

UConn Husky Reads - Preschool Lesson 8: Let's Make MyPlate Healthy

Theme: MyPlate Recap *Eat different foods from ALL of the food groups every day to grow healthy and strong!*

Healthy meals and snacks give us fuel to play and learn. In this lesson, children will recognize that eating foods of different colors from each section of MyPlate means you are eating a variety of healthful foods. They should be able to identify the color and letter associated with each food group.

Learning Objectives:

1. Children will be able to identify the five food groups.
2. Children will be able to name at least one food that belongs in each of the food groups.

Introduction: 5 minutes

- Greet the children and ask them if they remember last week's lesson on the protein group.
- Present the MyPlate poster to the children, ask (or quiz) the children to see if they can identify each food group by name and/or color.
- Discuss that it is important to eat different foods from all the food groups every day at every meal!
- Discuss the 3 main meals of the day and ask the children to describe their favorite meal.
- Go around the room and ask each child to name a food they like from one of the food groups.
- Explain that healthy snacks and meals are created by combining different food groups, then identify healthy meals and snacks.



Read Aloud: 8 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.

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Activity: 8 minutes *Reinforce Food Groups*

- Explain that it is important to have more than one food group at mealtimes.
- Set up the 2-panel felt board and ask the children to help you move the food models from the first panel to their healthy snack matching partner on the second panel.
- You might say: "I see cereal, which is in the grain group. Does anyone see something that we like to have with cereal?"
- Help them by giving clues or go through the choices asking, "Is it peanut butter?" "Yes/No."
- Make sure to name which food groups each food belongs to after you make a match. When finished, review the food group combinations with the children:
 - Rice and beans
 - Milk and cereal
 - Yogurt and strawberries
 - Cheese and crackers
 - Oatmeal and raisins
 - Carrots and hummus
 - Apple and peanut butter
 - Chicken and salad
 - Bagel and cream cheese

Tasting: 5 minutes *Mini whole wheat bagels and cream cheese*

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. Tell the children that our snack today is one of the snack match combinations - Bagels and cream cheese. Explain that we are eating foods from the dairy and grain group together to form a healthy snack. Split bagels in half. Spread a small amount of cream cheese on to the bagels and cut in half again. Place on a small paper plate. Distribute plates and napkins among children. Once everyone is seated, ask the children to pick up a bagel, and take a bite together (or try a "no thank you bite") on the count of three. If they don't like it, commend them for trying something new and suggest they might like it next time.

Review: 4 minutes

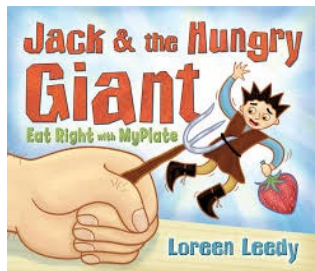
While children are sitting at the table, review the learning objectives of the lesson. Ask if they can name a healthy food or exercise that they learned about that day. Thank the children for spending this time with you and let them know you will be back next week with a new story, activity and food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

Materials needed:

- MyPlate poster
- Food group silly glasses
- Felt board with 18 healthy snack match food models
- Bagels and cream cheese
- Plates, napkins, and plastic knives
- Sanitation kit (disinfecting wipes, disposable gloves, paper towels, first aid, hand sanitizer)

Lesson 8 Book List and Book Guide

Jack & the Hungry Giant by Loreen Leedy



Age Range: 4-8 yrs

Grade Level: Preschool - 3rd

Length: 32 pages

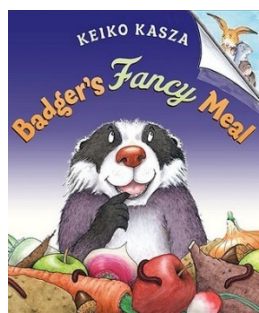
This book uses MyPlate to teach about all of the food groups the Hungry Giant wants to learn about. Throughout the story, the Giant makes Jack a healthy, balanced plate that has food from all 5 sections of MyPlate.

During the book:

The Hungry Giant makes a meal for Jack using foods from each of the food groups. Have the children identify the vegetables, fruits, grains, protein, and dairy foods throughout the story. Explain that meals and snacks are made up of a combination of food groups.

Once the meal is finished, note the different food groups that the Giant put onto the plate.

Badger's Fancy Meal by Keiko Kasza



Age Range: 4-8 yrs

Grade Level: Preschool - 3rd

Length: 32 pages

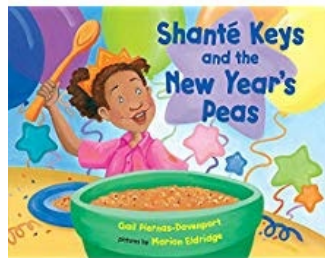
Badger is planning a fancy meal and is looking for the perfect animal to be his dinner, but all of the woodland creatures are hiding in his den eating all the foods that he needs for dinner.

During the book:

Point out the turned corners of the pages that depict another story happening at the same time, the images give important details.

At the end of the story, ask the children who they think ate all of Badger's food? Point out that everyone has a different definition of a "fancy meal." We think that a fancy meal is one that has all the MyPlate food groups!

Shante Keys and the New Years Peas by Gail Piernas-Davenport



Age Range: 4-8 yrs

Grade Level: Preschool - 3rd

Length: 32 pages

Shante Keys is helping her grandmother plan the New Year's Day celebration and is determined to find someone or someplace where she can get black eyed peas, which are her family's tradition. Throughout the story she meets many characters and learns about different food traditions around the world.

During the story:

Point to the different foods on each of the pages (ham, mac and cheese, beans, etc.). Ask the students if they have ever had that food and what food group it belongs in.

Ask the students if there is anything special their family eats together during celebrations.