

Potential Integration:  
ELA

<b>Health</b>
4.NPA.1.1 Plan meals using MyPlate.

### **Materials Needed:**

- Alphabet Soup by Scott Gustafson or similar book for reading aloud
- Access to Internet and screen to show students the myplate.gov website
- All about MyPlate note taking guide–Appendix 1
- For each group: 1 folder of food pictures from all 5 food groups, 1 poster with the food groups labeled, glue
- Paper plate for each student (1 that you use as an example)
- Grocery ads and magazines
- Art supplies; crayons, construction paper

### **Focus:**

Read aloud Alphabet Soup by Scott Gustafson, a great book that will help launch a discussion about all the wonderful foods we have and the need to include a variety of foods in our diet. Engage students in a discussion about new foods they have tried.

Book list: Green Eggs and Ham by Dr. Seuss, Gregory, the Terrible Eater by Mitchell Sharmut, and The Beastly Feast by Bruce Goldstone

### **Statement of Objectives:**

Today we will learn about 5 different food groups and how they fit together to make a healthy meal. After our lesson, you can design a nutritious and delicious meal using a resource called My Plate.

### **Teacher Input:**

1. We are going to explore myplate.gov website so you know how to use this as a resource for meal planning. Show students that within each group, the site describes foods that belong in that group as well as the amount that should be eaten. As you explore the site, have students complete the fill in the blank note -taking guide. Review answers with the class.

2. Now, you will work in teams to organize all kinds of foods into the correct food group. I will give each team a packet of food pictures and a poster. Do not glue until you are sure of the answer!

Give each group of students a packet full of pictures of all kinds of foods and a poster. The group should work together to place all the pictures in the appropriate food group. Tell students to check answers using the computer if need be before they glue pictures to the poster.

3. When every team has finished, display the posters. Have the groups travel to look at each poster to make sure they agree with that team's work. Are the foods in the right places?

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4. Now that you know the 5 food groups, let's take a closer look at the serving size of each food group for my plate. Make sure students understand that fruits and vegetables are  $\frac{1}{2}$  the plate, but vegetables are a larger portion of that section. Also, the protein section is smaller than the grain section on the other half of the plate.

### Teacher Information

Healthy balanced meals can be planned using MyPlate to select grains, vegetables, fruits, milk, beans and meat with the sparse use of oils and sweeteners. Elementary students should start by filling half their plates with vegetables and fruits. They should consume 3-5 servings of grains per day such as bread, pasta, cereal and rice, making at least half these servings whole grain. Children need 2-3 servings per day of proteins such as poultry, fish and seafood, meat, eggs or beans, with smaller amounts for those who are more sedentary. Fourth graders should consume one cup of low-fat or skim milk at each meal, or substitute yogurt or hard cheese. These foods can be prepared with small amounts of healthy oils and sweeteners, if desired. A daily activity component and sufficient water intake should balance the food calories. Notice that the vegetable and grain sections are larger than the fruit and protein sections. More vegetables should be eaten than fruits because vegetables have greater nutrients and half the calories of fruits. Also protein foods are typically more caloric than whole grain foods. Fats, oils, sweets and salt should be eaten in the smallest amounts. For instance, if a person usually uses five shakes to salt a food, he or she could reduce that to three shakes, then to one shake and finally, eliminate salt to the amount already cooked in the food.

Planning healthy meals takes practice using MyPlate and pictures or models of foods. In small groups or individually, students can make breakfasts, lunches, dinners or snacks, then put different combinations together to see if they meet MyPlate guidelines. On-line practice is provided through games like Blast-Off Game (MyPlate.gov) or Matching Meals (nourishinteractive.com/kids/gameroom.html. Note: These sites are being updated to convert MyPyramid to MyPlate, but the same 5 food groups still apply).

### **Assessment:**

If you understand the 5 food groups and the amount you should eat of each food group, then you can plan a healthy dinner menu for your family. You are the family cook for tonight! Plan a menu that meets all the guidelines. Use the myplate.gov website if you need help. Cut food pictures from the magazines or draw your own to glue on your dinner plate in the right section. Write the name and amount of each food serving on your plate.

After students explain in their menus, you may want to collect the plates and put them on a bulletin board. The Myplate.gov website offers an interactive component to see if the combinations meet the guidelines.

### **Closure:**

Today we learned the number of servings we should eat from all 5 food groups to be healthy.

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# ALL ABOUT MYPLATE

Based on my age, I should eat \_\_\_\_\_ cups of fruit a day.

Only \_\_\_\_\_ % fruit juice counts in the fruit group.

A fruit I've never tried before, but would like to try is \_\_\_\_\_.

Vegetables have \_\_\_\_\_ subgroups.

Most vegetables are low in \_\_\_\_\_ and \_\_\_\_\_.

Beans and peas can also be part of the \_\_\_\_\_ group.

\_\_\_\_\_ % of the grains you eat should be whole grains.

\_\_\_\_\_ and \_\_\_\_\_ from whole grains may lower the risk of heart disease.

Give two examples of choosing whole grains over refined grains:

Lean ground beef must say at least " \_\_\_\_\_ % lean."

You should choose seafood at least \_\_\_\_\_ a week.

List at least 3 protein choices for vegetarians:

Why is skim milk better for you than whole milk?

List 3 foods that are good sources of calcium: