and offer corrections with explanations as needed.

After students have cut and sorted their food cards, ask students to build two meals for weekend lunches using food from each food group. Students will record their meals on the My Lunch Menu handout.

Closure:

Today, you learned which foods belong to different food groups and the importance of eating a variety of foods from all of the food groups in MyPlate.

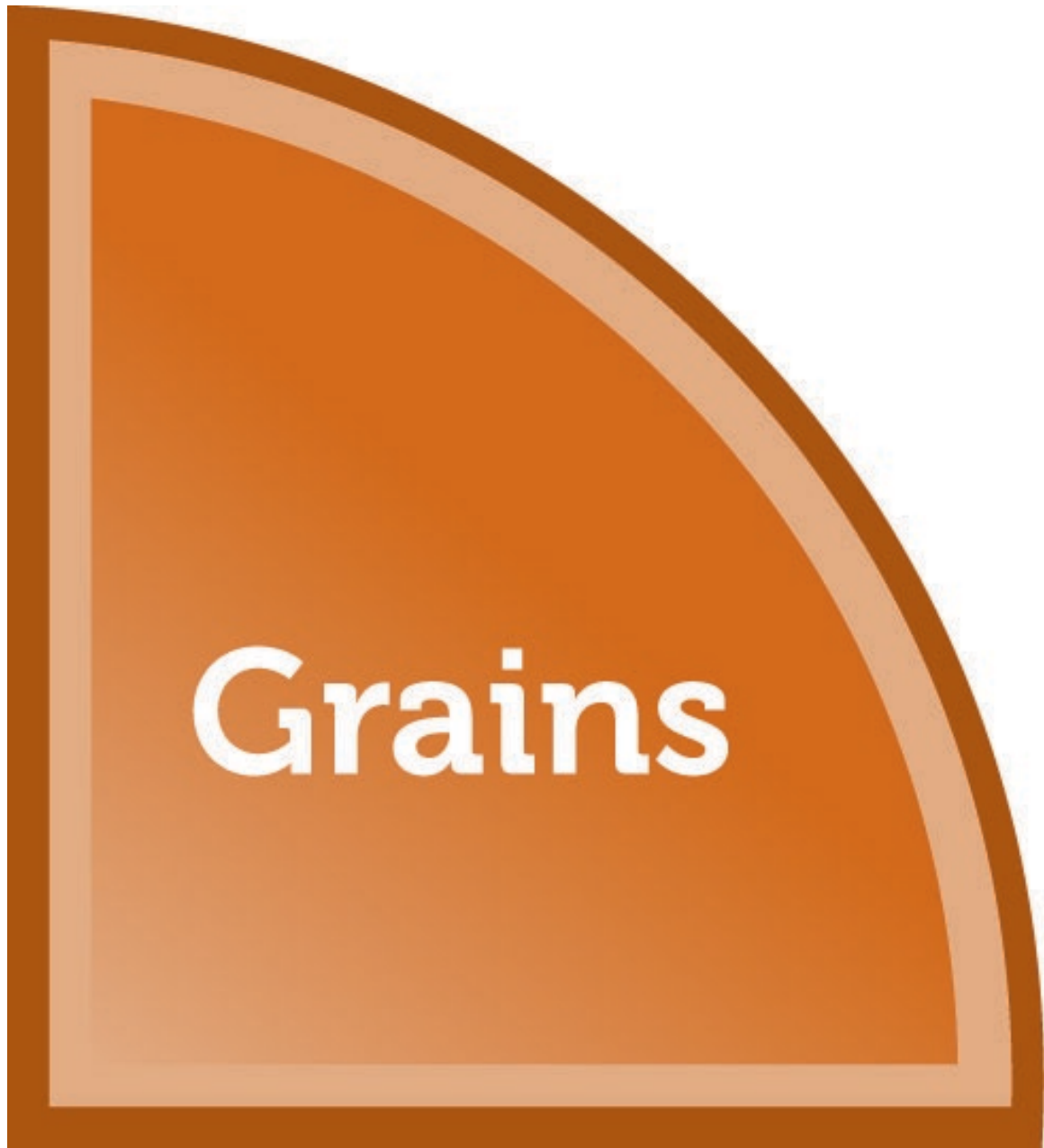
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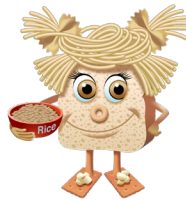


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My Lunch Menu



	<i>Vegetables</i>	<i>Fruits</i>	<i>Grains</i>	<i>Protein</i>	<i>Dairy</i>
<i>Saturday</i>					
<i>Sunday</i>					



Fuel up
with foods
from each
food group

Reach for the Sky

Song



Here's a little song about the five food groups
Fruits, veggies, protein foods, grains, and dairy!

The five food groups are what we need
Fruits, veggies, protein foods, grains, dairy
The five food groups are as cool as can be
So eat five food groups and sing with me!



Give a hoot (hoot hoot hoot) if you like fruit
Stomp your feet (stomp, stomp, stomp) and eat veggies
Sing my tune (ooh ooh ooh) for protein foods
Fly like a plane (vroooooom!) with some grains
Now add dairy, you've **got all five**
So come on everybody, **reach for the sky!**



The five food groups are what we need
Fruits, veggies, protein foods, grains, dairy
The five food groups are as cool as can be
So eat five food groups and sing with me!



An apple is a fruit!
Broccoli is a vegetable!
Chicken is a protein food!
Bread is a grain!
And yogurt is dairy! (That makes five)



Give a hoot (hoot hoot hoot) if you like fruit
Stomp your feet (stomp, stomp, stomp) and eat veggies
Sing my tune (ooh ooh ooh) for protein foods
Fly like a plane (vroooooom!) with some grains
Now add dairy, you've **got all five**
So come on everybody, **reach for the sky!**



The five food groups are what we need
Fruits, veggies, protein foods, grains, dairy
The five food groups are as cool as can be
So thank you everybody for singing with me!





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A MyPlate Meal

MyPlate
Kate

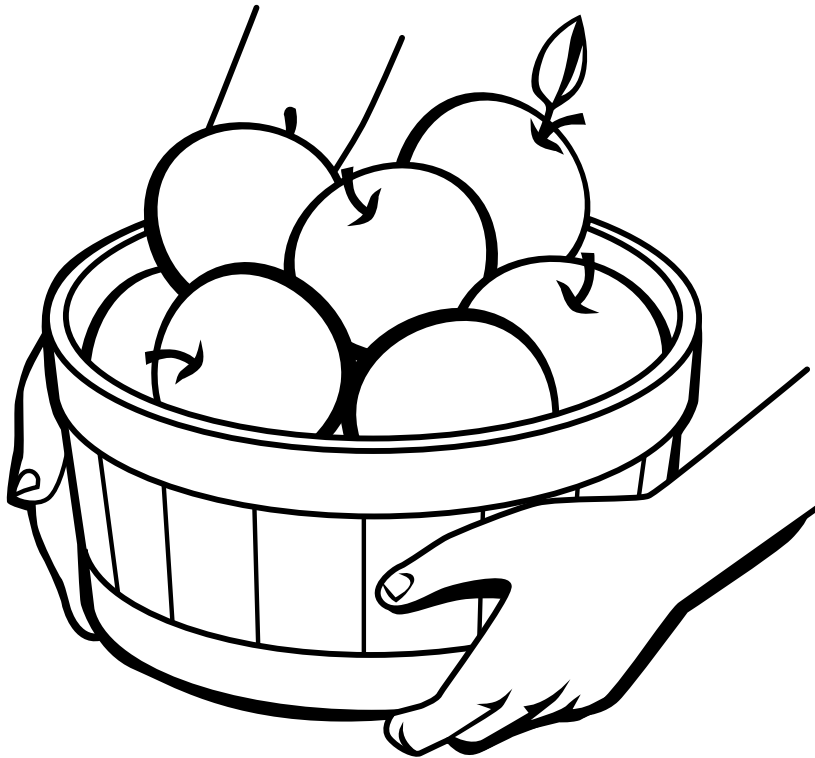


MyPlate
Nate

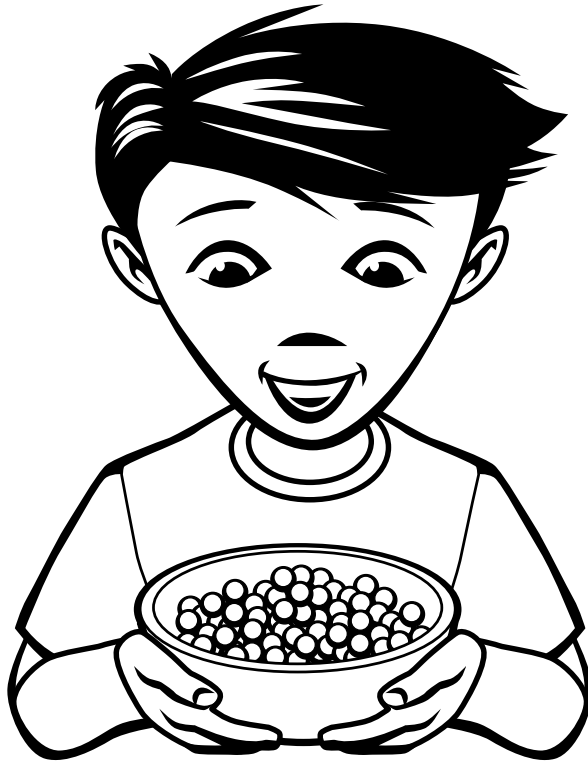
Sight words: I, she, he, we, has, have



This book belongs to:



I have apples.



Nate has peas.



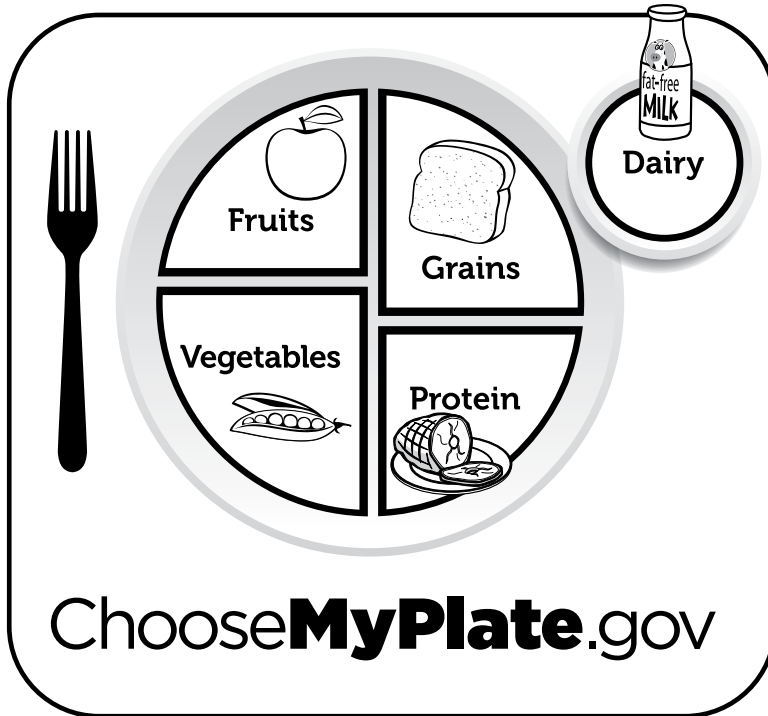
He has ham.



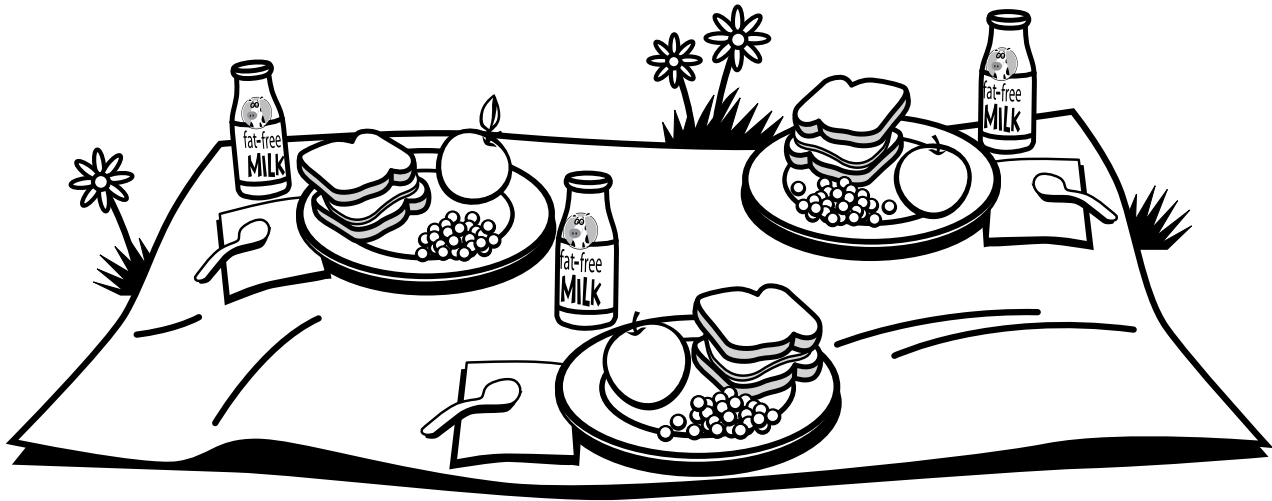
Kate has bread.



She has milk.



We have five food groups.



We have lunch.



We have fun.





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Vegetables

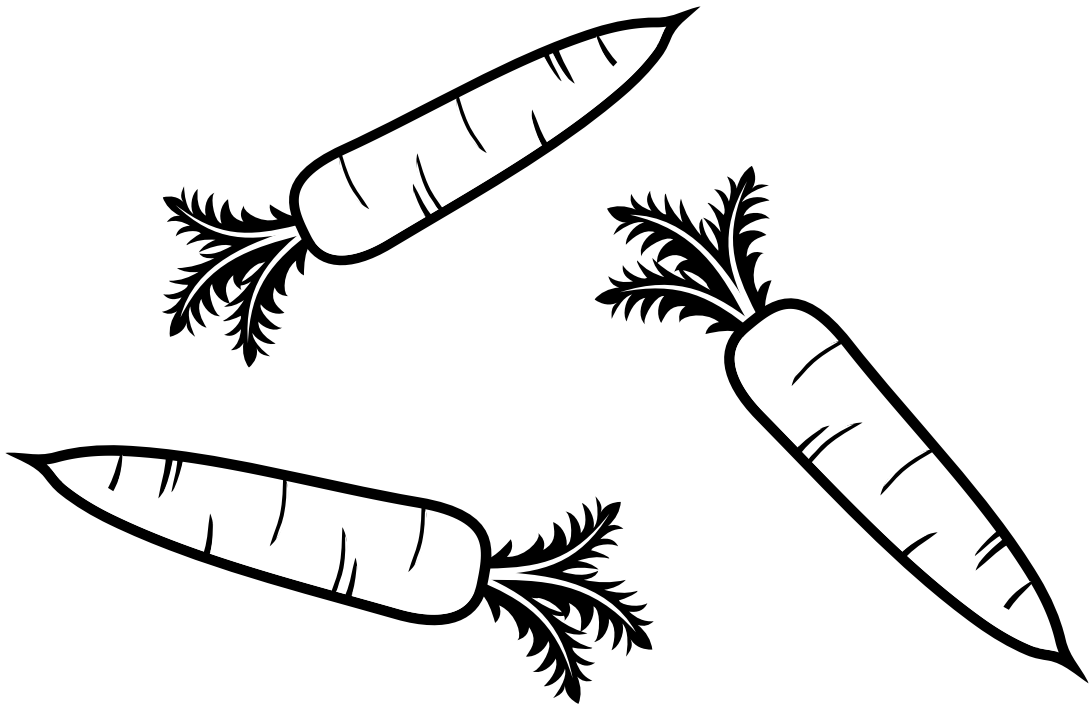
Reggie
Veggie



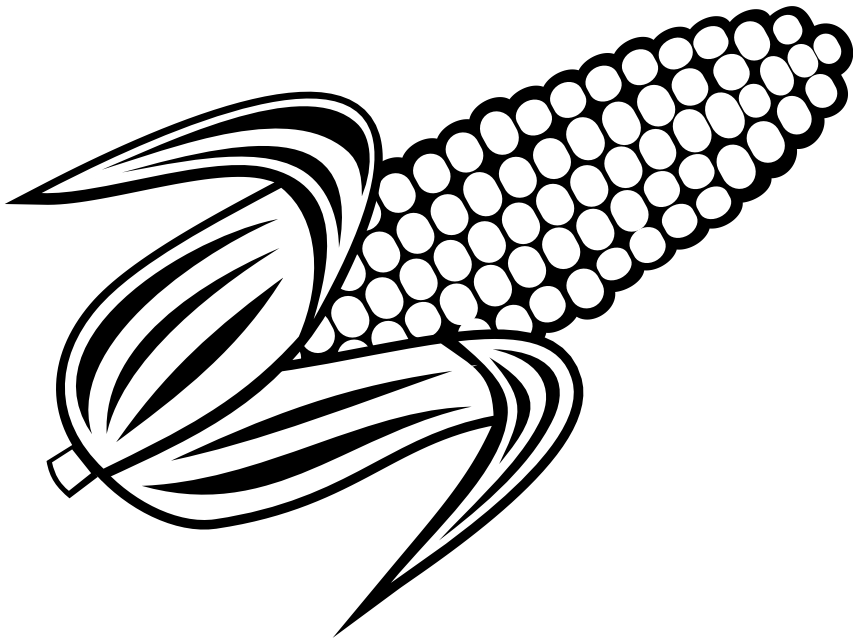
Sight words:
I, have



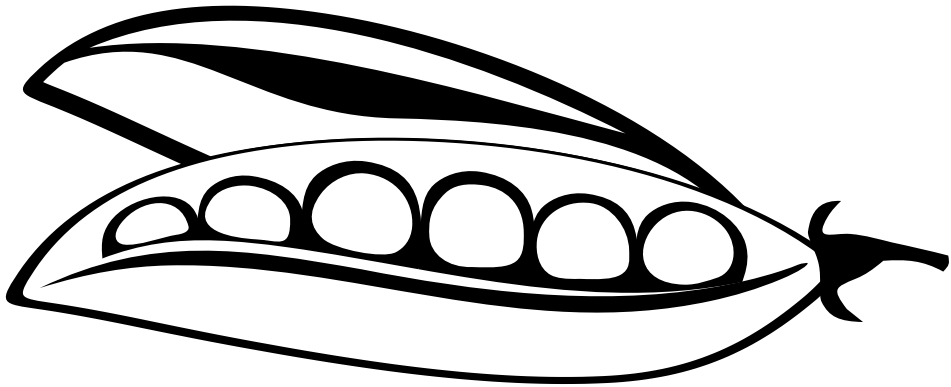
This book belongs to:



I have carrots.



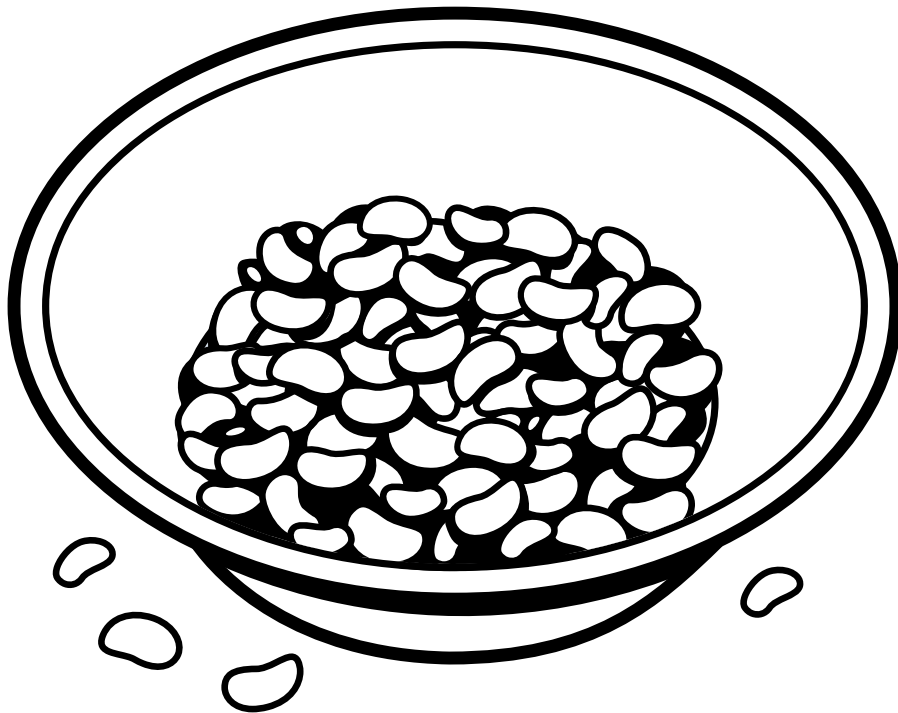
I have corn.



I have peas.



I have tomatoes.



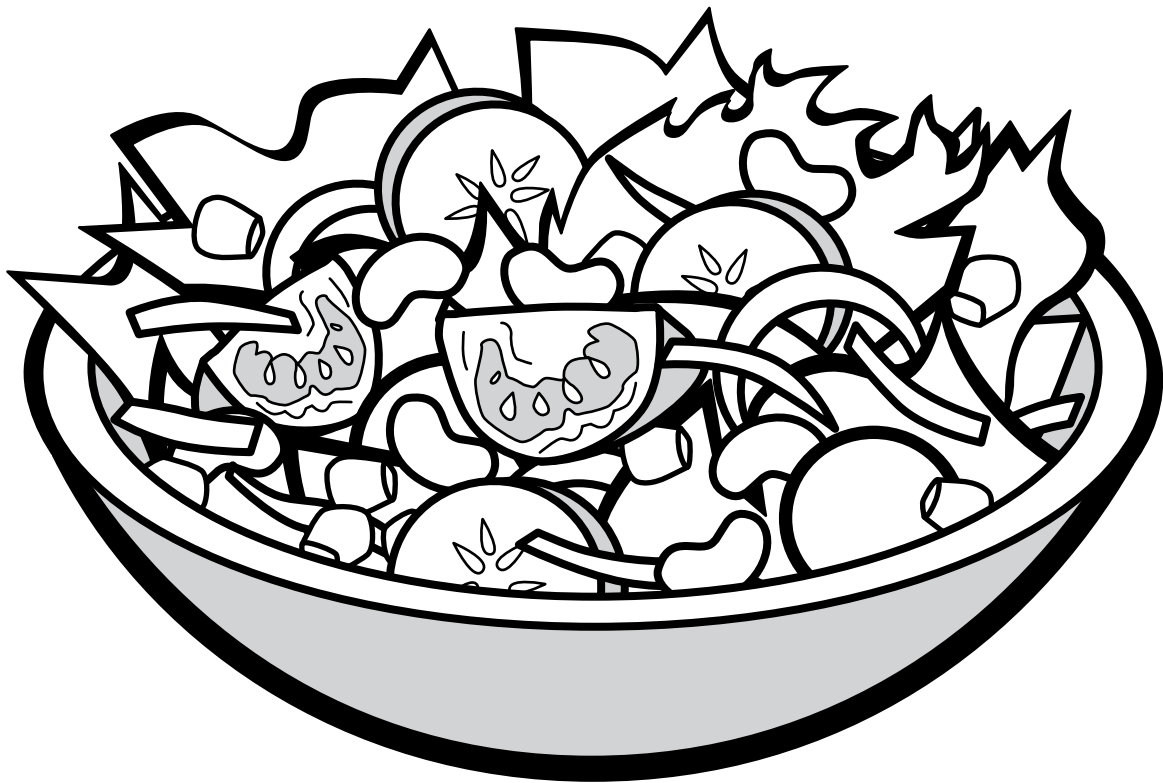
I have beans.



I have broccoli.



I have lettuce.



I have a salad. Yum!





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Protein Foods

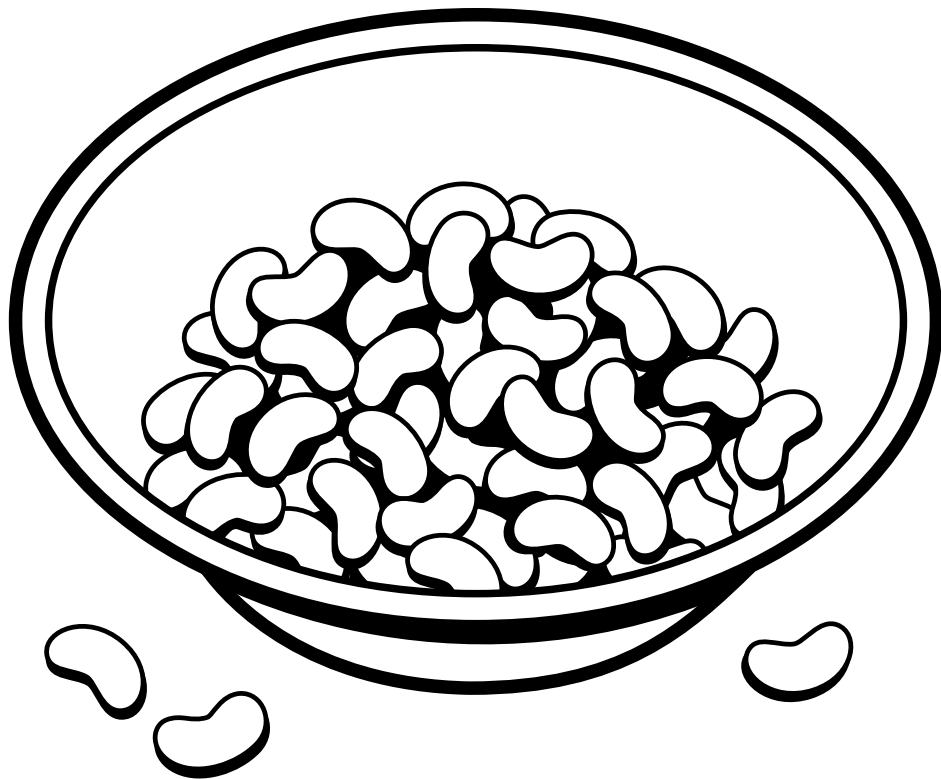
Dean
Protein



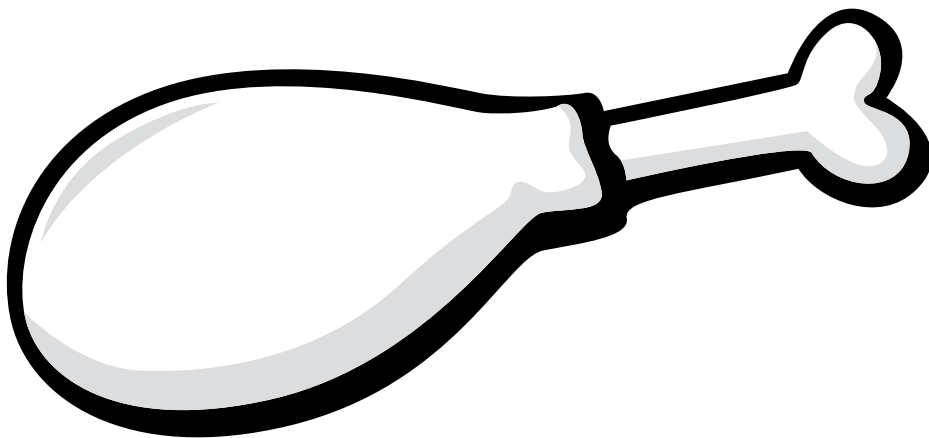
Sight words: I, see



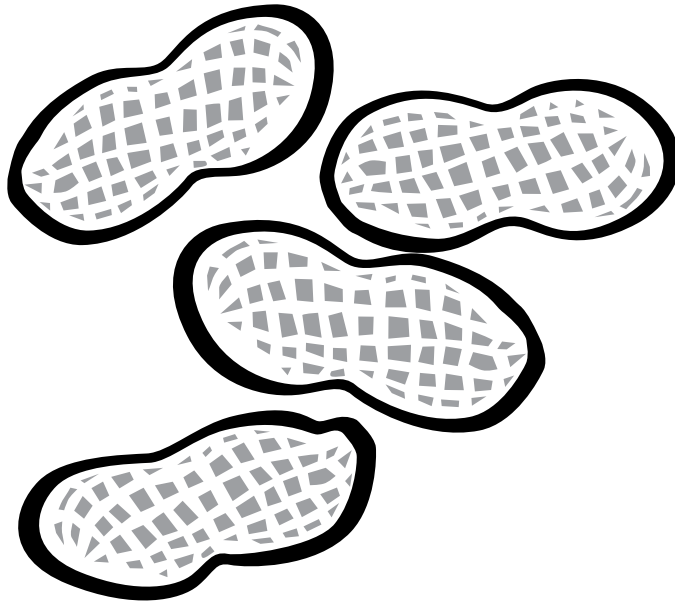
This book belongs to:



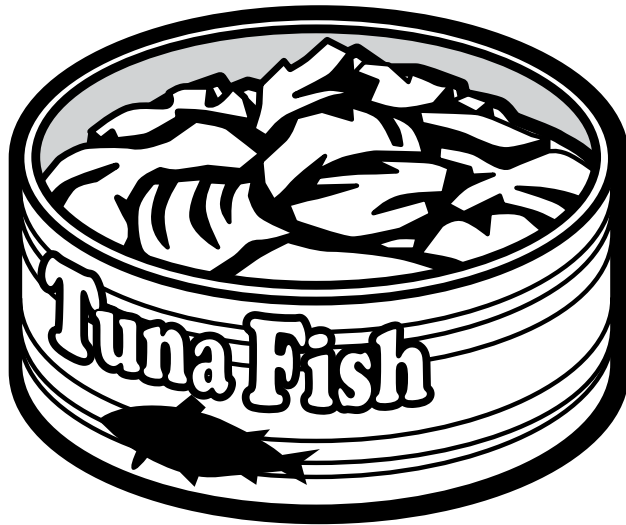
I see beans.



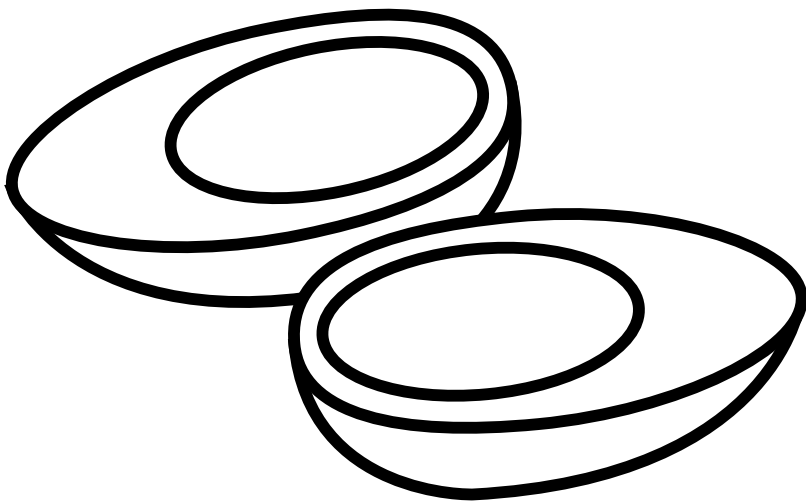
I see chicken.



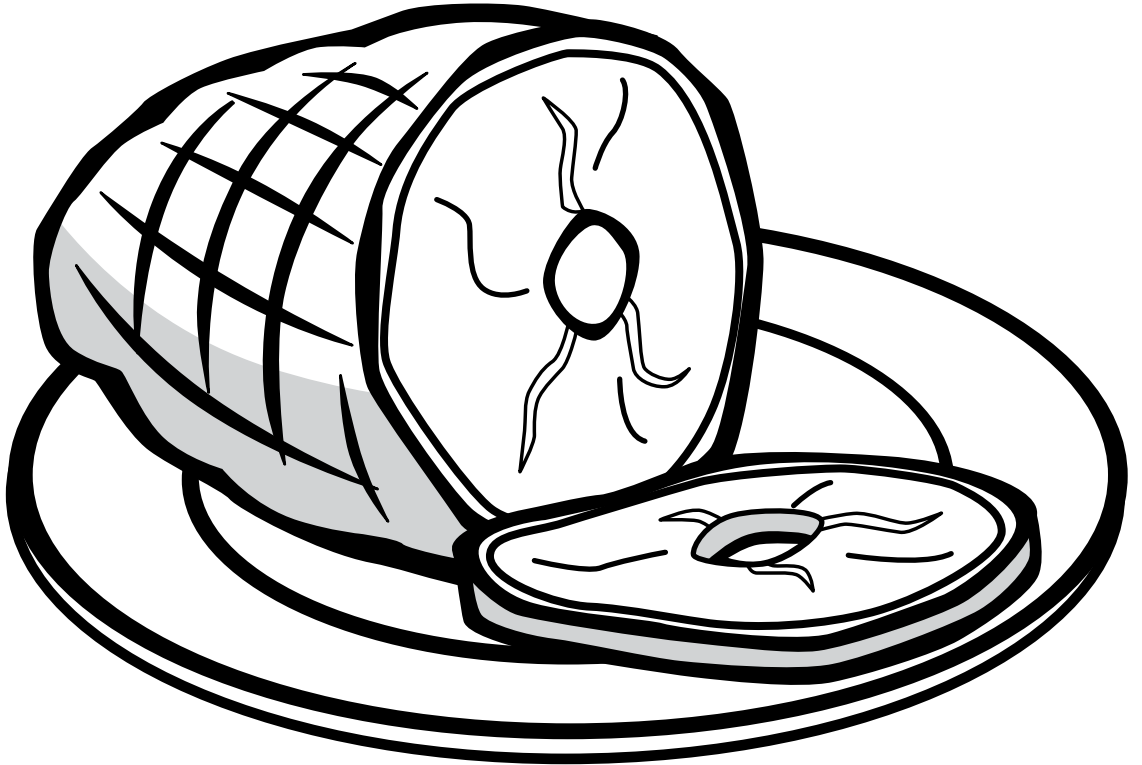
I see nuts.



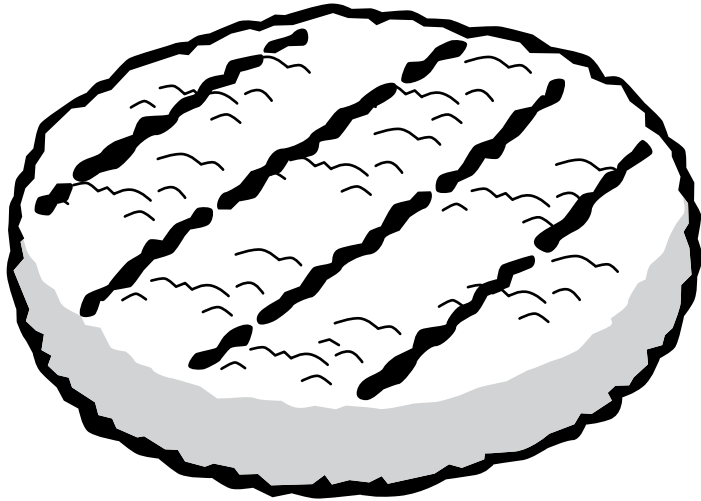
I see fish.



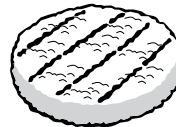
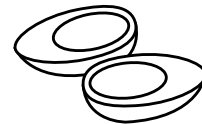
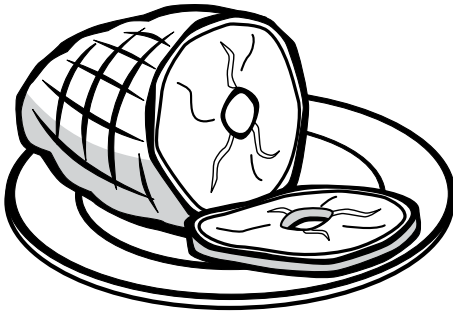
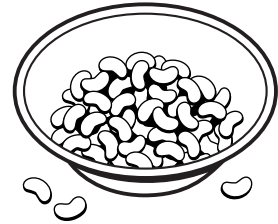
I see eggs.



I see ham.



I see meat.



I see protein foods!





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Grains

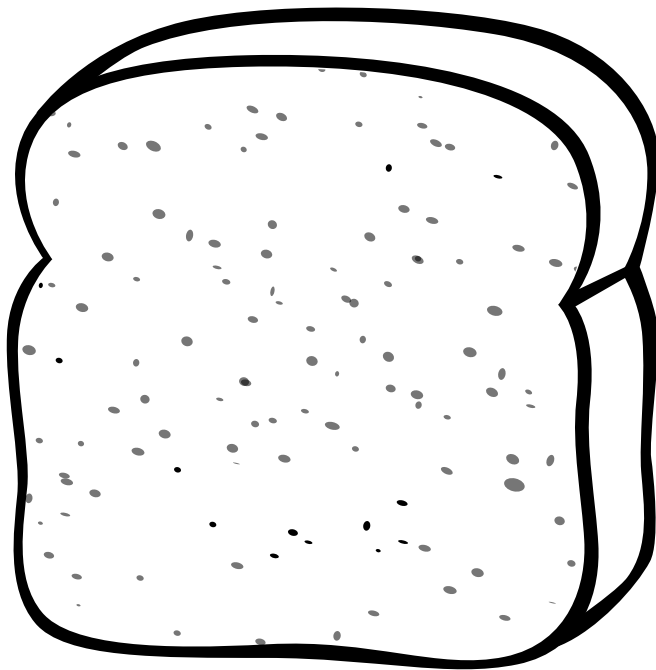
Jane
Grain



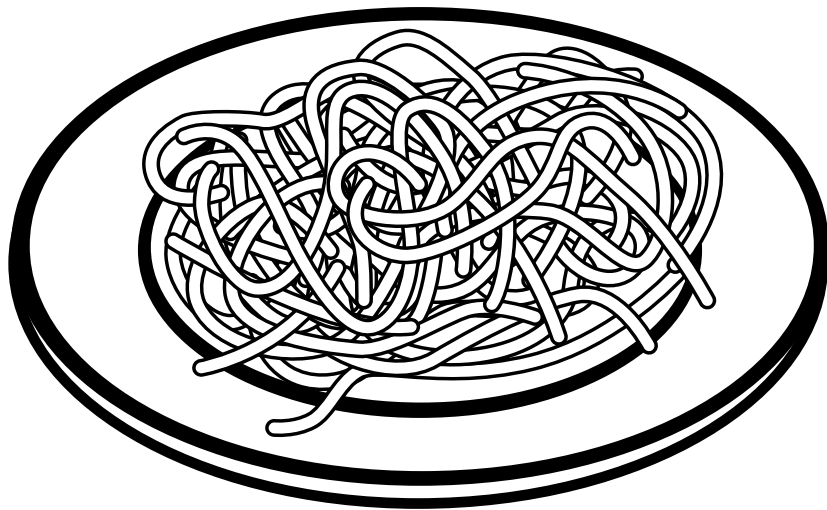
Sight words: I, like



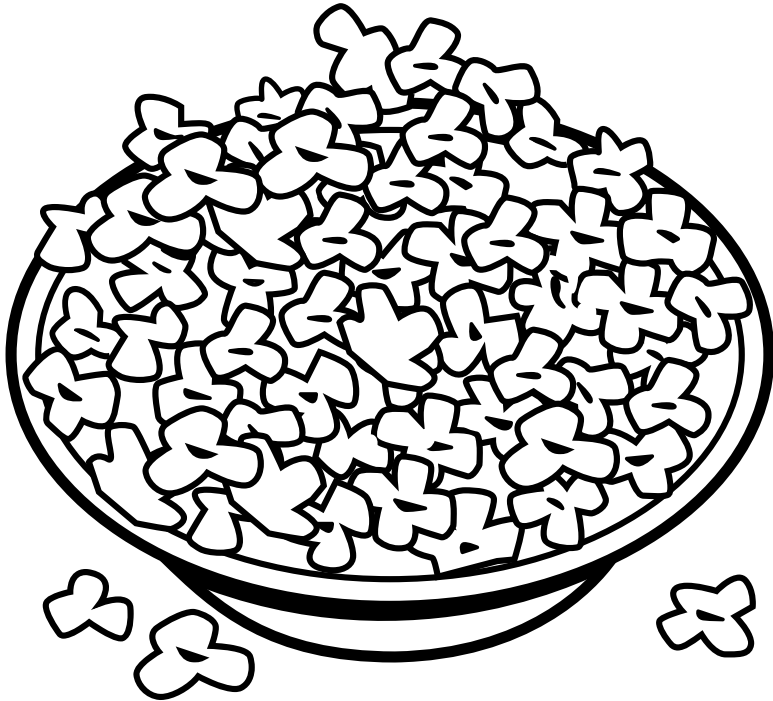
This book belongs to:



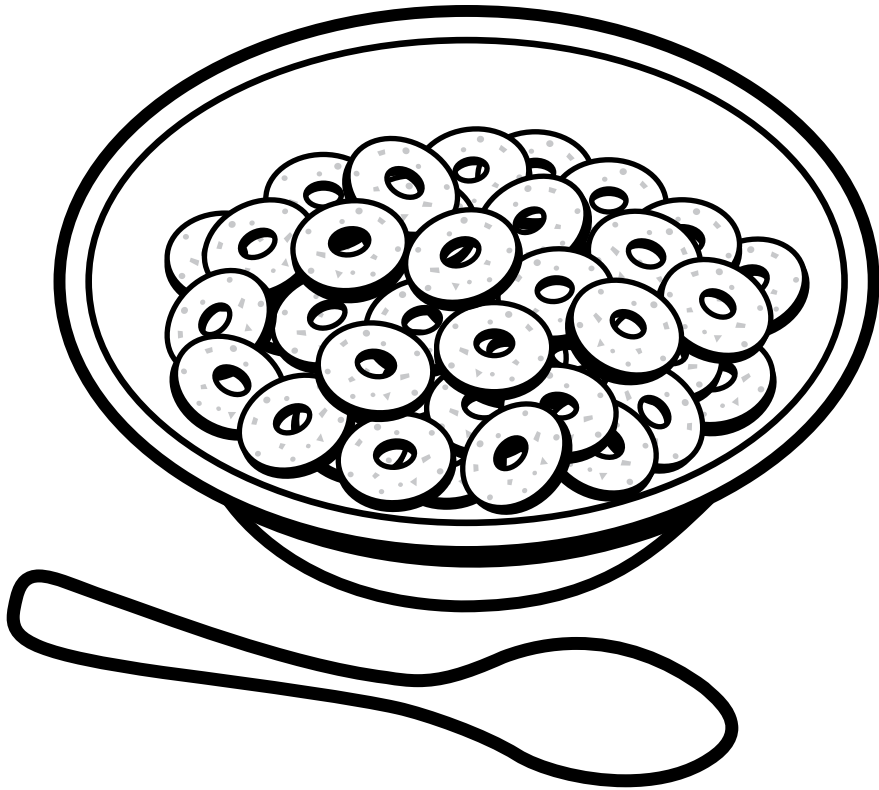
I like bread.



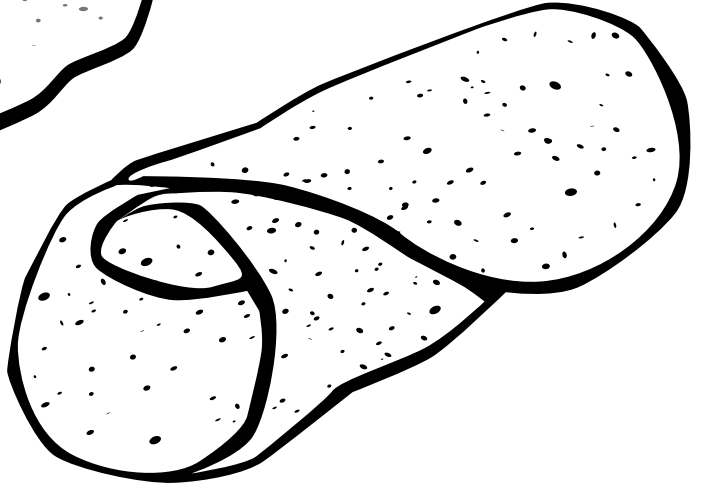
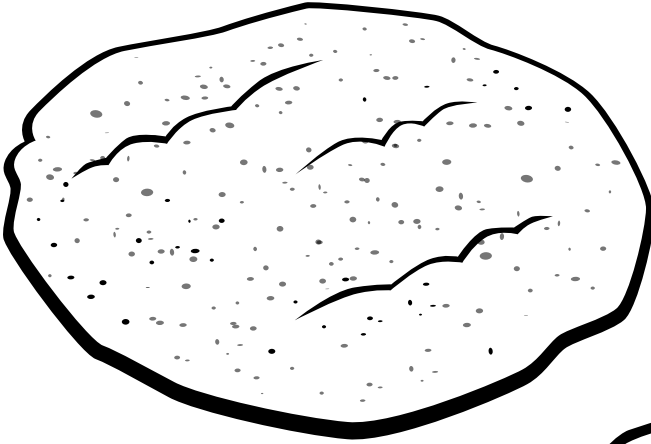
I like pasta.



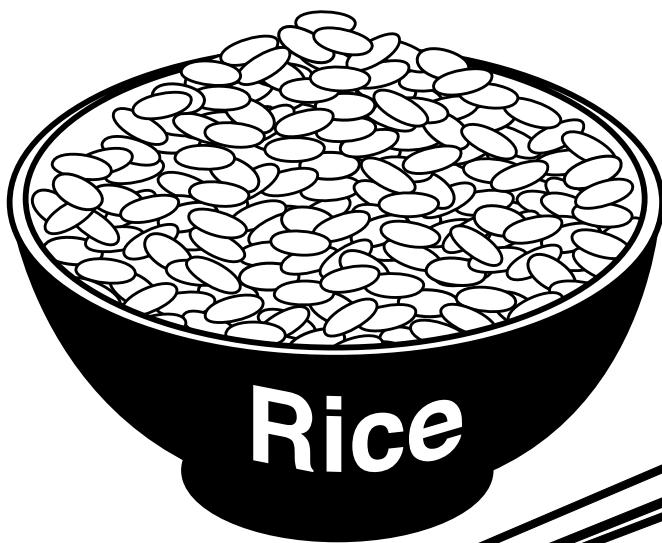
I like popcorn.



I like cereal.

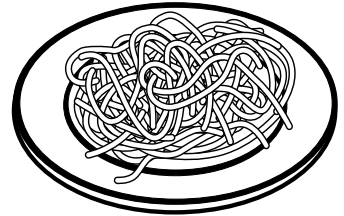
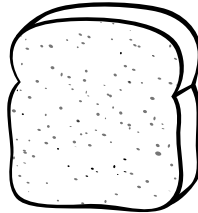
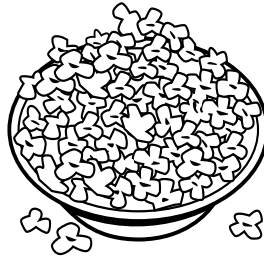
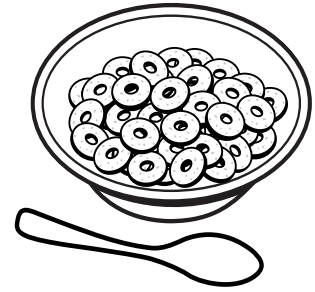
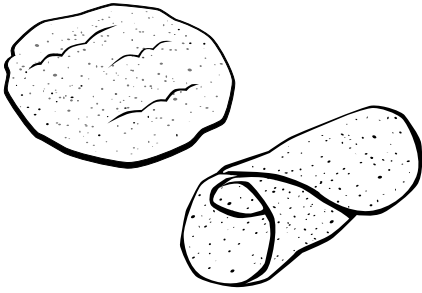


I like tortillas.

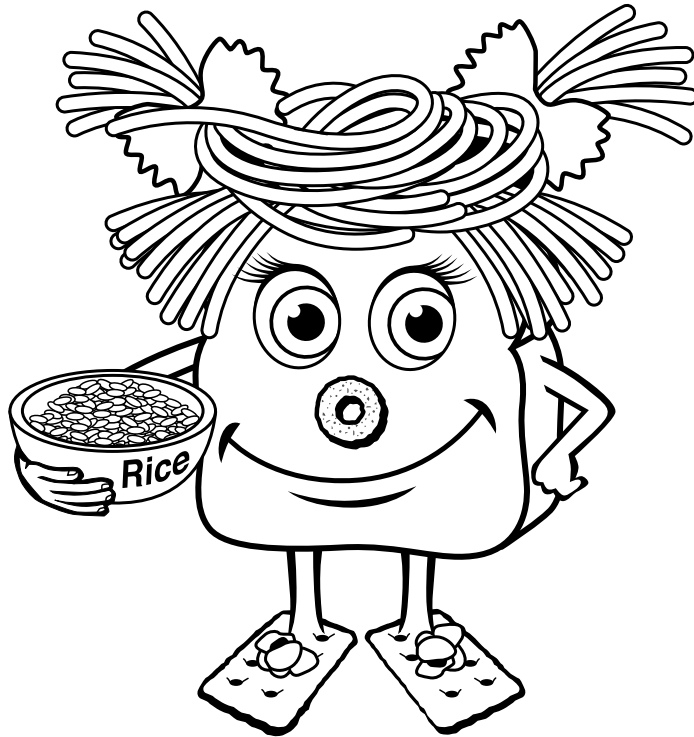


Rice

I like rice.



I like grains.



Hello, Jane Grain!



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Fruits

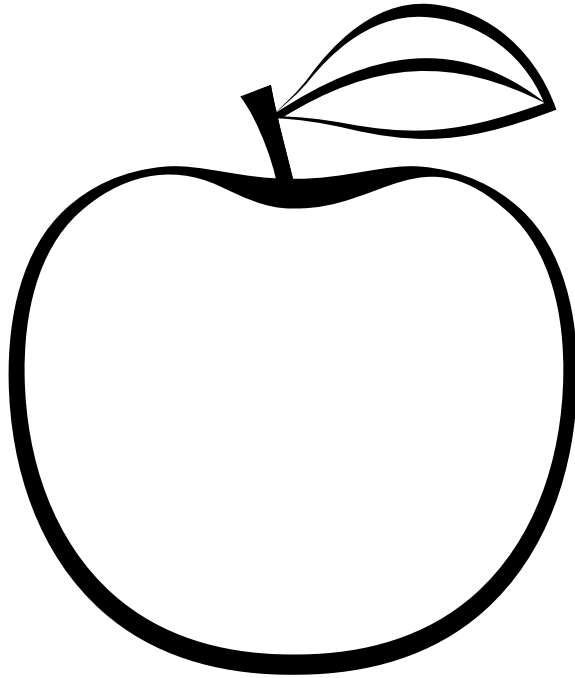
Farah
Fruit



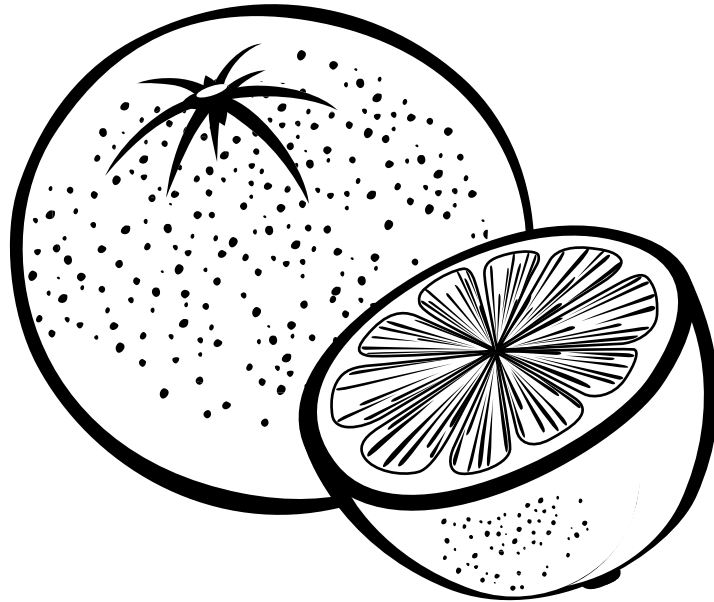
Sight words: the, is, eat, are, I



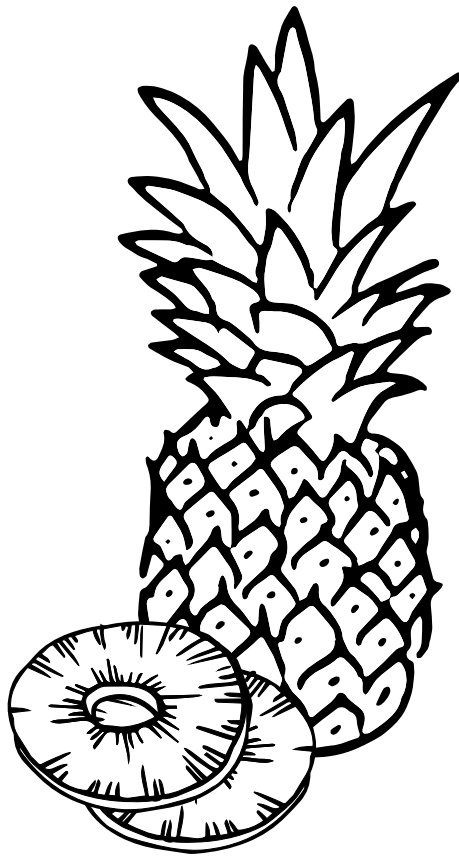
This book belongs to:



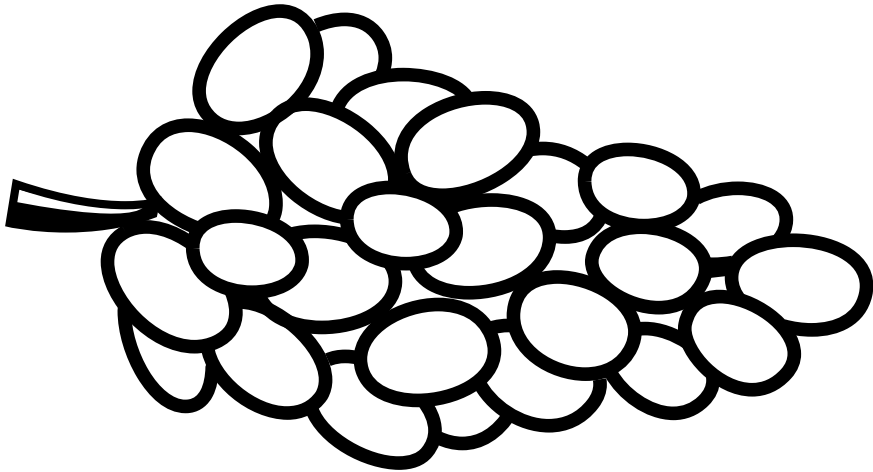
The apple is red.



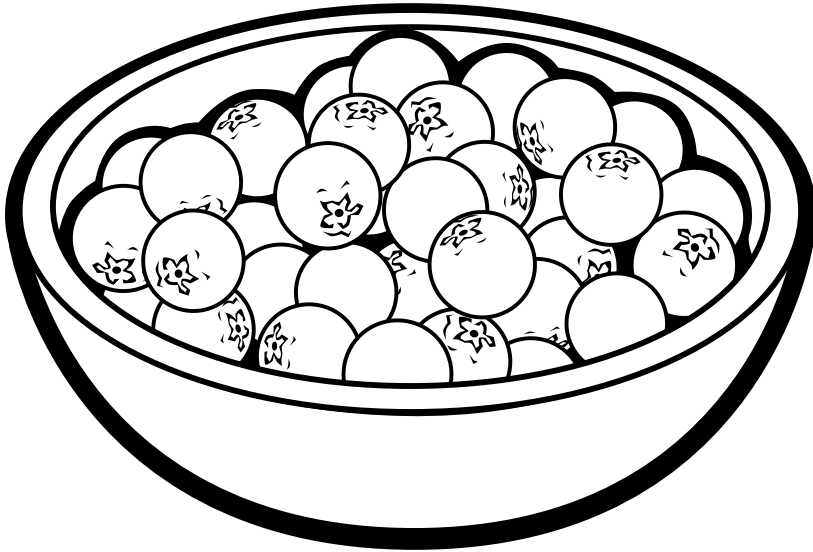
The orange is orange.



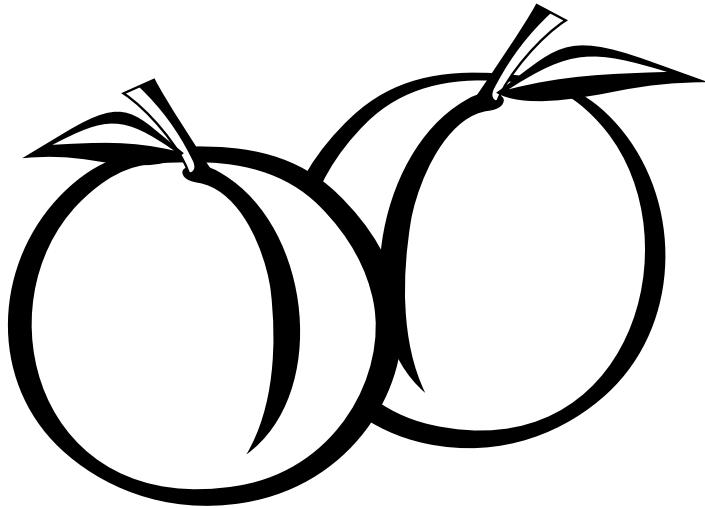
The pineapple is yellow.



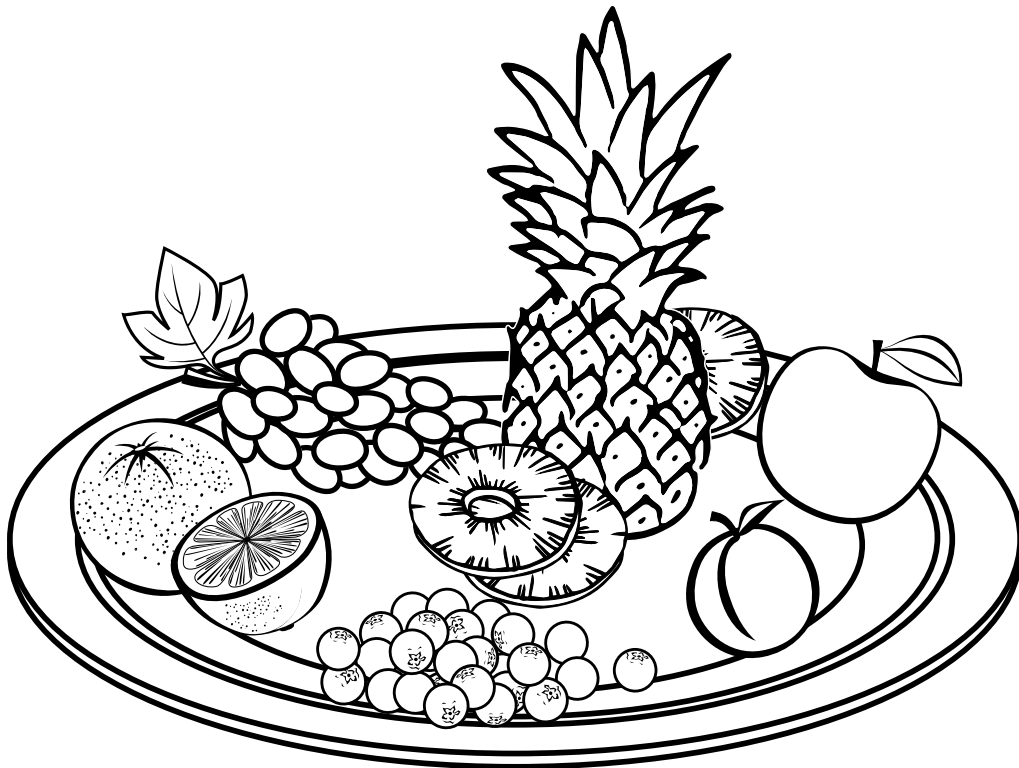
The grapes are green.



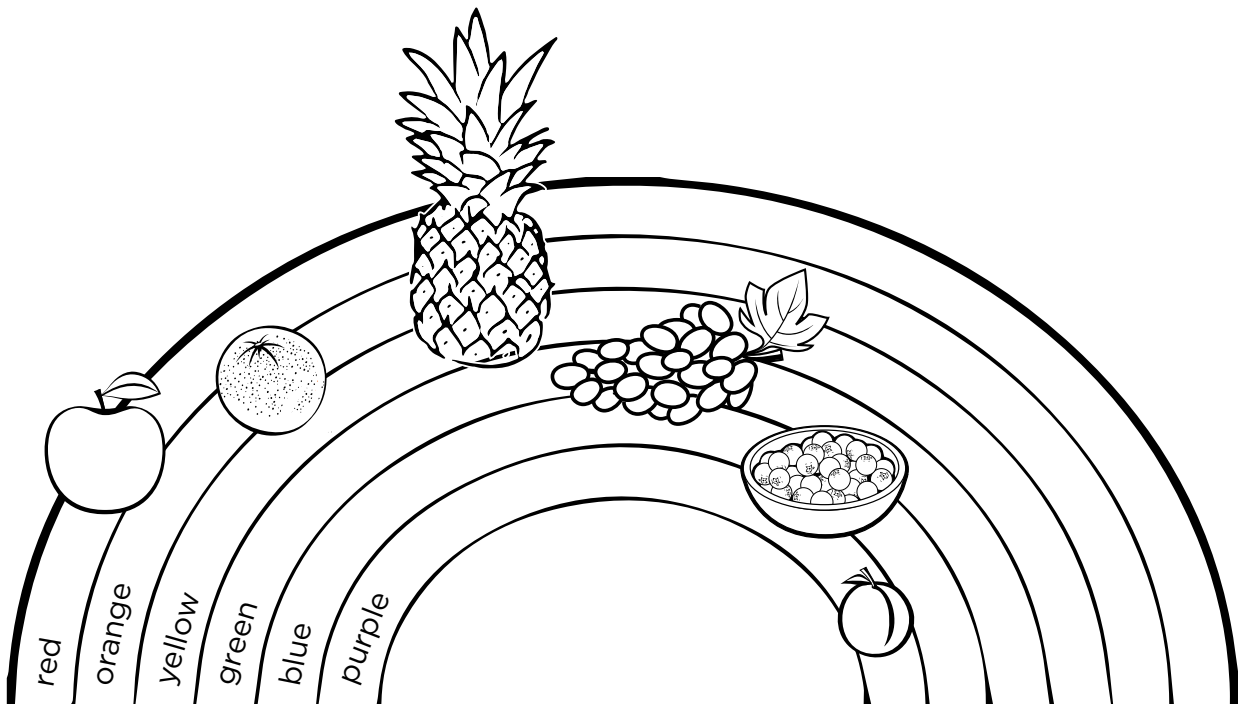
The berries are blue.



The plums are purple.



I eat fruit.



I eat a rainbow. Yum!





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Dairy

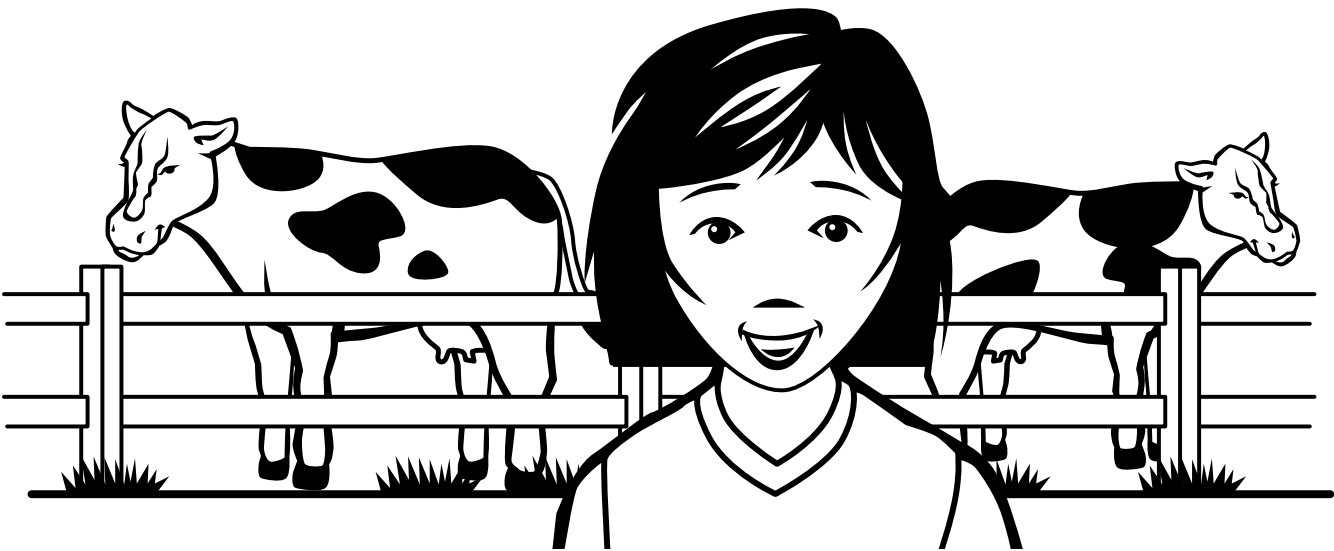
Mary
Dairy



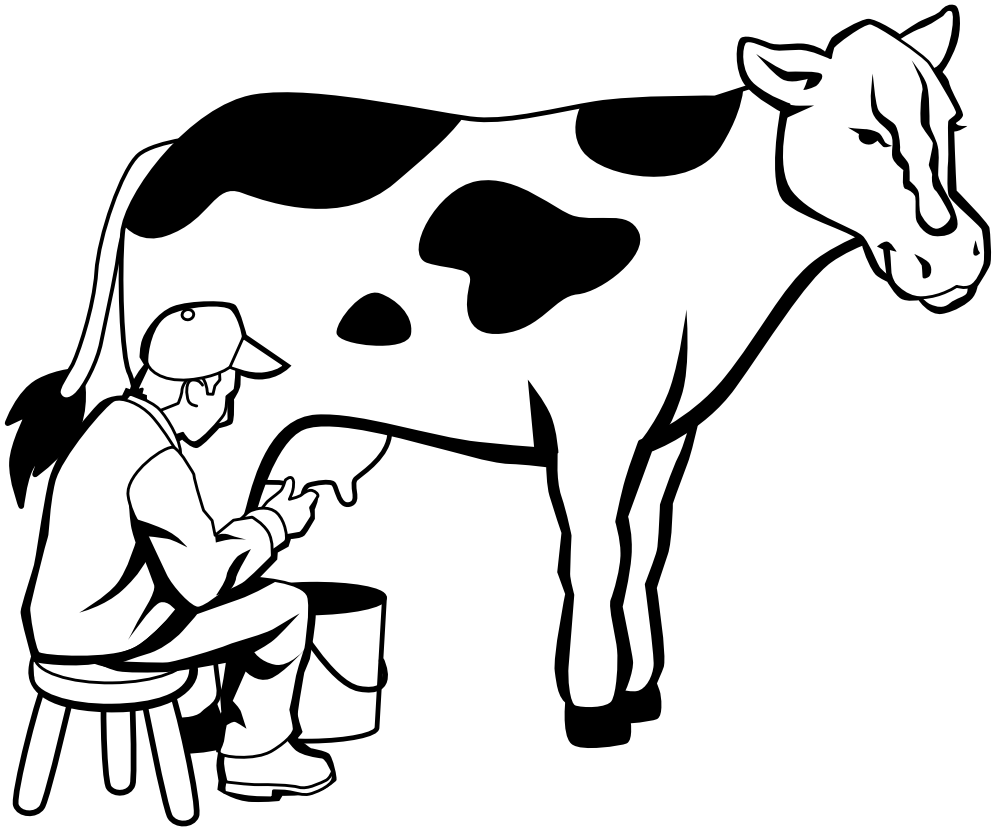
Sight words:
has, make, she, can, likes, and



This book belongs to:



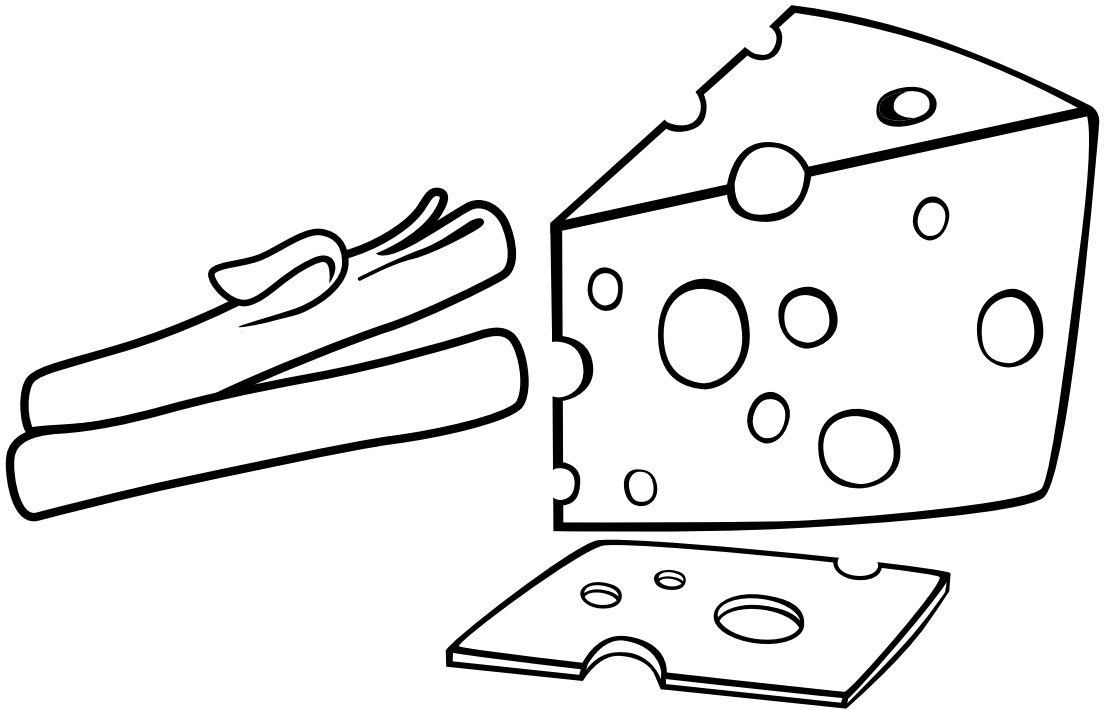
Dot has cows.



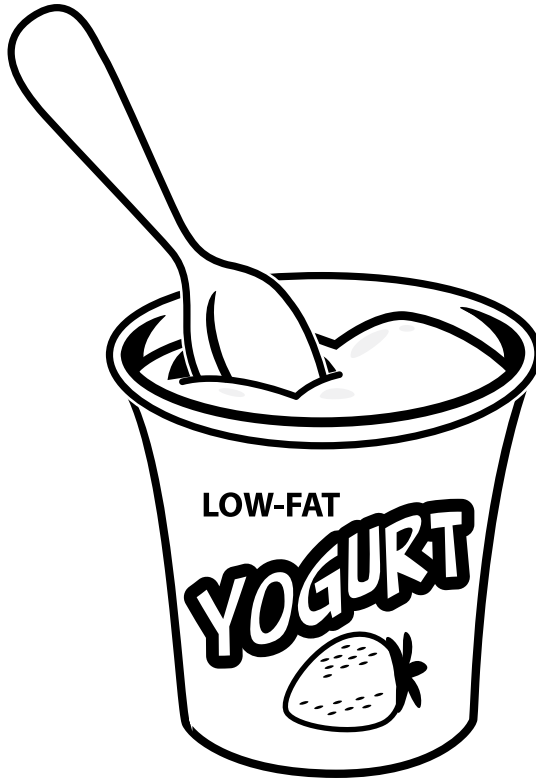
Cows make milk.



Dot has milk.



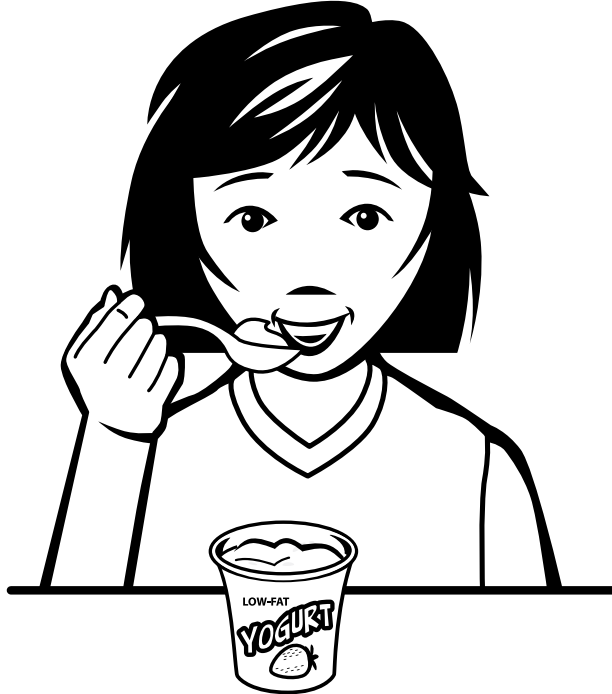
She can make cheese.



She can make yogurt.



Dot likes milk and cheese.



She likes yogurt.



Dot likes cows. Moo!



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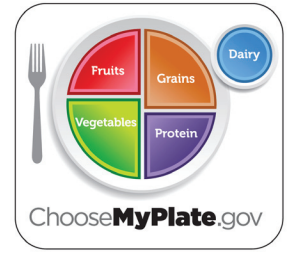


10 tips

Nutrition
Education Series

kid-friendly veggies and fruits

10 tips for making healthy foods more fun for children



Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

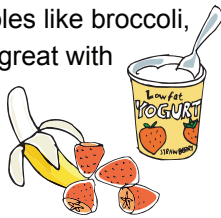
1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make “popsicles” by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

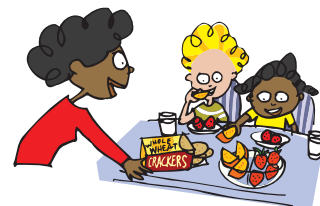


9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.

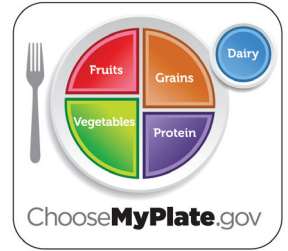


10 tips

Nutrition
Education Series

build a healthy meal

10 tips for healthy meals



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1 make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.

3 include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9 try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



10 satisfy your sweet tooth in a healthy way

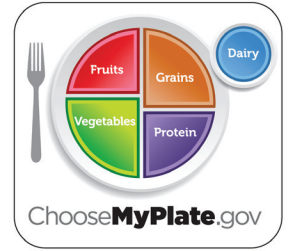
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

10 tips

Nutrition
Education Series

cut back on your kid's sweet treats

10 tips to decrease added sugars



Limit the amount of foods and beverages with added sugars your kids eat and drink. If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

1 serve small portions

It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

2 sip smarter

Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.



3 use the check-out lane that does not display candy

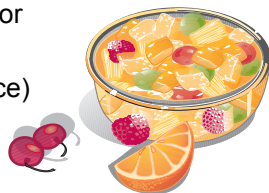
Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

4 choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5 make fruit the everyday dessert

Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.



6 make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 encourage kids to invent new snacks

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their "new" snack.



8 play detective in the cereal aisle

Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

9 make treats "treats," not everyday foods

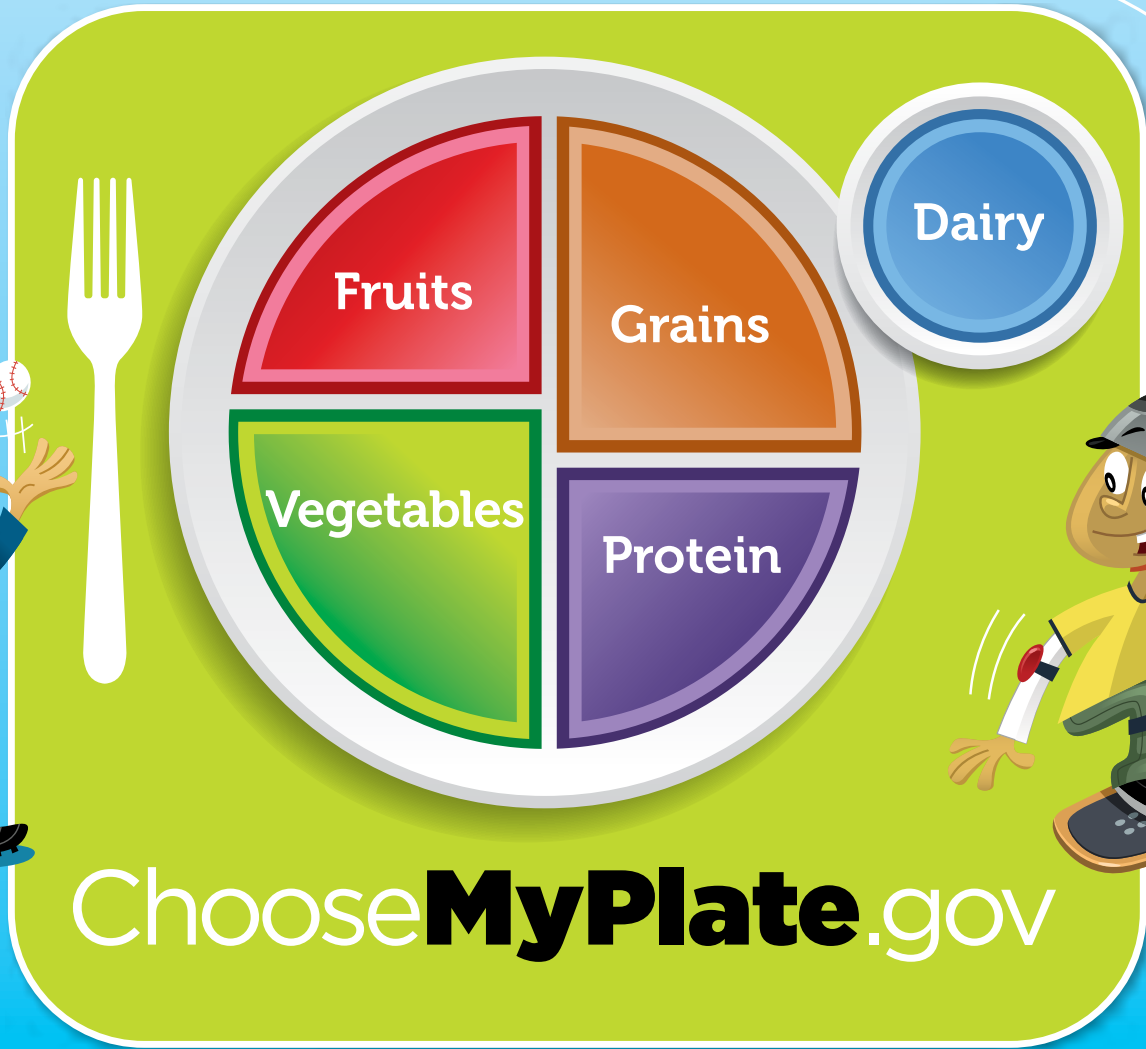
Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

10 if kids don't eat their meal, they don't need sweet "extras"

Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

Eat Smart To Play Hard

Use **MyPlate** to help you fuel up with foods from each food group.



Choose **MyPlate**.gov

Keep on Moving!

You need at least **60 minutes** of physical activity **each day**. Whether that's skateboarding, tossing a ball, or playing tag, every little bit counts!



FRUITS Fuel Up With Fruits at Meals or Snacks

Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.



VEGETABLES Color Your Plate With Great-Tasting Veggies

Try to eat more dark-green, red, and orange vegetables, and beans and peas.



GRAINS Make at Least Half Your Grains Whole Grains

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.



PROTEIN Vary Your Protein Foods

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.



DAIRY Get Your Calcium-Rich Foods

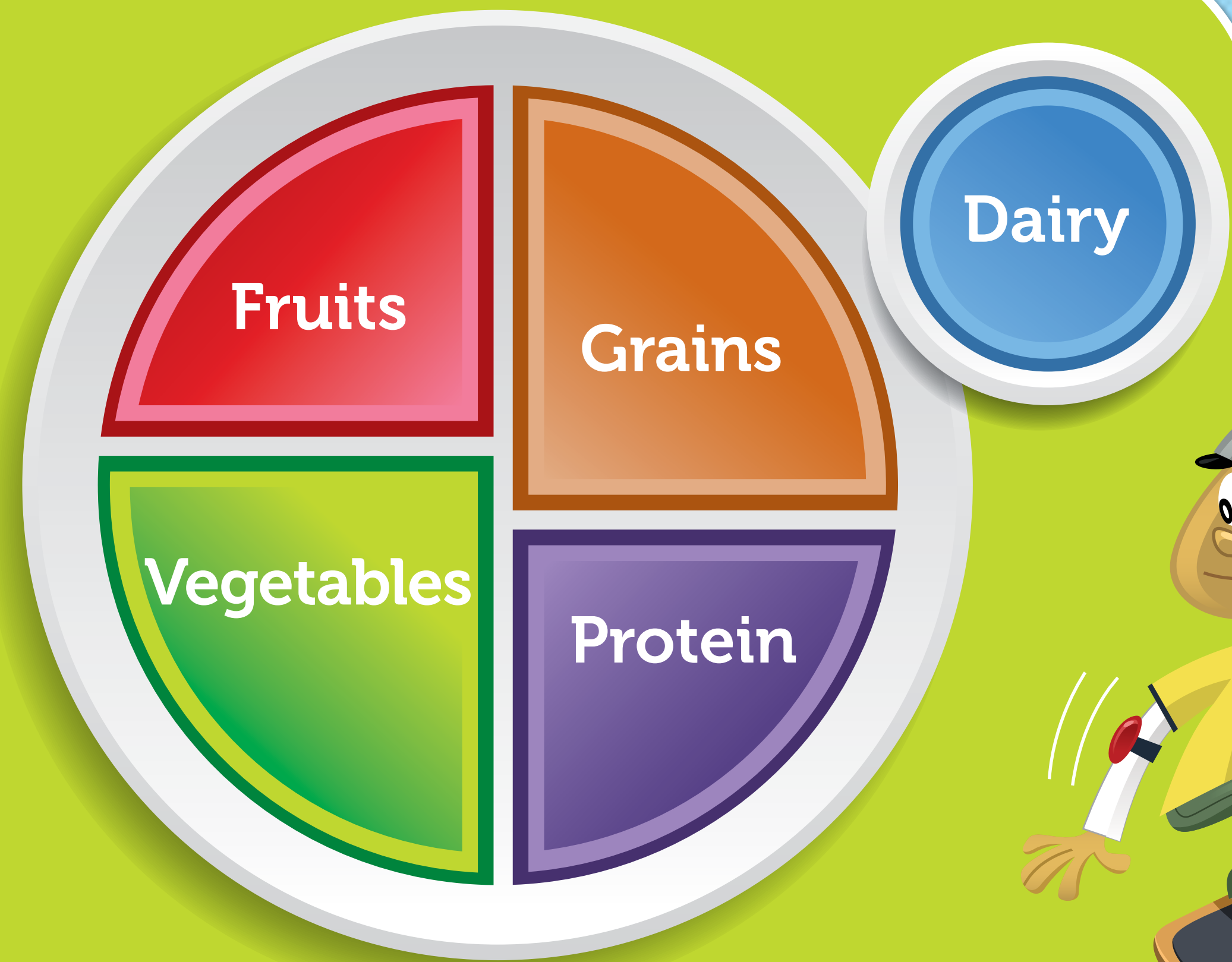
Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.



Know Your "Sometimes" Foods Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.

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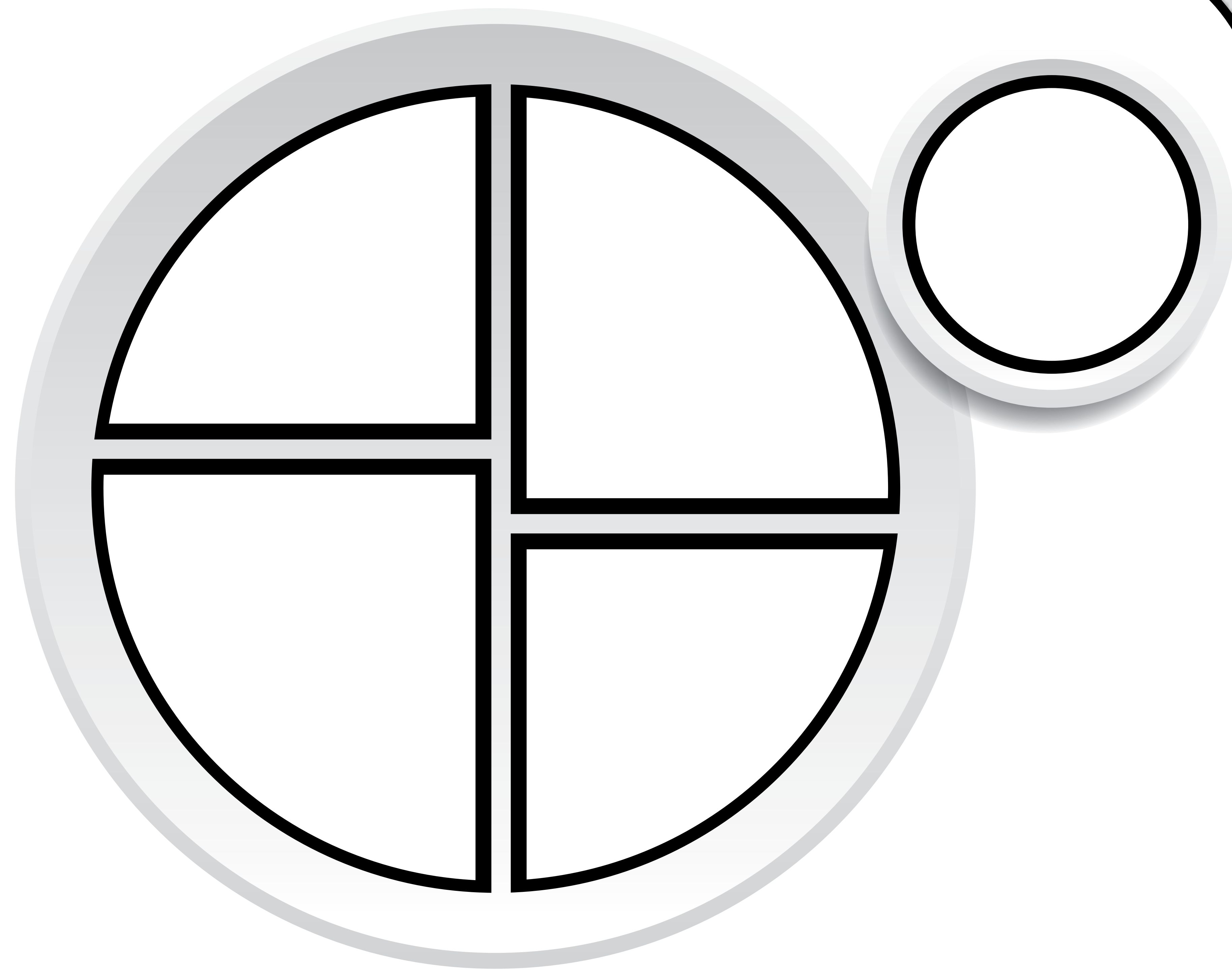
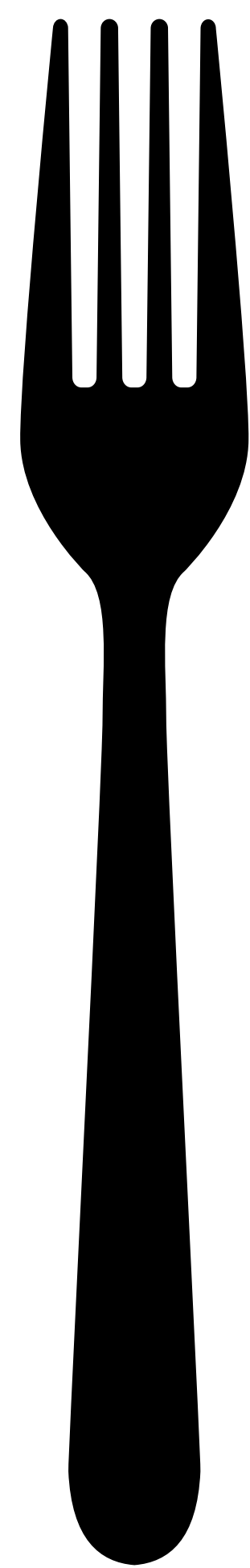
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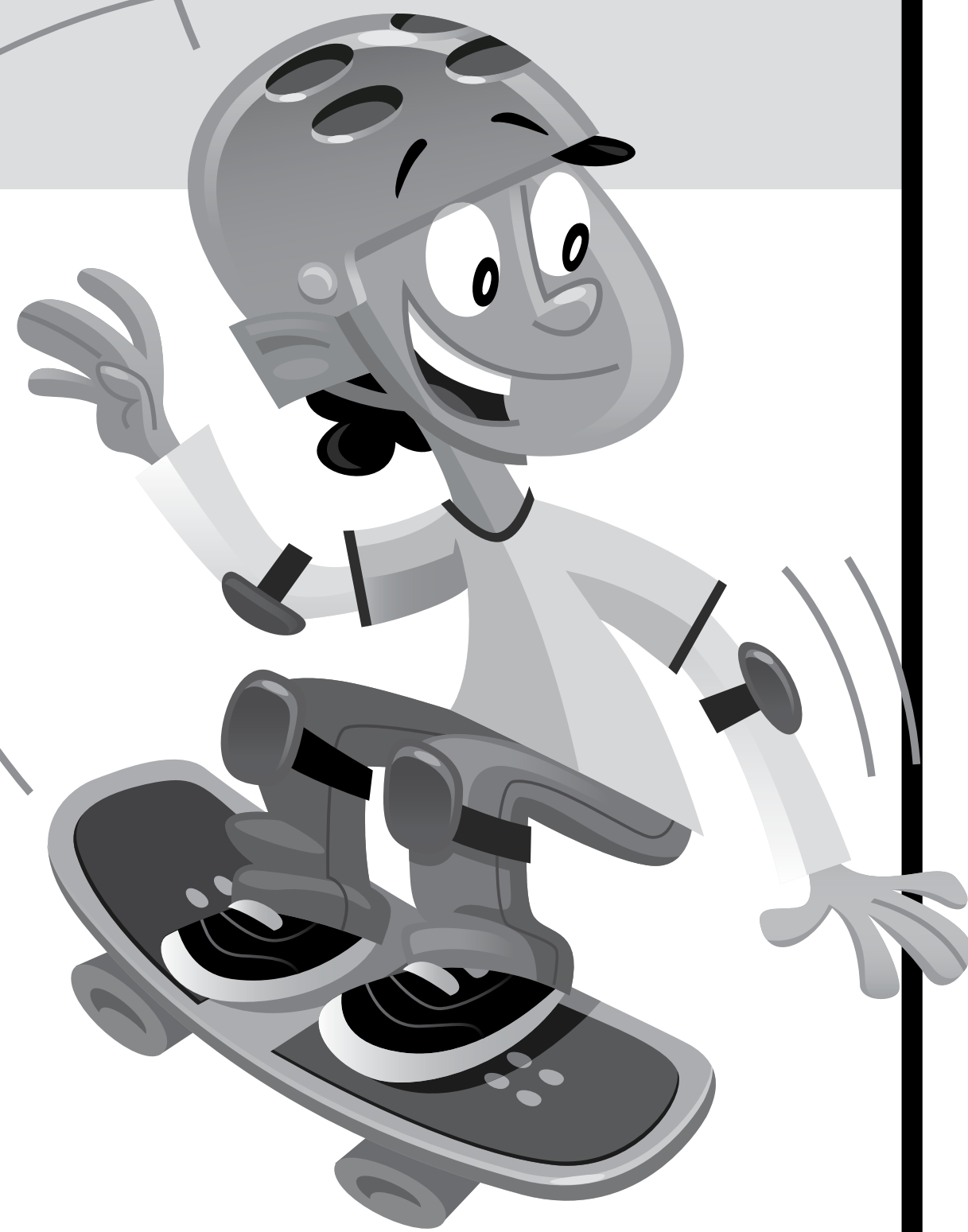


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