

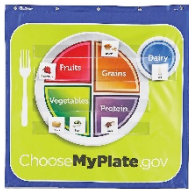
CAPTAIN CREATE™

Make Half your Plate Fruits & Veggies 4-6th grade

UTAH CORE STANDARDS

- 4.N.4: Examine how health can be managed through healthy eating and physical activity
- 5.N.2: Create a healthy meal, including beverage, using current dietary guidelines.
- 5.N.4: Explain the role of healthy eating and physical activity in maintaining health.

MATERIALS NEEDED:



Helping Hands MyPlate Pocket Chart with small food cards; magnetic hangers (given with Food, Fun and Reading supplies at 2018 conference) OR MyPlate plate or poster

11 x 17" Laminated Eat a Rainbow of Colors poster or print at https://extension.usu.edu/fscreate/food_fun_and_reading; vegetables

group, vegetable rainbow posters

Chair yoga for Slowing Down – 10 minutes (Play on ipad mini with speaker or watch to learn how to teach and teach exercises yourself

<https://www.youtube.com/watch?v=x9X4Y47DBdl> or a similar chair yoga video that is around 10 minutes.

Objective 1: Children will learn half the plate should be filled with fruits and vegetables.

Objective 2: Children will learn different colors of fruits and vegetables provide different vitamins; making it important to eat a variety.

SNAP-Ed Message:

Sample text for instructor is in blue font.

Hang up MyPlate Pocket Chart before lesson. Ahead of time separate small food cards into categories. Place all fruits and vegetable cards in one stack and other food groups into another.

Hi my name is _____. I'm an ambassador with Utah State University Extension Create Better Health. I am here to talk to you a little bit about the food we eat and how we can make better food choices. In particular, we are talking about fruits and vegetables. Is this an image you have seen before? Point to MyPlate. It is called MyPlate and is based on the 2015 USDA Dietary Guidelines. MyPlate encourages us to eat a variety of healthy foods. Notice the plate is broken into sections which identify the five food groups. Fruits and vegetables should make up half of your plate. That may seem like a lot to fill the plate half way. It must mean fruits and vegetables are especially good for you. Can anyone share why he/she thinks that is the recommendation? Optional: Write on board student answers and add some other things on board if not mentioned. Vegetables provide many of the vitamins and minerals needed for good health. Vegetables are low in calories, and the fiber in them helps us feel full. Different vegetables provide different nutrients. Like veggies, fruits have vitamins, minerals, and fiber. (USDA Guidelines 2020-2025).

Kids your age should be eating on average 1 ½ - 2 cups of fruit per day. For vegetables – boys your age should eat 2 – 3 ½ cups. Girls your age should eat 1 ½ - 3 cups each day.

Do you think American kids in general eat the recommended amount of fruits and vegetables? Raise your hand if you think so. Raise your hand if you don't think so. The second group is right.

For many people it can seem hard to imagine eating that many fruits and vegetables. It really doesn't have to be though. In addition to eating a certain amount of fruits and vegetables, it is also recommended to eat a variety of colors. Different colors provide different vitamins and minerals. It can help to think "Eat a rainbow of colors".

Divide into small groups. I'm going to break you into small groups to give you the opportunity to come up with a day's menu of fruits and vegetables. Include breakfast, lunch, dinner and snack. Choose fruits and vegetables you like and would eat. The group worksheet has some tips on how to know what a cup is such as 1 banana is a cup. You have five minutes, then a representative from your group will tell us about your days' worth of fruits and vegetables. Hand out group worksheet. Walk around to groups helping keep them on task and answering any questions.

ON THE MOVE:

Sample text for instructor is in blue font.

Eating healthy foods like fruits and vegetables is important- but so is being physically active. Today we are going to do some easy chair yoga. Educator note: Play video or lead similar activities yourself.

TASTE EXPERIENCE:

Before giving a snack, make sure you ALWAYS check for any allergies. If teaching in a school before giving the lesson you must get a list of food allergies in the school. If any child in the school has an allergy to a certain food - do not use it as part of the snack.



Fruit & Veggie Salad in a Bag

Suggested Ingredients (or come up with your own fruit & veggie combination)

Cucumbers cut into cubes

Red or orange sweet peppers

Strawberries cut in slices

Grapes cut in half

Sunflower seeds

Dressing: (Makes 4 servings)

2 Tbsp olive oil

1 Lime

1/2 tsp salt

Mix together well.

Provide each child with a small plastic zip bag.

Add each ingredient to bags. Pour small amount of dressing inside. Students will release air from bag and zip closed. Mix well, open up and eat with a fork.

As students enjoy salad review the lesson.

Permission requested 7/24 for photo – waiting for approval

<https://dizzybusyandhungry.com/summer-salad-fruit-and-veggies/#>

References:

U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

U.S. Department of Agriculture. [ChooseMyPlate.gov](https://www.myplate.gov) Website. Washington, DC. Accessed August 13, 2021. <https://www.myplate.gov/eat-healthy/fruits>
<https://www.myplate.gov/eat-healthy/vegetables>

Make Half your Plate Fruits & Veggies Group Worksheet

What fruits do you like?

What vegetables do you like?

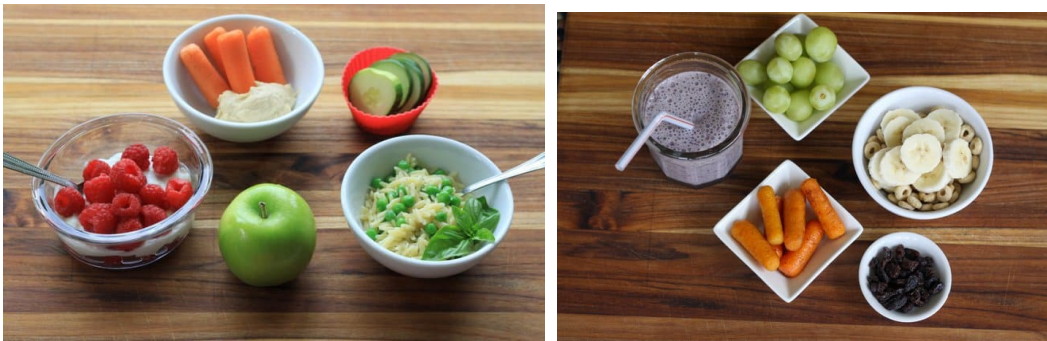
Make a sample day's meals that include 5 fruits and vegetables. Include breakfast, lunch, dinner and snack. Choose fruits and vegetables you like and would eat.

To help with planning – If a fruit or vegetable can't be measured in a cup:

Fruit: One large banana; ½ large apple or 1 small; 22 grapes; 8 large strawberries; small wedge watermelon

Vegetables: 1 cup raw or cooked vegetables; 2 cups leafy greens

Examples of fruits/vegetables servings for children grades 4-6 each day include:



CREATE BETTER HEALTH Source: foodlet.com. Permission to use received 8/21.

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