



Intro to MyPlate 1st Grade



UTAH CORE STANDARDS:

1.N.1 Recognize major food groups, including water, and list a variety of healthy foods in each group.

1.N.3 Describe how food is fuel for the body.

MATERIALS NEEDED

- Captain CREATE puppet or Captain CREATE poster (in Captain CREATE kit)
- MyPlate Plate, MyPlate Poster or MyPlate Chart (in Food, Fun and Reading Kit)
- Plastic Food Models (In Captain CREATE kit)– at least one for each student - make sure all food groups are evenly represented and remove combination foods
- If teaching option B (see below in MyPlate Message) one set rubber poly spots minus yellow color (in Food, Fun and Reading kit)
- Icky Sicky stuffed doll (blue or yellow) (In Captain CREATE kit)
- Plush eye ball (in Captain CREATE kit)
- iPad mini and speaker (in Food, Fun and Reading kit)
- Alive with the Five Food Groups available at: <https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>.
- Taste Experience Ingredients and Supplies (listed in Taste Experience section)
- “At Home” Recipes Handout - give to each student or to teacher to put in backpack to take home
- Optional- If have additional time or smaller class – MyPlate board game in Captain CREATE kit or MyPlate Mania Board Game (given several years ago to each county)

OBJECTIVE 1: The students will identify the five food groups and some healthy food options in each group.

OBJECTIVE 2: The students will taste a food in each of the five food groups.

MYPLATE MESSAGE

Sample text for instructor is in blue font.

Hi, my name is _____ with Utah State University CREATE Better Health and I'd like to introduce you to my friend Captain CREATE. This is Captain CREATE and he's here

to talk about MyPlate! Hold up Captain CREATE puppet or Captain CREATE poster. MyPlate shows the different kinds of foods we need to eat every day to be healthy. Let's count how many different sections are in MyPlate. Count with me and Captain CREATE. Point to each section on Captain CREATE puppet or poster, as you count. There are five sections because there are five food groups. Did you know that we need to eat foods from all the food groups to be healthy? We need foods from all of the different food groups to give us energy and help our bodies work their best. Just like you put gas in your car, your body needs fuel to grow, learn, think and play. And where do we get that fuel? From choosing healthy foods.

As you can see, each food group in MyPlate has a different color. This blue section that looks like a cup is for dairy. Point at Captain CREATE dairy section. Some foods that are in the dairy group are milk and ice cream. Both are good examples of dairy foods. However, which do you think is healthier? Raise your hand if you think milk is healthier. Now raise your hand if you think ice cream is healthier than milk? Good job everyone! The answer is milk. You made a healthy food choice

The green group is vegetables. Point at Captain CREATE vegetable/green section. What are some vegetables that you like to eat? Allow children to give answers. The red section is for fruit. Point at Captain CREATE fruit/red section. What are some of your favorite fruits? Allow children to give answers. Purple is for protein. Point at Captain CREATE protein/purple section. The protein group has different kinds of meat as well as beans like black and kidney beans.

The final section is orange and is for grains. Point at Captain CREATE grains/orange section. Foods in the grains group include bread, rice and cereal. What kind of cereal do you eat? Allow children to give answers. Some cereals are healthier than others because of how much sugar is added to them. Let's compare fruit loops to cheerios. Raise your hand if you think fruit loops are healthier. Now raise your hand if you think cheerios are healthier. The answer is cheerios because they have less sugar added.

Each student will need to have a plastic food models that is not a combination food. Make sure to have an assortment of the different food groups so they are all represented. Pass out plastic food models randomly. You may want to ask a student to help with this. Depending on the situation you may be able to place the foods on the student's desks before you start the lesson.

Option A-

Now that you have your plastic food model, let's all look at our foods and decide which food group to which they belong. If you think you have a dairy food - lift it up and show the class. Repeat with each of the food groups, having children raise their cards or food models each time. If a student picks the wrong food group- say nice try or good guess. Then tell the class which food group it is actually in. Or you could ask the class to help you decide which food group it may go in.

Option B- If you have more space or time for the lesson:

Now that you have your food model, let's all look at our food models and decide which food group they belong. I am going to call on you to come up and choose which color poly dot you think your food card/model should go on. Remember each color represents a food group. For example, if one of you has a strawberry food model, then it would be placed on the red poly dot because it is a fruit and red represents fruit in MyPlate. Beforehand, place the five colors of poly dots in a central area. You will need blue, red, orange, green and purple. If a student picks the wrong food group- say nice try or good guess. Then tell the class which food group it is actually in. Or you could ask the class to help you decide which food group it may go in.

ON THE MOVE

Sample text for instructor is in blue font.

Now that we know about the different food groups- let's play a game to see what you have learned! The foods in each group provide nutrition in different ways to help us feel healthy. I am going to point at a certain food group on Captain CREATE'S tummy (point to on puppet or poster) At the same time I will start playing music. You will do a fun motion for each group. When the music stops- you'll stop! Let's get started.

The Grains group helps us with energy. Running in place will show how much energy we have. Are you ready? Captain CREATE are you ready? (Captain CREATE nods his head – if using puppet). When I start the music – remember stand up and run in place. When the music stops- sit down. (point at grain group on Captain CREATE's tummy or his shield on the poster and start music). After about 20-30 seconds stop the music.

Nice job! Foods in the fruits group are often good sources of Vitamin C. I'll give you a hint what Vitamin C can help with. Show icky sickly doll. Do you ever wake up feeling like this? He's pretty sick looking, right? Eating fruits with Vitamin C will help fight germs. To show how fruits can fight those nasty germ bugs, you will jump up from your seat and strike a fighting pose. After you strike a pose sit down and do it again until the music stops. Remember where the fruits group is? Show fruits group on Captain CREATE's tummy or the shield on the poster. Let's Go! Start the music. After about 20-30 seconds stop the music.

Fantastic! Let's move on to the vegetable group! The vegetable group is green. Point at the vegetable group on Captain CREATE. Want to see a part of your body that keeps healthy because you eat vegetables with Vitamin A in them? Show plush eyeball. Foods in the vegetable group can help keep our eyes and skin healthy. Pulling vegetables from the ground in a garden can be fun. When the music starts you will reach down and pretend to pull carrots out of the ground. Keep doing that until the music stops. Ready Captain CREATE? (make puppet nod head). Ready class? Let's start the music. Start the music. After about 20-30 seconds stop the music.

Awesome job! The Dairy group helps with strong bones and teeth. Dairy is blue and is shown as a cup on MyPlate. When I start the music, you will pretend to brush your teeth while you march in place. Let's Go! Start music. After about 20-30 seconds stop the music.

The foods in the Protein group give us strong muscles. Point at protein group on Captain CREATE. To show your muscles you jump up and down while you show the muscles in your arms. If you can't jump up and down- try standing on your toes. Ready Captain CREATE? (make puppet nod head). Ready class? Let's start the music. Start the music. After about 20-30 seconds stop the music.

Great job everyone! Let's go over all the food groups again! Point at different groups on Captain CREATE as you say each group. Now let's enjoy a snack that has a food from each of the five food groups. It's called a "MyPlate Stack"!

TASTE EXPERIENCE

Before giving a snack, make sure you ALWAYS check for any allergies. If teaching in a school-make sure to get a list of food allergies in the school, you DO NOT need a list of students with allergies. If any child in the school has an allergy to a certain food-do not use it as part of the snack. Instruct students to wash hands before passing out their snack or eating it. Educator/Ambassador wash and/or prep the food beforehand.

MyPlate Stack

Give each child a plate with the following ingredients. Encourage them to make their own "MyPlate Stack". As children make and eat the snack hold up each food and ask the class which food group they think it is from. Use Captain CREATE puppet to help show each food group.

- Whole grain crackers
- Baby carrots
- Apple slices or grapes
- Cheese cubes
- Small portion of turkey luncheon meat or almonds