

MyPlate Lesson Plan For

ELEMENTARY





"Build a Healthy Meal" Lesson Plan

AUDIENCE:

Kindergarten +

OBJECTIVE:

Students will gain an understanding of what foods comprise a healthy meal through correctly combining foods into meals using pictures and graphics provided by the teacher.

STANDARDS:

Students are expected to listen to the class discussion and work with a partner to make four different meals according to MyPlate guidelines and record their menus on individual papers, if applicable.

PREPARATIONS:

Beforehand, print out and laminate the MyPlate graphic from the last page of this lesson plan.

Prepare enough copies of the MyPlate graphic for each student to work in pairs on this assignment. Next print the shapes graphics included in this lesson plan on cardstock in the following colors: red, green, orange, purple and blue. Next cut out the different food graphics (included) and paste them onto the corresponding quarter circles or circles and pictures of dairy products on blue circles. It will be helpful to have at least 6 examples of each food group for each pair of students. Make enough copies of the worksheet at the end of this lesson plan for students* to each record their menus.

ANTICIPATORY SET:

Ask students the following questions to generate interest in the coming activities:

- How many of you like to eat food?
- Do you know what kinds of foods are healthy foods?
- Can you share some examples of foods that are not healthy?

As students share their ideas feel free to write them on the board.

STATED OBJECTIVES:

Explain that this lesson is aimed at increasing students' understanding of MyPlate Dietary Guidelines and how to achieve a balanced diet. Also ensure students understand that completion of this assignment will include a partner activity and a written assignment. For example:

"Today we are going to do a fun activity that will help us learn about yummy, healthy foods that can make a balanced diet. We're going to talk about healthy foods, MyPlate dietary guidelines, and then we'll work as partners to make examples of healthy meals."



TEACHER INPUT:

Show a MyPlate graphic and have students volunteer answers for what kinds of foods would fit into each group. Guide this discussion by asking what foods fit into each category. You could ask, “What foods are proteins? What foods are grains? What foods are veggies? What foods are fruits?. Also discuss the importance of a varied diet that includes all the food groups and how that gives our bodies the proper nutrients we need. Protein helps our muscles grow. Grains give us energy. Veggies give our bodies necessary minerals and vitamins. Fruit gives our bodies fiber and vitamins. Depending on the amount of time that you have to dedicate to this topic, you could also include a discussion about how much food comprises a serving for children their age.

MODELED PRACTICE:

Show the class the examples of different food groups that you have pasted onto cardstock quarter circles and circles. Show how the different colors of cardstock correspond to specific food groups. Then put together a sample meal using a cut-out from each food group. Explain how a balanced meal would include foods from each category. Even if students do not have a strong understanding of different food groups, they can match the colored cardstock to the colored section of the MyPlate graphic. In this way students can self-monitor their learning and assignment completion more independently.

“I’m going to want you to show me that you can put together healthy meals yourself. I want to see how you come up with four different meals yourself. I want to see how you come up with four different meals using the cards and poster I’ll hand out to you.”

Explain that you would like them to work with the person who is sitting closest to them to come up with four different meals. When they have together considered their options and come up with a meal that is satisfactory to them, they will write their meal down on the worksheet provided. When they have completed four menu ideas and written them down on the worksheet, they have finished the assignment.

GUIDED PRACTICE:

Go through a few examples in front of the class, showing how you would cover up the MyPlate graphic with the cardstock food examples. Invite volunteers to help you choose among the various categories to complete sample menus. Show how to fill out the worksheet after a menu is agreed upon by printing on the chalkboard the names of the foods for your sample menu. (for menu ideas, visit healthbeet.org/myplate)

Also show non-examples by putting the wrong food groups over the MyPlate graphic so students gain an understanding of the appropriate way to complete the assignment.

INDEPENDENT PRACTICE:

Pass out worksheets (if applicable) and have students find partners. Pass out the MyPlate graphics and cardstock food examples to each pair. Monitor students as they complete the activity, providing correction when necessary..



CLOSURE:

When students have had sufficient time to complete this activity, assist them in cleaning up and have the worksheets turned in to you. Conclude with questions to help them use what they learned at home. For example:

“Are any of you hungry after doing this activity? What kind of healthy foods do you think you’d like to try at home? Did you get any ideas of healthy meals you could help your family prepare? How many food groups comprise a balanced meal? Can you name the different food groups?”

Explain that while that was a fun way for them to learn about balanced diets, it is only helpful for the students if they use these ideas in the way they eat and think about food.



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 _____

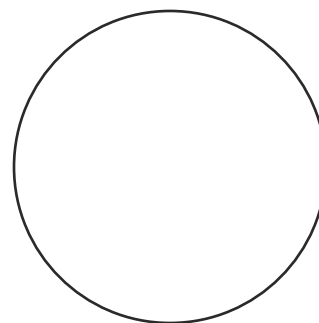
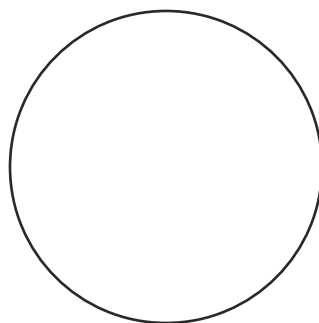
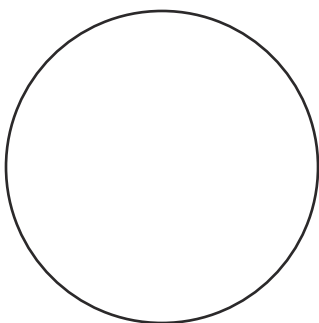
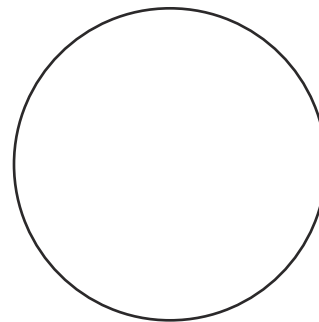
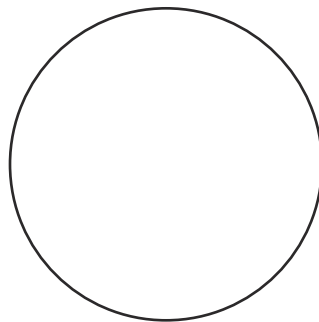
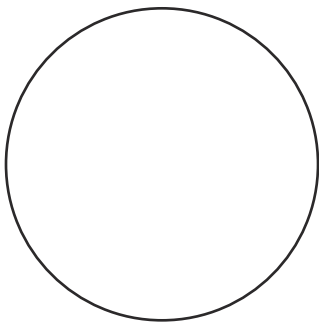
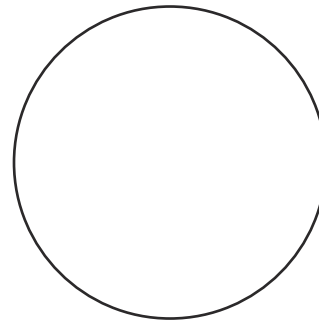
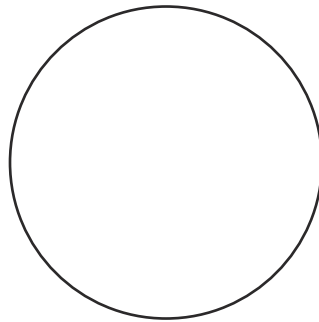
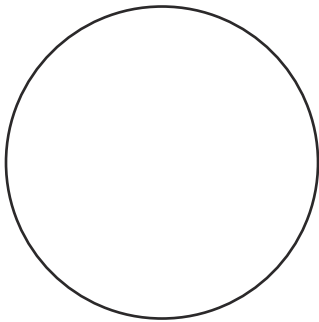
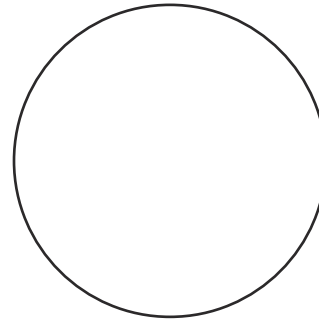
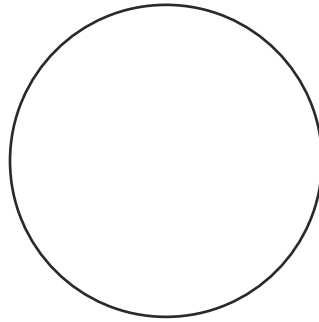
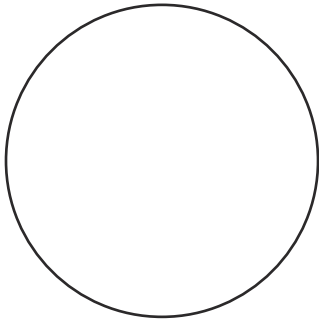
Fruit _____

Grain _____

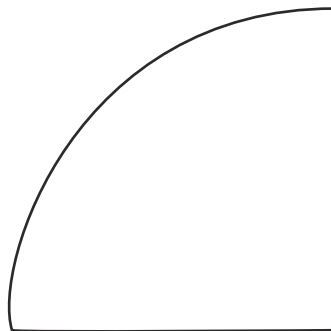
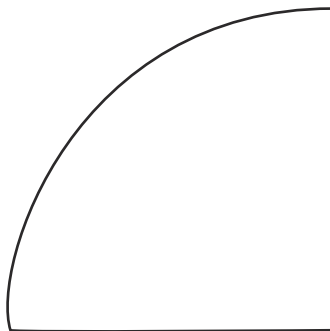
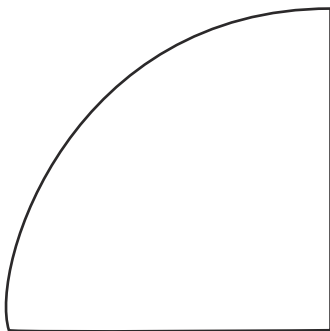
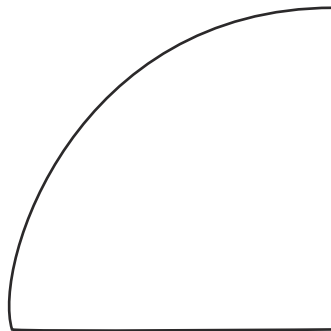
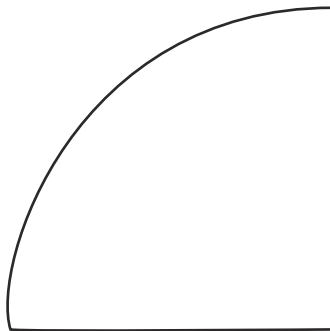
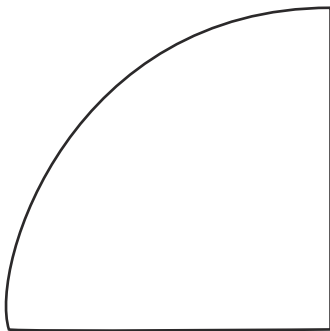
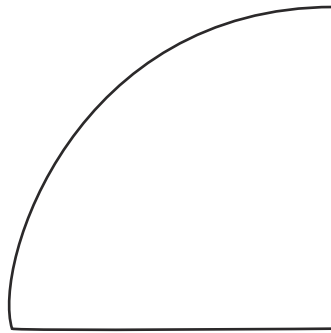
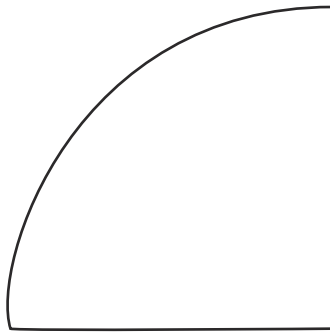
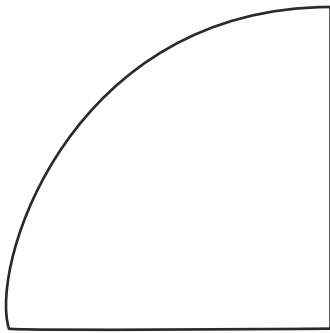
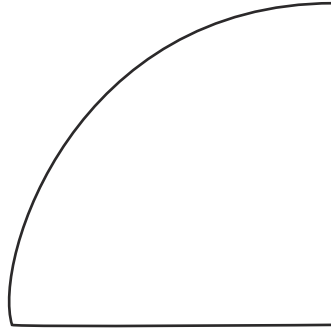
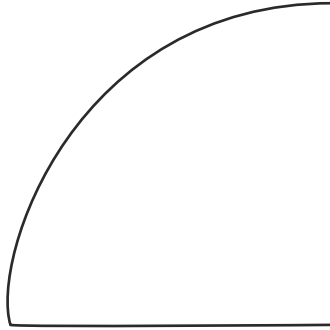
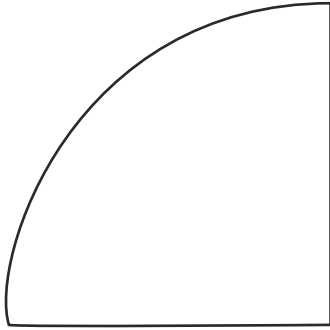
Protein _____

Vegetable _____

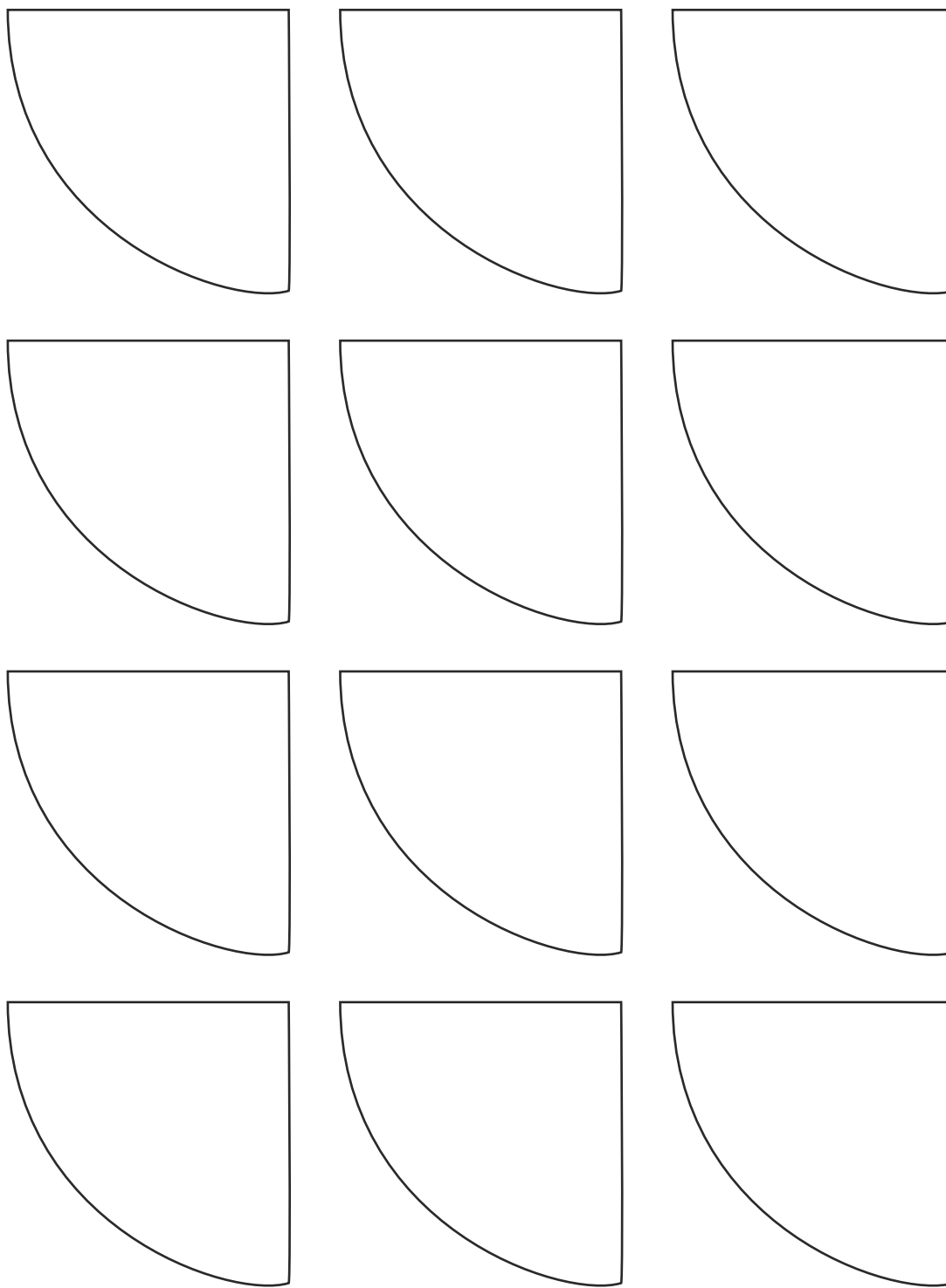
Print on Blue Cardstock-Dairy



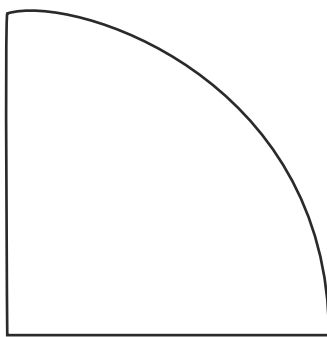
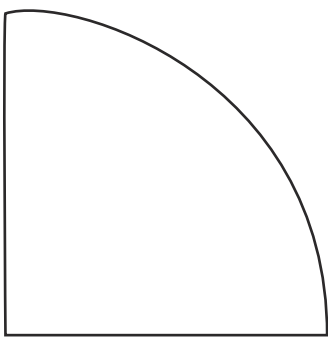
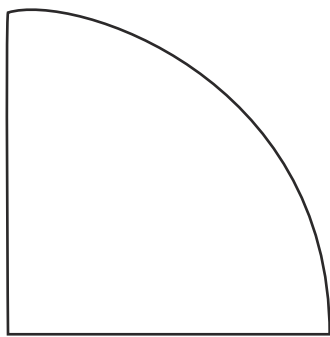
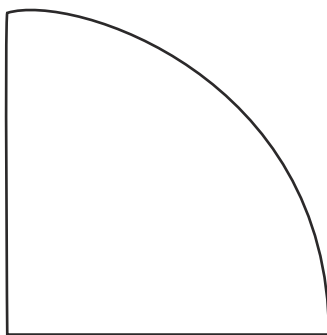
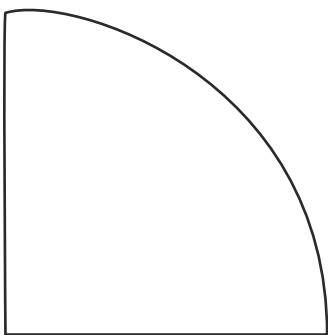
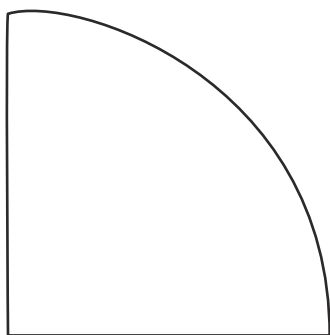
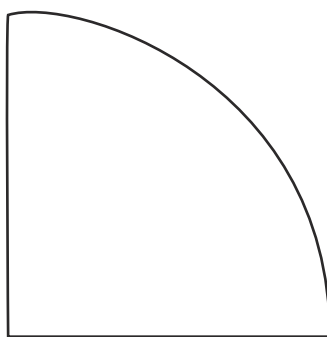
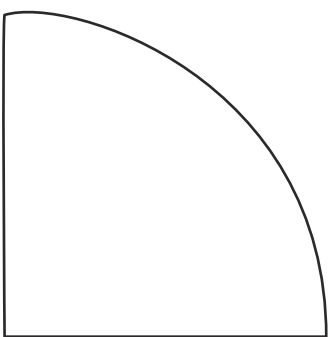
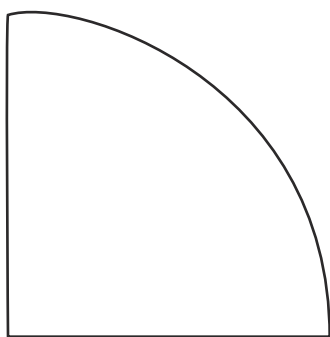
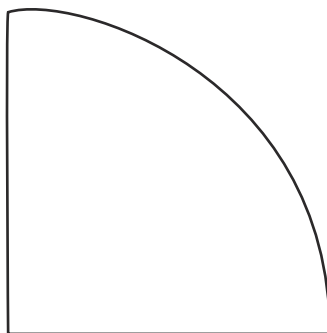
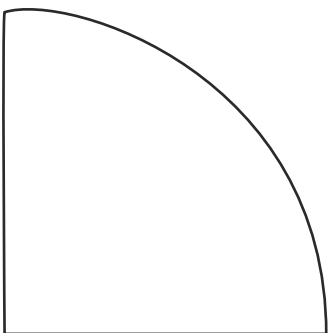
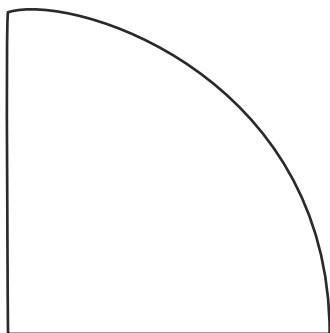
Print on Red Cardstock - fruits



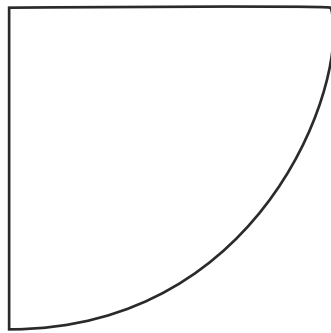
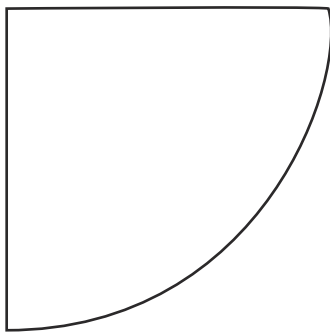
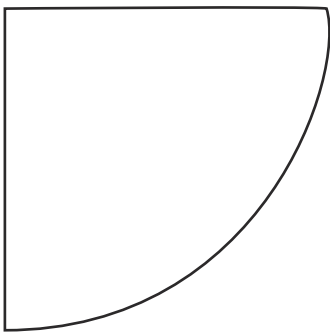
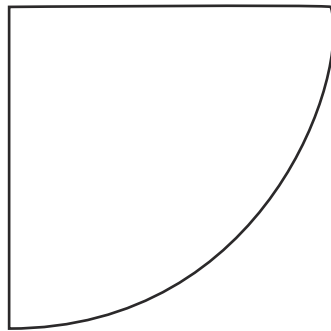
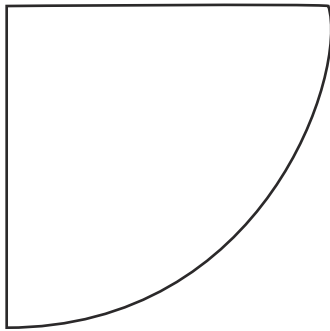
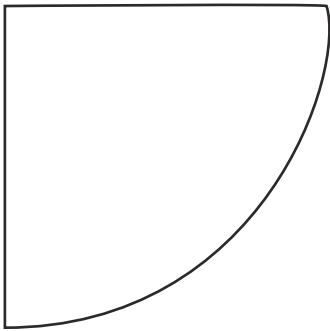
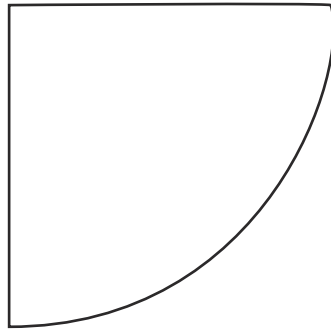
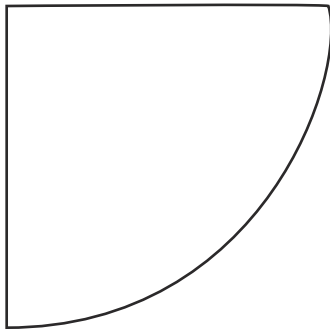
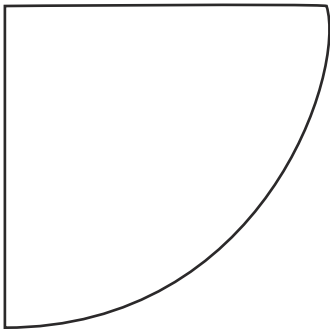
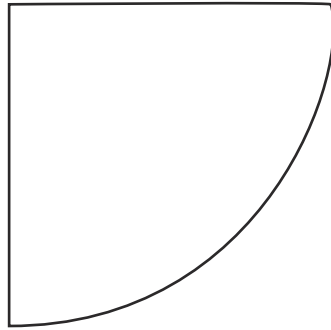
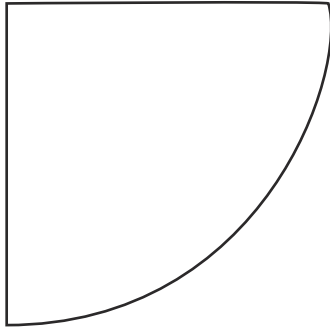
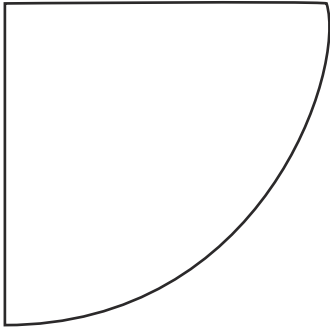
Print on green Cardstock - vegetables



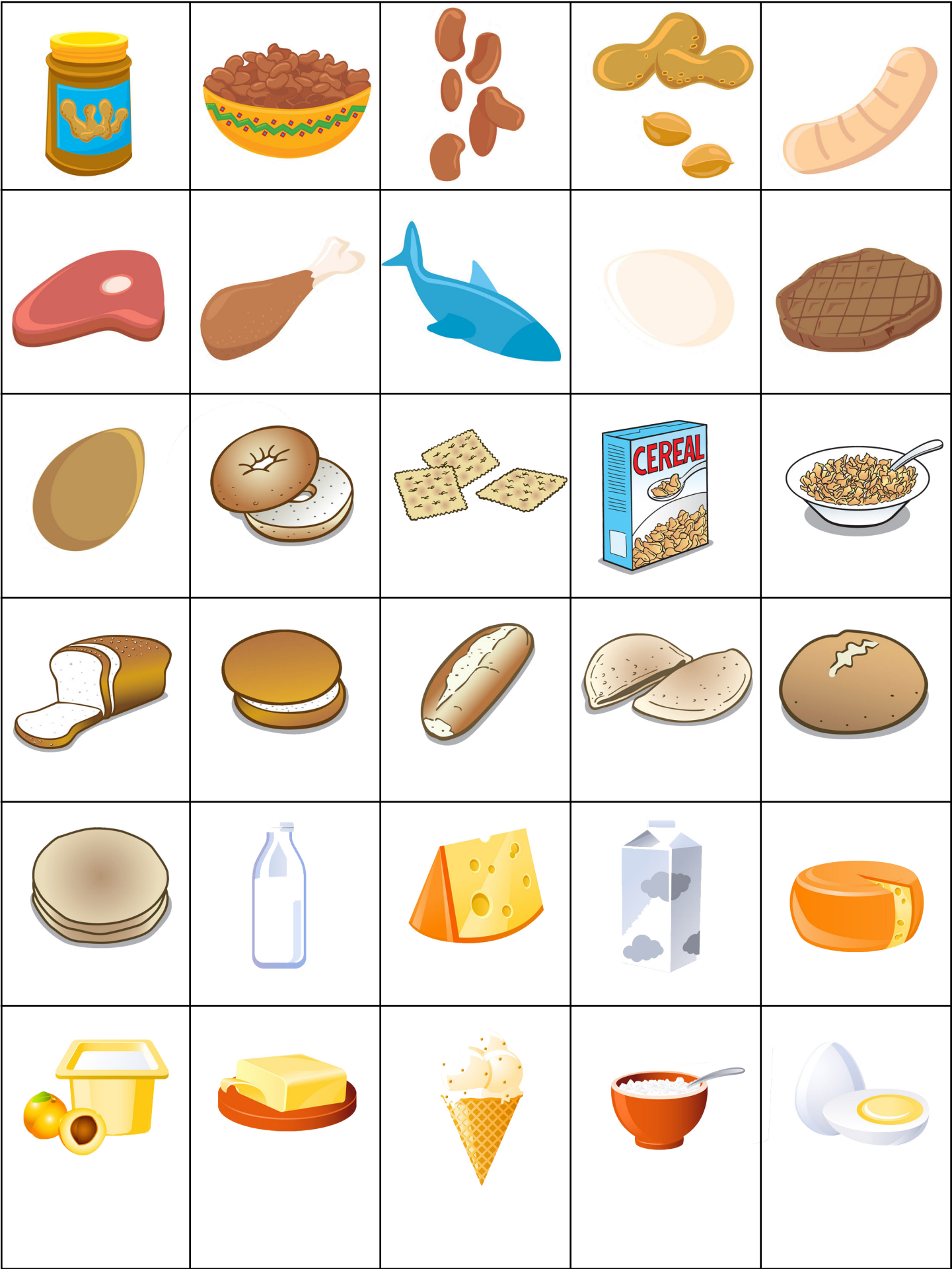
Print on orange Cardstock - grains

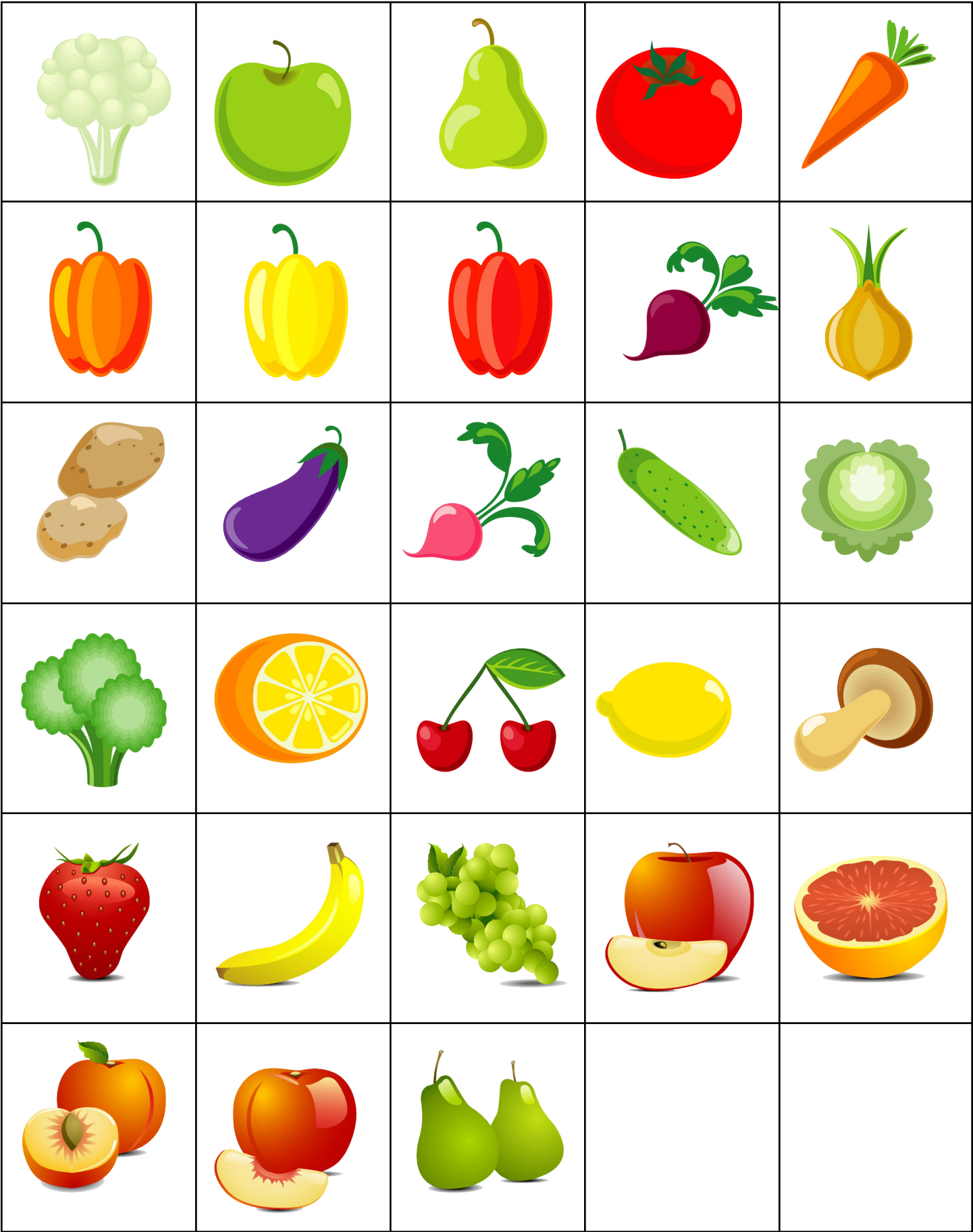


Print on Purple Cardstock - Protein











 Health Beet