

Potential Integration:  
ELA; Math

<b>Health</b>
K.NPA.1.1 Classify foods by groups in MyPlate.

**Materials:**

- Internet Connection for Focus Step song
- Appendix 1, Columns of Foods
- Large drawing or print out of MyPlate diagram, <https://www.myplate.gov/resources/graphics/myplate-graphics>
- FDA Discover MyPlate Food Cards [https://fns-prod.azureedge.net/sites/default/files/tn/dmp\\_foodcards.pdf](https://fns-prod.azureedge.net/sites/default/files/tn/dmp_foodcards.pdf)

**Resources:**

- MyPlate, <http://www.choosemyplate.gov/>
- MyPlate Kids Place, <http://www.choosemyplate.gov/kids/>
- FDA, Discover MyPlate, Nutrition Education for Kindergarten <https://www.fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten>

**Focus:**

Tell students you are going to play a song about MyPlate and the five groups included. They should listen carefully and be able to name the five groups and examples of each at the conclusion of the song. Play the “Alive with Five” song from MyPlate <https://www.youtube.com/watch?v=WN7Wb2-Aw8k>

Ask students to name one of the groups and an example of a food that would fit into that group. Correct responses include:

- Fruit: apple
- Vegetables: spinach
- Dairy: low fat cheese
- Grain: bread
- Protein: turkey

**Statement of Objectives:**

Today we will talk about how to eat healthy with the help of MyPlate. This is a guide to help us all eat smarter and move more! Today’s lesson is about healthy eating and learning which foods go into the five groups of MyPlate. By the end of this lesson you will be able to place foods correctly into the different groups.

**Teacher Input:**

First, create five columns on the board with headings from the different food groups.. Next, place students in a standing circle and show a copy of MyPlate. Read aloud the five different food groups included, then give at least one example of a food item that would fit in each group.

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Examples:

- Fruit: banana
- Vegetables: broccoli
- Dairy: milk
- Grain: spaghetti
- Protein: chicken

Tell students you will do an activity that requires students name foods in the different groups and that you will write down the name of the food in the appropriate column. Using an apple or other piece of fruit (or plastic food item), tell the students to pass the food to their right and each student will name a new example of a food and name the correct group (Fruit, Vegetables, Dairy, Grain, Protein).

Students will continue to name foods until they cannot think of additional items.  
See MyPlate for an extensive list of food items per category (<http://www.choosemyplate.gov/food-groups/>).

Now have students count the number of foods they came up with for each food group. Then have students rank the groups by most food items to least food items (Appendix 1)

For example:

- Vegetables: 10
- Fruits: 7
- Grains: 6
- Dairy: 5
- Proteins: 4

### **Assessment:**

Post a large drawing or print out of MyPlate diagram (<https://www.myplate.gov/resources/graphics/myplate-graphics>) on the white board or a wall. From the FDA MyPlate resources print and cut the foods from the Note Cards ([https://fns-prod.azureedge.net/sites/default/files/tn/dmp\\_foodcards.pdf](https://fns-prod.azureedge.net/sites/default/files/tn/dmp_foodcards.pdf)). Distribute the 40 food cards to students and ask them to tape the cards to the correct part of MyPlate. Review responses.

### **Closure:**

In this lesson we learned where different foods fit on MyPlate. Understanding the five groups will help you make healthy choices to eat balanced meals.

## Appendix 1

How many foods were there for  
each group?

(write the number in the column below)

Fruit	Vegetable	Dairy	Grain	Protein

Write the food groups from the one with  
the least items to the most.

- 1.
- 2.
- 3.
- 4.
- 5.