

Theme: Introduction to MyPlate

In this lesson, children will be re-introduced to MyPlate. They will learn that eating a variety of foods from all of the food groups and exercising every day will help keep them healthy and strong!

Learning Objectives:

1. Children will be able to recognize MyPlate.
2. Children will identify that MyPlate reminds us what healthy foods are.

Introduction: 5 minutes

- Greet the children and ask if they remember last week's lesson, "What I Like About Healthy Me!" Briefly review the previous lesson, take out the MyPlate poster, and ask what they see on the poster (plate, glass, fork, MyPlate, food groups, what to eat).
- Explain that this image is called MyPlate. MyPlate lets us know what foods we need to eat to help keep our bodies healthy and strong. "On the count of three, can you say MyPlate? 1, 2, 3..."
- Ask: "Who wants to know the five food groups?" Identify each food group by color and name. Have children repeat after you and name the foods in each group. Explain that it's important to eat foods from all five food groups every day.
- Ask questions: "Did you notice that half of MyPlate is fruits and vegetables?" Remind them about being active: "Look at the healthy activities some of the foods are doing!" Ask the children to model each of the activities the foods are doing: Pretend to kick a soccer ball, hop on one foot, move your hips like you have a hula hoop, and pretend you are jumping rope.



Read Aloud: 6 minutes Choose one book from the Book List provided

- Introduce the book title and author.
- Show children the cover of the book and ask them to make a prediction about the story.
- Utilize Book Guide provided and ask children questions before, during, and after the story when appropriate.
- After finishing the book, ask the children if they enjoyed the story. Conclude by making a connection between the story and lesson objectives.

Activity: 8 minutes *Whose Clues? It's Food's Clues!*

Have the children sit in a circle and ask them to raise their hand and guess what food you are describing as you read a series of clues from a Food Clues cards. While reading the clues, have your partner point to the MyPlate poster to help the children narrow in on the correct answer. If someone guesses incorrectly, continue reading the clues and allow others to guess. Show them the laminated picture of the food when it is guessed correctly, point it out on the MyPlate poster, and do the exercise together.

Tasting: 8 minutes *Pineapple Tidbits*

Please be sure to have the children wash their hands before eating; wear food service gloves while preparing and serving food; and clean surfaces before and after your lesson.

Place approximately 2 Tbs of pineapple tidbits in a tasting cup with fork & napkin next to it. Show the children a fresh, uncut pineapple and talk about it as they are sampling the snack. Give them an opportunity to touch and smell the pineapple. Ask students what the outside of the pineapple feels like and tell them that the pointy top is called a crown! Ask if they have tried pineapple before, what it tastes like, and discuss other fruit that they like to eat. Sit and sample the tasting with the children. It's a great opportunity to lead by example and have further discussion about healthy habits.



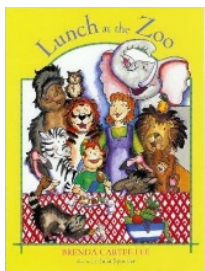
Review: 4 minutes

While children are sitting at the table, review the learning objectives of the lesson. Ask if they can name a healthy food or exercise that they learned about that day. Thank the children for spending time with you and let them know you will be back next week with a new story, activity, and food to try! Distribute stickers to the children or teacher before leaving the classroom.

Materials needed:

- MyPlate poster and stickers
- Laminated Food Clues cards
- Tasting: pineapple tidbits packed in 100% fruit juice
- Fresh pineapple, uncut
- Small (2 - 3 oz.) tasting cups, napkins, forks
- Sanitation kit (disinfecting wipes, disposable gloves, paper towels, first aid, hand sanitizer)

Lesson 2 Book List and Book Guide



Lunch at the Zoo by Brenda Lee Carter

Age Range: 4+

Grade Level: Pre-K - 3rd

Length: 32 pages

Lunch at the Zoo is a colorful rhyming book that teaches children how to choose healthy foods like fruits and vegetables instead of candy and sweets.

Questions to ask during this book:

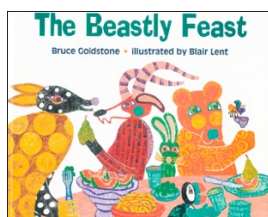
Share with the children that Bubba wants candy and ice cream for breakfast, but those are not very healthy choices. Ask students what Bubba could eat that would be a healthier choice.

The animals in the story eat all kinds of healthy foods. When Bubba meets a new animal, ask the children what food group each food belongs in!

On page 31, point to the pineapple in the picture and tell children that pineapple is the healthy snack we will be trying today.

Following the book:

At the end of the book, mention that all the animals at the zoo ate foods that made them healthy and strong. In order for us to be healthy and strong, we need to eat our healthy, balanced MyPlate meals!



The Beastly Feast by Bruce Goldstone

Age Range: 3-5 years

Grade Level: Preschool - Kindergarten

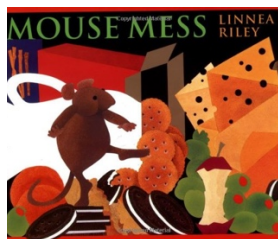
Length: 32 pages

This rhyming book showcases foods that can be brought to a picnic. The animals and insects bring their favorite foods from all the food groups to share with their friends.

Questions to ask during this book:

Ask the children if they have ever been to a picnic and what kind of foods they would like to bring.

Point to different foods that the animals are bringing and ask the children what food group they think each food belongs in.



Mouse Mess by Linnea Riley

Age Range: 4-8 years

Grade Level: Preschool- 3rd

Length: 32 pages

The mouse in the story wakes from his long nap feeling very hungry. The story takes us on an adventure through the kitchen, into the cabinets, and the fridge to find the perfect snack. The mouse makes a big mess along the way!

Questions to ask during this book:

Point to the different foods that the mouse is having for a snack. Ask the children what the name of each food is and what food group it belongs in. If it is a "sometimes food" ask them to think of a healthier food that mouse could have for a snack.

Ask the children what mice like to eat? Cheese!! Ask them what food group cheese belongs in on MyPlate.