

# Eat Smart Be Smart

## MyPlate for Kids

 **Grade Level:** First      **Lesson Time:** 30 Minutes

 **Integrated Core Subjects:** Math, Health Enhancement

 **Montana Content Standard:** Math Standard 2: Students demonstrate understanding of and an ability to use numbers and operations.

 **Montana Content Standard:** Health Enhancement 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.

 **Objectives:** Students will recognize that foods are divided into food groups on the *MyPlate poster*; identify some foods in each food group; understand the importance of eating from all food groups and being physically active each day.

### Lesson/Activity

1. Introduce students to *MyPlate* using the poster and coloring work sheet. As a group, read the names of the food groups aloud. Point out that each color represents a different food group. Using the food pictures, ask students to recognize and name foods from each group.
2. Discuss the importance of eating foods from all five food groups to grow, be strong and stay healthy. Introduce the word "variety," which means multiple, more than one or an assortment. Point out that eating a variety of foods means eating from all five food groups (each color) each day.
3. Ask the students to identify the five colors and the different food groups they represent. Have students color the *MyPlate* worksheet. (Grains-orange, vegetables-green, fruits-red, milk-blue, and meats and beans-purple.)
4. Encourage them to eat from their colors each day and explain that we need more servings of some food groups and less of others. To reinforce this concept, have the students complete the *Introducing...MyPlate for Kids* work sheet. This work sheet allows the students to identify foods in each food group, the number of servings for each food group they need each day, and practice counting. Then have students cut out pictures on the worksheet and glue on the *MyPlate* coloring worksheet in the correct food group.
5. Discuss that besides making healthy food choices we need to keep our bodies active. Ask the students to name physical activities they do at home or at school (jump rope, tag, soccer, basketball, ride bikes, swim, run) each day. Ask them to draw or write one physical activity they will do today on the *MyPlate* work sheet.
6. In closing, reinforce the need to eat a variety of foods and to be physically active to stay healthy every day.

### Materials Needed

- Crayons and Scissors
- Copy of *MyPlate* poster
- Food pictures of grains, vegetables, fruits, milk, meat and beans
- A copy of the *MyPlate* coloring worksheet
- A copy of *Introducing MyPlate for kids* worksheet

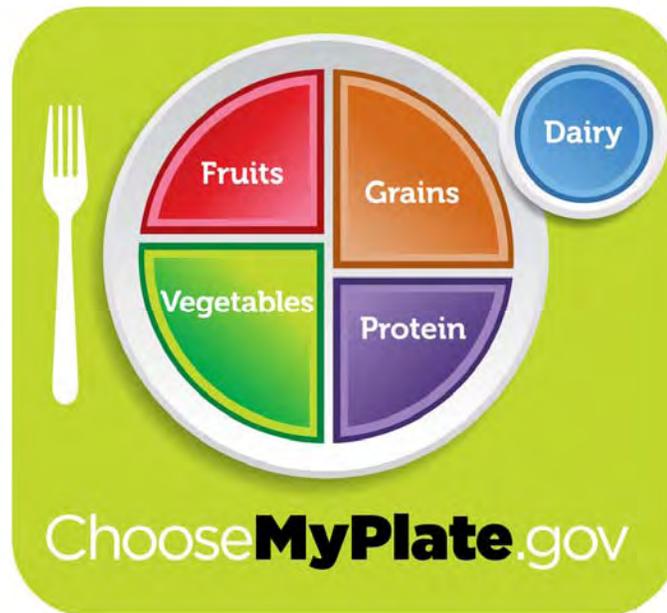
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## Outcome Goals

-  Students will recognize the *MyPlate* and be able to identify the food groups.
-  Students will be able to name foods from each group.
-  Students will be able to name one physical activity they can do today.

## Extending the Lesson:

-  Have the students collect food pictures or food labels from home to make a meal that has foods from all five food groups and paste on a paper plate.
-  Divide the students into small groups and ask the students to share their meals.
-  Post the sample meals around the classroom.



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*Acknowledgments/*

*Adapted From*

U.S. Department of Agriculture  
Team Nutrition MyPlate  
and Denise Zimmer, RD

