

Lesson Overview

Students will learn about the 5 food groups and eating foods from each group to stay healthy. Fruits and vegetables come in a variety of colors, different colored fruits and vegetables offer different benefits to the body. Keeping the body moving offers other health benefits.



Lesson Objectives

- » Identify MyPlate: vegetables, fruits, grains, protein, and dairy.
- » Understand the importance of eating a variety of fruits and vegetables.
- » Identify why moving (physical activity) is good for us.

Arizona Department of Education (ADE) Academic Standards

Math Standards

Kindergarten

K.CC.5 Count to answer “how many?” Questions about as many as 20 things arranged in a line, a rectangle array, or a circle, or as many as 10 things in a scattered configuration, given a number from 1-20, count out that many objects.

K.C.C.6 Identify whether the number of objects in one group is greater than, less than, or equal to the number of objects in another group, e.g., by using matching and counting strategies.

K.MD.2 Directly compare two objects with a measurable attribute in common, to see which object has “more of”/”less of” the attribute, and describe the difference.

First Grade

1.G.3 Partition circles and rectangles into two or four equal shares, describe the shares using words halves, fourths, and quarters, and use the phrases half of, fourth of, and quarter of. Describe the whole as two of, or four of the shares. Understand for these examples that decomposing into more equal shares creates smaller shares.

Second Grade

2.G.3 Partition circles and rectangles into two, three or four equal shares, describe the shares using the words halves, thirds, half of, a third of, etc., and describe the whole as two halves, three thirds, four fourths. Recognize that equal shares of identical wholes need not have the same shape.

English Standards***Kindergarten***

K.L.1 Demonstrate command of the conventions of Standard English grammar and usage when writing or speaking.

d. Understand and use question words.

K.L.5 With guidance and support from adults, explore word relationships and nuances in word meanings.

a. Sort common objects into categories (e.g., shapes, foods) to gain a sense of the concepts the categories represent.

First Grade

1.L.5 With guidance and support from adults, demonstrate understanding of word relationships and nuances in word meanings.

a. Sort words into categories (e.g., colors, clothing) to gain a sense of the concepts the categories represent.

Second Grade

2.L.5 Demonstrate understanding of word relationships and nuances in word meanings.

a. Identify real-life connections between words and their use (e.g., describe foods that are spicy or juicy)

Physical Education Standards

Personal Behavior PO 1. Follows direction given in class

Fundamental Movement Skills PO 2. Recognize what the human body is and what it means to be healthy

Movement Concepts PO 2. Identifies various body parts

Scientific Principles PO 1. Identify the effects that physical activity has on the body

Advanced Preparation

- ✓ Make sure Powerpoint and projection is set up; bring up PowerPoint Presentation via website.
- ✓ Plan for handouts or possible activity items.

Materials and Equipment

- ✓ MyPlate poster
- ✓ MyPlate handouts (for student)
- ✓ Food Models (optional for demonstration)
- ✓ School Lunch Menu (optional print off from school website for discussion)

Incentive Gifts

- » MyPlate Activity Books
- » MyPlate paper plates
- » MyPlate Pens
- » MyPlate Pencils
- » MyPlate Colored Pencils
- » MyPlate Magnets
- » MyPlate Bookmarks
- » MyPlate Stickers
- » Silly Food Group Eye Glasses
- » Hacky sacks or Frisbees
- » Beach Ball
- » Recipes
- » Fun Food News

Please contact us to see if you are eligible to receive some of these incentive gifts.

Estimated Time

30 minutes for PowerPoint, additional time for the activities.

Presentation

This lesson plan is designed to help assist you and students in making healthy eating choices using the new MyPlate. Below are the notes from each slide within the MyPlate Powerpoint. It is designed to be adaptable for grades Kindergarten through 2nd grade, so choose the notes that best match the grade level you teach.

Slide #1

Kindergarten to 2nd:

Today we are going to learn about MyPlate! MyPlate shows us the healthy foods to eat so we can be healthy kids!

Slide #2

Kindergarten to 2nd grades:

Q.) Has anyone seen this picture before?

A.) MyPlate shows us how we should be eating each day.

Kindergarten to 2nd grades:

Q.)What are some things that you notice about it?

A.) ½ of plate fruits and vegetables!; A variety of foods; Different colors; different/5 food groups; A glass of dairy on the side of the plate... Each colored group represents a group of foods. The colors represent the five food groups.

Kindergarten to 2nd grades:

Q.) Can you tell me which colors are the largest?

A.) The plate shows us we need to eat more fruits and vegetables.

On the plate, each color represents a different food group.

Orange – grains

Green – vegetables

Red – fruits

Blue – dairy and calcium rich foods

Purple – protein group which includes meats, beans, fish, nuts and seeds

Slide #3

Kindergarten to 2nd grades:

Today, class, we will be talking about a few things! First, we will talk about the different colors of MyPlate: vegetables, fruits, grains, protein, and dairy. Also, we will discuss what it means to “Eat a Rainbow.” Lastly, we will talk about how moving our bodies (also called physical activity) can make us healthy!

Slide #4

Kindergarten to 2nd grades:

First we will start with the vegetable group!

Kindergarten : (proceed to next slide)

1st and 2nd grades:

Notice the green group represents vegetables! Vegetables come from plants. Vegetables are very important to help keep our bodies’ healthy. The darker the color the vegetable the better.

Slide #5

Kindergarten to 2nd grades:

There are many different kinds of vegetables!

Kindergarten to 2nd grades:

Q.) Can you name some vegetables? (hint look at the picture)

A.) Potato, carrot, broccoli, eggplant, corn, bell peppers, cabbage, spinach, cauliflower, onion, mushroom, etc.

Kindergarten to 2nd grades:

Q.) Raise your hand if you have eaten a vegetable today (ask a few kids what vegetable they ate).

Kindergarten to 2nd grades:

Q.) Can someone tell me their favorite vegetable?

A.) (Answers will vary.)

1st and 2nd grades:

Vegetables provide many vitamins and minerals we need for good health. Vitamins and minerals are good things found in food that help to keep our bodies healthy. Vegetables have vitamins A and C. (*Ask students if they know what vitamin A is good for...vitamin C.*) Vitamin A helps our eyes to see in the dark, and vitamin C helps our cuts to heal and keeps us from getting sick.

Slide #6

Kindergarten to 2nd grades:

Now we will talk about fruits!

Kindergarten: (proceed to next slide)

1st and 2nd grades:

The red group represents fruits. Fruit is also very good for keeping our bodies healthy.

Slide #7

Kindergarten to 2nd grades:

There are many different kinds of fruits!

Kindergarten to 2nd grades:

Q.) Can someone name a fruit for me? (hint look at the picture)

A.) Apple, banana, raspberry, pear, plum, kiwi, grapes, orange, watermelon, pear, cherries, etc.

Kindergarten to 2nd grades:

Q.) Raise your hand if you have eaten a fruit today (ask a few kids what fruit they ate).

Kindergarten to 2nd grades:

Q.) Can someone tell me their favorite fruit?

A.) (Answers will vary.)

1st and 2nd grades:

Q.) Why is it important for us to eat fruit?

A.) Like vegetables, fruit provides many vitamins and minerals we need for good health. The same vitamins found in vegetables are also in fruit. (*Ask the class if they remember the vitamins in vegetables that were discussed, and why vitamins A and C are helpful.*)

Slide #8

Kindergarten to 2nd grades:

Fruits and vegetables come in lots of colors! That's why it's important to eat a rainbow of colors of fruits and vegetables! Fruits and vegetables can be red, orange, yellow, green, blue, purple, and white.

Can someone name a red vegetable or fruit?

an orange vegetable or fruit?

a yellow vegetable of fruit?

a green vegetable of fruit?

a blue vegetable or fruit?

a purple vegetable or fruit?

a white vegetable or fruit?

Slide #9

Kindergarten-2nd grades:

Raise your hand if your favorite color is red. Purple? Blue?

Kindergarten-2nd grades:

Many red, purple, and blue fruits and vegetables are all good for your brain (have the students point to your brain) and heart (have the students point to their heart.)

Apples, strawberries, and red bell peppers are all examples of red fruits and vegetables.

Eggplant, raisins, purple potatoes and plums are all examples of purple and blue fruits and vegetables.

1st and 2nd grades:

When you study for a test, red, purple and blue fruits and vegetables will help you your brain to think so you can do better in school.

Slide #10

Kindergarten-2nd grades:

Raise your hand if your favorite color is orange. Yellow?

Kindergarten-2nd grades:

Many orange and Yellow fruits and vegetables are good for your eyes (have the students point to their eyes) and help keep you from getting sick (have students simulate a sneeze.)

Carrots, pumpkins, and oranges are all examples of orange fruits and vegetables.

Pineapples, apricots, yellow squash are all examples of yellow fruits and vegetables.

1st and 2nd grades:

When you read a book and/or play games/sports, orange fruits and vegetables will help your eyes to see better. When you are feeling ill, orange and yellow fruits and vegetables help you to feel better. When you fall and scrape your knee, orange and yellow fruits and vegetables help your cuts and bruises to heal.

Slide #11

Kindergarten-2nd grades:

Raise your hand if your favorite color is green.

Kindergarten-2nd grades:

Broccoli, spinach, and kiwi are all examples of green fruits and vegetables. Some green vegetables help keep your bones (have the students point to their elbow) and teeth healthy (have the students show a smile.)

1st and 2nd grades:

Leafy green vegetables, such as kale and spinach, help our bones to grow tall and strong. They also help our teeth to be healthy so that we can chew our favorite foods.

Slide #12

Kindergarten-2nd grades:

Now we will talk about grains!

Kindergarten: (proceed to next slide)

1st and 2nd grades:

Notice the orange group represents grains! Grains come from plants such as wheat, corn, and oats.

Slide #13

Kindergarten-2nd grades:

Q.) Can you name some grain foods?

A.) Examples of foods from the grain group include bread, rice, cereal, pasta, tortillas, oatmeal, muffins, popcorn, crackers, etc.

Kindergarten-2nd grades:

Q.) Raise your hand if you have eaten a grain today (ask a few kids what grain they ate).

1st and 2nd grades:

Q.) Why do we need to eat grains?

A.) These foods will give your body the fuel you need to play, pay attention in school and do many other activities.

Slide #14

Kindergarten-2nd grades:

Vegetables, fruit, and grains all provide fiber. Fiber works like a scrub brush cleaning our food tube (digestive tract), keeping our insides healthy! A healthy food tube helps us *make use* of the foods we eat.

Slide #15

Kindergarten-2nd grades:

Here is a picture of our food tube. Fiber helps keep our food tube healthy which helps the rest of our body be healthy!

Slide #16

Now we will talk about protein. The protein group can also be considered the Meat and Bean group.

Kindergarten: (proceed to next slide)

1st and 2nd grades:

The purple group represents the protein group!

Slide #17

Kindergarten-2nd grades:

Now we will talk about protein. The protein group can also be considered the Meat and Bean group.

Kindergarten: (proceed to next slide)

1st and 2nd grades:

The purple group represents the protein group!

Slide #18

Kindergarten-2nd grades:

Now we will talk about the dairy group!

Kindergarten: (proceed to next slide)

1st and 2nd grades:

Notice the blue group represents the dairy group! Dairy contains calcium which is important to keep our bones and teeth healthy and strong.

Slide #19

Kindergarten-2nd grades:

Q.) Can you name some foods in the dairy group? (use picture if needed)

A.) Milk, cheese, cottage cheese, and yogurt. Also, milk substitutes such as almond, rice, and soy milk.

Kindergarten-2nd grades:

Q.) Raise your hand if you have eaten a dairy food today (ask a few kids what dairy food they ate).

1st and 2nd grades:

It is important for us to have 3 to 4 servings of foods from the milk and dairy group every day.

1st and 2nd grades:

Q.) Why it is important to have 3 to 4 servings of dairy foods every day?

A.) These foods give us calcium for healthy bones and teeth.

1st and 2nd grades:

Fat-free or low-fat dairy foods are the healthiest choice. Choose milk cartons that have the word fat-free, skim, or 1% are the better choices. Ice cream is not a low-fat dairy food, and we should only have ice cream once in a while.

Slide #20

Kindergarten-2nd grades:

Lastly, moving our bodies can make us healthy! Moving our bodies can be called physical activity. It helps our bones and muscles grow stronger, and make our heart and brain healthier!

Kindergarten-2nd grades:

Q.) Can someone name an example of kind of physical activity?

A.) Examples of physical activity include jumping rope, taking a walk, playing on the playground, swimming, etc.

Kindergarten-2nd grades:

Q.) What are some of your favorite physical activities?

A.) (Answers will vary.)

1st and 2nd grades:

Q.) How much physical activity do boys and girls your age need to get every day?

A.) 60 minutes or more. Try to get 60 minutes or more of physical activity all *or* most days of the week.

Slide #21

Now it's time for a review the information we just covered!

Kindergarten-2nd grades:

Q.) What are the 5 food groups found on MyPlate?

(A.) Fruit, vegetables, grains, protein, and milk

1st and 2nd grades:

(Q.) What does it mean to “Eat a Rainbow”?

(A.) To “Eat a Rainbow” means to eat a variety of colors of fruits and vegetables. Each color is good for us and provides a health benefit to our bodies!

1st and 2nd grades:

(Q.) Name one reason why physical activity is good for us.

(A.) Physical activity can help our bones and muscles grow stronger. It is also needed to make our hearts healthy! It can also help our brains become healthier!

Slide #22

Thank you for participating in MyPlate for Kids!

Now we will do an activity! (optional)

Background information

You may want to read this section before presenting to give yourself a little more information about the slides and lesson plan.

MyPlate illustrates the five food groups (various colors) that are the building blocks for a healthy diet using a familiar image—a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl. Below is a little more information from each food group.

Vegetable:

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group (green group). Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Vegetables are organized into 5 subgroups, based on their nutrient content, the darker the vegetable the better.

Eating vegetables is important because they provide vitamins and minerals and most are low in calories. Vegetables are naturally low in fat and calories, none have cholesterol. Vegetables are important sources of many nutrients, dietary fiber, vitamin A, and vitamin C. Vitamin A keeps eyes and skin healthy and helps to protect against infections. Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C also aids in iron absorption.

Fruit:

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Eating fruit provides health benefits just like vegetables. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health such as dietary fiber, and vitamin C. Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.

Discover the many benefits of adding vegetables and fruits to your meals. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups—and for some, up to 6 cups—of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor, and texture.

Key message: Remember; make half your plate fruits and vegetables.

Healthy reasons to eat a rainbow of colorful fruits and vegetables

Red fruits and vegetables contain natural plant pigments called "lycopene" or "anthocyanins." Lycopene in tomatoes, watermelon and pink grapefruit, for example, may help reduce risk of several types of cancer. Anthocyanins in strawberries, raspberries, red grapes and other fruits and vegetables act as powerful antioxidants that protect cells from damage. Antioxidants are linked with keeping our hearts healthy, too.

These are some examples of the red group:

- Red apples
- Beets
- Red cabbage
- Cherries
- Cranberries
- Pink grapefruit
- Red grapes
- Red peppers
- Pomegranates
- Red potatoes
- Radishes
- Raspberries
- Rhubarb
- Strawberries
- Tomatoes
- Watermelon

Orange/yellow fruits and vegetables are usually colored by natural plant pigments called "carotenoids." Beta-carotene in sweet potatoes, pumpkins and carrots is converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes. Scientists have also reported that carotenoid-rich foods can help reduce risk of cancer, heart disease and can improve immune system function.

Some examples of the orange/yellow group include:

- Yellow apples
- Apricots
- Butternut squash
- Cantaloupe

- Carrots
- Grapefruit
- Lemons
- Mangoes
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Yellow peppers
- Persimmons
- Pineapple
- Pumpkin
- Rutabagas
- Yellow summer or winter squash
- Sweet corn
- Sweet potatoes
- Tangerines
- Yellow tomatoes
- Yellow watermelon

Green fruits and vegetables are colored by natural plant pigment called "chlorophyll." Some members of the green group, including spinach and other dark leafy greens, green peppers, peas, cucumber and celery, contain lutein. Lutein works with another chemical, found in corn, red peppers, oranges, grapes and egg yolks to help keep eyes healthy.

Some leafy greens, like collards and kale, are particularly rich in calcium, which helps keep your teeth and bones strong and reduces your overall risk for osteoporosis. Calcium also contributes to muscle function and blood-pressure management.

Some examples of the green group include:

- Green apples
- Artichokes
- Asparagus
- Avocados
- Green beans
- Broccoli
- Brussels sprouts
- Green cabbage
- Cucumbers
- Green grapes
- Honeydew melon
- Kiwi
- Lettuce
- Limes

- Green onions
- Peas
- Green pepper
- Spinach
- Zucchini

Blue/purple fruits and vegetables are colored by natural plant pigments called "anthocyanins." Anthocyanins in blueberries, grapes and raisins act as powerful antioxidants that protect cells from damage. They may help reduce risk of cancer, stroke and heart disease. Other studies have shown that eating more blueberries is linked with improved memory function and healthy aging.

These are some examples of the blue/purple group:

- Blackberries
- Blueberries
- Eggplant
- Figs
- Juneberries
- Plums
- Prunes
- Purple grapes
- Raisins

Grain:

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Consuming whole grains as part of a healthy diet may reduce the risk of heart disease. Consuming foods containing fiber, such as whole grains, as part of a healthy diet, may reduce constipation. Some vitamins found in whole grains play a key role in metabolism – they help the body release energy from protein, fat, and carbohydrates. These vitamins are also essential for a healthy nervous system.

Dietary fiber from whole grains or other foods may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes. Fiber is important for proper bowel function and it helps reduce constipation. Fiber works like a scrub brush cleaning our food tube (digestive tract), keeping our insides healthy! A healthy food tube helps us *make use* of the foods we eat. Fiber-containing foods such as whole grains also help provide a feeling of fullness with fewer calories.

Key Message: Make at least half of your grains whole grains.

Protein:

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day.

Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. Vitamins found in this food group serve a variety of functions in the body. They help the body release energy, play a vital role in the function of the nervous system, aid in the formation of red blood cells, and help build tissues.

Dairy:

The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group. Dairy foods provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be lowfat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

Calcium is used for building bones and teeth and in maintaining bone mass. Dairy products are the primary source of calcium in American diets. Diets that provide 3 cups or the equivalent of dairy products per day can improve bone mass. The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.

Key Message: Switch to fat-free or low-fat (1%) milk.

Physical Activity

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous intensity.

Children and adolescents should do 60 minutes or more of physical activity each day. Most of the 60 minutes should be either moderate- or vigorous intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week. As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening activities, like climbing, at least 3 days a week and bone-strengthening activities, like jumping, at least 3 days a week. Children and adolescents are often active in short bursts of time rather than for sustained periods of time, and these short bursts can add up to meet physical

activity needs. Physical activities for children and adolescents should be developmentally-appropriate, fun, and offer variety.

Being physically active can help you:

- Increase your chances of living longer
- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy yourself and have fun

References:

MyPlate: <http://www.choosemyplate.gov/>

Fruit and Veggies, More Matters: <http://www.fruitsandveggiesmorematters.org/>

Activities

See activities folder for various age appropriate activities.