

CAPTAIN CREATE™

MyPlate
4-6th grade

UTAH HEALTH EDUCATION CORE STANDARDS:

4.N.4: Examine how health can be managed through healthy eating and physical activity

5.N.4: Explain the role of healthy eating and physical activity in maintaining health.

PE 4.5.1 Examine the health benefits of participating in physical activity.

PE 5.2.2 Use movement strategies in small game situations.

PE 6.5.5 Demonstrate respect for self and others in activities and games by following the rules, encouraging others, and playing in the spirit of the game or activity.



MATERIALS NEEDED:



- Helping Hands MyPlate Pocket Chart and mini cards that came with it** Sort mini cards into food groups ahead of time and keep separated (given at fall conference 2018)
- MyPlate ball or balls (depending on class size) (sent fall 2020 to 4H training or mailed winter 2021)
- Tasting Experience Ingredients: MyPlate Stack – whole grain cracker or bread; cheese; vegetable such as baby carrot; fruit such as apple slice; almonds

Objective 1: Children will learn about MyPlate and the different foods groups.

Objective 2: Children will be able to put together lunch and dinner meals with all five food groups represented.

Before class hang up MyPlate Pocket Chart. Sort mini cards into food groups and set in stacks.

Nutrition Message:

Hello class, my name is _____ and I am a Create Better Health educator with Utah State University. We will be talking about MyPlate and the five food groups today. We will also work together to design some meals with all five food groups. Raise your hand if you are familiar with MyPlate and have seen it before?

Who can tell me what the five food groups are? Give students the opportunity to name the food groups.

The USDA Guidelines suggest creating or preparing meals with all five food groups represented. That might not be possible with every meal such as breakfast- but you can work in a vegetable food as a snack. How many servings of each food group is recommended each day depends on being male or female, age and physical activity. For most kids your age the recommendations are (write on the board).

- Girls Ages 9-13
 - 1 1/2 - 3 cups vegetables
 - 1 1/2- 2 cups fruit
 - 5-7 ounces grains (half of that whole grains)
 - 4 - 6 ounces protein
 - 3 cups dairy
- Boys Ages 9-13
 - 2 – 3 1/2 cups vegetables
 - 1 1/2 - 2 cups fruit
 - 5 - 9 ounces grains (half of that whole grains)
 - 5 – 6 1/2 ounces protein
 - 3 cups dairy

Although recommendation for vegetables, grains, and protein are different, both boys and girls should eat 1 1/2 – 2 cups fruit a day and 3 cups of dairy.

Keep these suggestions in mind while we work to put together some meals. I am going to sort you into groups by food group. Educator note: make the number of kids in each food group as even as possible. Break into 5 groups - each food group. Give each group the small food cards that match that group.

Using this MyPlate chart we will slip into plastic holder a food from each food group onto the plate. Let's try to put foods together that make sense and sound tasty. We will start by putting together a lunch. A good way to plan a meal is to start with the vegetable and fruit since it will cover half of the plate. However, many people start with deciding on a protein. Protein group- you can go first. Pick a protein you would like to eat for lunch. Someone from protein group will bring a card and slip it into the clear pocket of protein section of plate on MyPlate Pocket Chart. Next let's add a vegetable. Vegetable group- pick something you would like to eat with the protein chosen. Continue until all food groups are represented and then talk about if the foods sound like they make a good meal. Depending on time, have the class make

more meals. A breakfast could be made with the vegetable group identifying something to eat as a snack later that day. When grains group picks the food for a meal take the opportunity to mention that half of grains eaten each day should be whole grains. If a whole grain option isn't chosen, suggest they switch out. For example, a white roll for whole grain roll.

ON THE MOVE:

Sample text for instructor is in blue font.

MyPlate Toss Up

Educator Note: Use small MyPlate Toss Up game card (was inside plastic bag with MyPlate ball) to lead a game using one or two of the MyPlate balls. Keep playing as time allows or at least until all food groups are covered.

Simplified Instructions to play MyPlate Toss Up (for full instructions see small card with MyPlate ball):

Gently toss ball in the air to another person. Whatever food group your left thumb is on, is the food group to focus on. Call out the food group and a food that is in that food group. If left thumb lands on MyPlate white panel set the ball down and name a physical activity that everyone in group can do together.

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. If any child in the school has an allergy to a certain food do not use it as part of the snack.

MyPlate Stack Up

Provide a food from each food group for kids to stack up on a plate. Some examples include:

Grains: Whole Grain Crackers or Bread

Dairy: Cheese slice or cube

Protein: Almonds or turkey lunchmeat

Vegetables: Baby carrots or sugar snap peas

Fruit: Apple slice or orange wedge

As students eat their snack, review the lesson and talk about each food group. Review the serving size suggestions for each food group (use what you have written on board as reference).

- Girls
 - 1 1/2 - 3 cups vegetables
 - 1 1/2- 2 cups fruit
 - 5-7 ounces grains (half of that whole grains)
 - 4 - 6 ounces protein
 - 3 cups dairy
- Boys
 - 2 – 3 1/2 cups vegetables
 - 1 1/2 - 2 cups fruit
 - 5 - 9 ounces grains (half of that whole grains)
 - 5 – 6 1/2 ounces protein
 - 3 cups dairy

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.choosemyplate.gov) Website. Washington, DC. Accessed August 13, 2021. <https://www.myplate.gov>.