

Choose My Plate

Objectives:

The Objective of this lesson is for students to learn about a balanced diet through hands on activity and the use of the Choose My Plate template.

Materials:

- Colored pencils and/or crayons
- Scissors
- Glue/tape
- Choose My Plate poster (see attached template)
- Enough different coloring templates for each student to have a different one (see attached templates)

Preparation:

- Place colored pencils and crayons on tables
- Print out and put up on the wall the Choose My Plate poster
- Print out the attached food coloring templates (enough for all students to have one)

Introduction:

1. Based on choosemyplate.gov- they may have seen this portrayed before as a food pyramid

a. Different food groups

i. Vegetables: part of a plant that humans eat that is generally not sweet

ii. Fruit: sweet, seed- bearing parts of plants (different from vegetables in that they bear seeds). They are low in fat and provide natural sugar (unlike sugar found in candy and ice cream)

iii. Dairy- any product that is made from the milk of an animal. Good source of calcium, vitamin A, vitamin D, protein

iv. Carbohydrate: health examples- whole grain bread, pretzels, etc.

v. Protein- examples: meat, eggs, soy, nuts, dairy, also some high protein vegetables (beans)

b. The importance of a balanced diet- 5 main food groups

i. If the class seems engaged you could do a survey of how many

fruits, vegetables, grains, etc. they eat in a day (they can give examples)

c. Key points: -make half your plate fruits and vegetables

d. Brainstorm easy ways to get in a balanced meal

i. E.g. eat apples and peanut butter instead of ice cream for dessert,
buy whole grain instead of white bread, water instead of sugary drinks, freeze a yogurt container for a
special but healthy treat, cook a meal with your family that contains all 5 food groups

Activity:

1. For 10-15 minutes have students color their pictures of various food items
2. Once they are all colored go to the choose my plate poster as a class and determine where each picture goes (what section).
3. Allow student to tape their piece in that section of the poster.