

Health

5.NPA.1.1

Use MyPlate to make healthy choices of foods and beverages.

Materials Needed:

Appendix 1 – copies of Healthy Foods Rap (cut apart to save paper)

Appendix 2 – copies of MyPlate and Sample Selections

Appendix 3 – Three Days of Healthy Eating

Appendix 4 – MyPlate Persuasion from the “Family Chef for the Day”

Statement of Objectives:

In Healthful Living today, we will learn about how to use MyPlate for nutritious eating. By the end of the lesson, you will be able to make healthy choices of foods and beverages.

Focus:

In this activity, the teacher will share a rap about foods and beverages. It is intended to develop the concept that foods are not either good or bad (or healthy or unhealthy), but can add up to a healthy or unhealthy diet.

Begin by saying, Some people talk about foods as if they are healthy (good for us) or unhealthy (bad for us), but that is not really true. All foods can be eaten in moderation unless a person has an allergy to that food. The important ideas to remember are balance (eating different kinds of foods) and moderation (not eating too much of foods high in fat, calories, and sugar).

Share copies of the rap or display the words (Appendix 1). Read for the students; then ask students to read along with you. [Read with rhythm and feeling!]

Teacher Input:

Say, The healthy foods rap helps us think about what we eat and drink. I want you to decide between a sweet dessert and fruit. If you choose the sweet dessert, then you should not eat that very often. It is a “once in a while” food. A sugary snack (candy, cake, pie, ice cream) or one that is high in fat (buttered popcorn, doughnuts, biscuits) should only be eaten a few times each week.

The fruits can (and should) be eaten more often. A student in fifth grade could drink orange juice with breakfast, grapes with lunch, a banana as an afternoon snack, and apple/raisin salad with supper.

Explain the concept of nutrient density: A food is nutrient dense if it has the nutrients we need to eat more of and less of the nutrients we need to eat less of. Broccoli is nutrient dense because it has fewer calories and more vitamins. Cake with frosting is less nutrient dense because it is higher in sugar and fat, has quite few calories, and does not provide vitamins or minerals. That is why we should eat cake on special occasions and not every day.

Share copies of Appendix 2, MyPlate and Sample Selections. Ask students which of those foods they would like for lunch. Give each student a copy of Three Days of Healthy Eating (Appendix 3). Have them plan breakfast, lunch, supper, and snacks for three days. They should follow portion sizes for each of the five groups and these guidelines:

- At least half of their grains must be whole grains
- Use at least one food from the Beans and Peas subgroup for protein
- At least one vegetable should be dark green
- Use a variety of proteins
- They must try at least one new food
- Sweets or high fat foods can be used only one time

Ask each student to select one day of foods and beverages they think has the most variety and balance. Have student write these meals and snacks on a piece of paper and post these without their names on the bulletin board. Have students gather around the bulletin board to choose several meals they think are nutrient dense and yummy.

Assessment:

Provide each student with a copy of Appendix 4, MyPlate Persuasion from the “Family Chef for the Day.” Ask students to become a “Family Chef for a Day” to promote the food eaten on one of the days (in previous step of lesson plan) for eating healthy foods and beverages. They are to write several persuasive paragraphs to describe how they will encourage their family to try one day of menus planned in this lesson. Have them use concrete words and phrases to persuade others to prepare and try nutrient-dense meals. Part of the assignment is to describe how these foods will appeal to their senses: taste, smell, vision.

Closure:

You did a great job today planning meals that are nutrient dense. You applied the concepts of balance and moderation in your choices of foods and beverages.

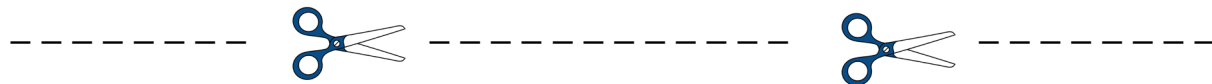
Healthy Foods Rap

Some people think that it's never okay
To eat candy or sweets, but here's what I say:

It's all about balance and moderation.
If we do that, we'll have a healthier nation.

Some foods should be eaten only once in a while.
Some foods we can eat like they're "going out of style."

MyPlate will help you make all the right choices.
Let's read this together. **Let me hear your voices!**



Healthy Foods Rap

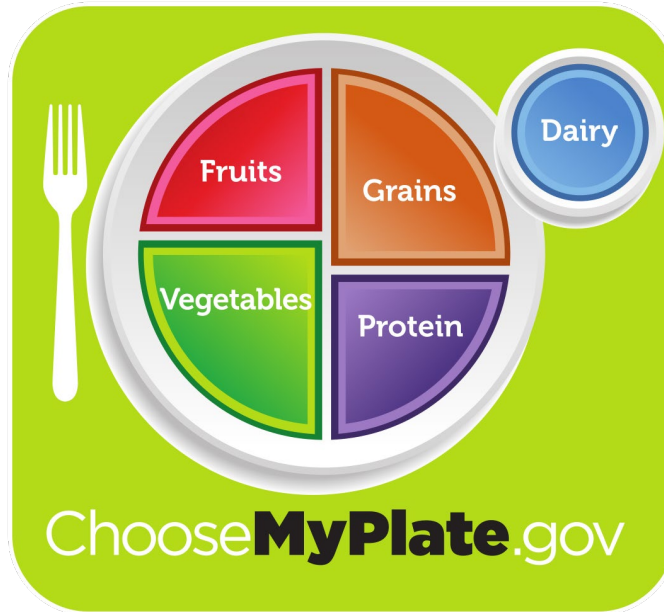
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MyPlate



Sample Selections

GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine — choose more fish, beans, peas, nuts, and seeds</p>
For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov .				
Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5 1/2 oz. every day
<p>Find your balance between food and physical activity</p> <ul style="list-style-type: none"> Be sure to stay within your daily calorie needs. Be physically active for at least 30 minutes most days of the week. About 60 minutes a day of physical activity may be needed to prevent weight gain. For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required. Children and teenagers should be physically active for 60 minutes every day, or most days. 		<p>Know the limits on fats, sugars, and salt (sodium)</p> <ul style="list-style-type: none"> Make most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these. Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low. Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients. 		



Three Days of Healthy Eating

Plan breakfast, lunch, supper, and snacks for three days. Follow portion sizes for each of the five groups and these guidelines:

- At least half of their grains must be whole grains
- Use at least one food from the Beans and Peas subgroup for protein
- One vegetable should be dark green
- Use a variety of proteins
- They must try at least one new food
- A sweets or high fat food can be used only one time

Day One	Day Two	Day Three
Breakfast:	Breakfast:	Breakfast:
Lunch:	Lunch:	Lunch:
Snack:	Snack:	Snack:
Supper:	Supper:	Supper:

MyPlate Persuasion from the “Family Chef for the Day”

You are to become the “Family Chef for a Day” to promote the food written for one of the days of eating healthy foods and beverages. Write several persuasive paragraphs to describe how to encourage your family to try these meals. Use concrete words and phrases to persuade your family to prepare and try nutrient-dense meals. Part of the assignment is to describe how these foods will appeal to their senses: taste, smell, and vision.

