

Nutrition Lesson Plan for Elementary School Kids

1 The Warm Up

Read a story (Gregory the Terrible Eater or The Two Bites Club)

2 The Presentation

Discuss the Choose MyPlate Concept and why we need a variety of foods from each food group.

- Protein
- Grains
- Vegetables
- Fruit

Activity: "More than Fresh"

Activity: Tasting Food

Discuss why we need a rainbow of fruits or veggies.

Activity: Eat a Rainbow

Activity: Build a smoothie

3 The Practice

Building a meal plan.

4 What to Pack

- [Kids Portion Plate or Choose MyPlate](#)
- [Print out of Choose MyPlate](#)
- [Print out of Healthy Meal Plan Template](#)
- Large 6-sided dice
- Blueberries (or raisins) for the tasting game

If building a smoothie, you will need:

- Orange Juice
- Blueberries
- Pineapple
- Banana
- Frozen Strawberries
- Spinach



Full Lesson Plan at: <https://healthbeet.org/nutrition-lesson-plan-for-elementary-school-kids/>

Build a Healthy Meal with MyPlate



Name: _____

Partner: _____

Meal 1

Dairy _____

Fruit _____

Grain _____

Protein _____

Vegetable _____

Meal 2

Dairy _____

Fruit _____

Grain _____

Protein _____

Vegetable _____

Meal 3

Dairy _____

Fruit _____

Grain _____

Protein _____

Vegetable _____

Meal 4

Dairy _____

Fruit _____

Grain _____

Protein _____

Vegetable _____
