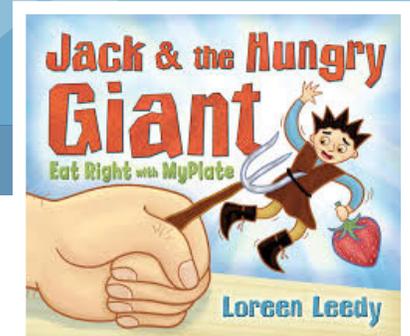
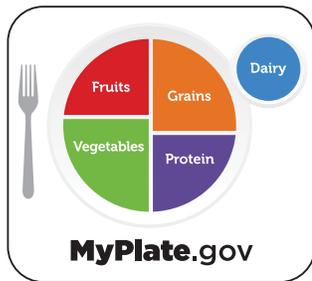


MyPlate Lesson



Jack and the Hungry Giant Eat Right with MyPlate by Loreen Leedy

Copyright © 2013 by Loreen Leedy. All rights reserved. Used with permission from Holiday House publishing, Inc.



NUTRITION FOCUS: Children will learn about MyPlate and why eating healthy foods from each group is a healthy way of living.

PHYSICAL ACTIVITY: MyPlate Relay Hop or Musical Foods

HEALTHY SNACK: MyPlate Cracker Stacks or MyPlate Mini Pizzas

LESSON OBJECTIVES

Children will be able to do the following:

1. Name the five food groups.
2. Give an example of a food that fits into each food group.
3. State why it is healthy to eat foods from all of the food groups.

LESSON ORDER

The lesson should be taught in this order:

1. Introduce MyPlate.
2. Read a children's storybook, "*Jack and the Hungry Giant Eat Right With MyPlate.*"
3. Talk about MyPlate and nutrition.
4. Play a physically active game.
5. Make and enjoy a healthy snack.

REQUIRED MATERIALS

- Storybook “Jack and the Hungry Giant Eat Right With MyPlate” by Loreen Leedy.
- Two plastic Poly Spots sets. Remove the yellow dots.
- MyPlate Pocket Chart and food cards or if unavailable - MyPlate Little Folk Flannel Foods Display.
- Plastic play food from MyPlate plastic food set plus whole grain plastic food from Whole Grains kit.
- Four bowls.
- Recipe and ingredients to make MyPlate pizzas or MyPlate Cracker Stacks.
- If teaching the Musical Foods activity:
 - 📱 iPad
 - 📱 USDA Serving Up MyPlate: A Yummy Curriculum Alive with Five.
<https://fns-prod.azureedge.us/sites/default/files/tn/alivewithfive.mp3>

Tips for increasing engagement while reading the book

- Ask the kids to “stomp their feet like a giant” when they hear the word giant.
- When the giant says, “Are you hungry too? Let’s have a healthy meal...,” ask the kids what they think he might have for a healthy meal.
- On each of the pages that show a food group, ask the kids, “Which foods do you like on this page?”
- When Waldorf “chopped and poured and stirred,” ask the kids to do chopping, pouring, and stirring motions.

TEACHING THE LESSON

“Today we will read a book together, talk about MyPlate, make a healthy snack, and play a fun physically active game. We are learning about MyPlate.”

Show the MyPlate chart, poster or plate.

“Have you heard about MyPlate? We are going to read the book “Jack and the Giant Eat Right With MyPlate.” We will learn more about MyPlate in the book.”

READ THE BOOK

INSTRUCTOR NOTES: This is a longer book. You do not need to read every food that is on each page. You might want to stop at “Waldorf’s Tips for Healthy Eating” and skip the last two pages as these topics will be covered in other lessons.

NUTRITION: MYPLATE

Hang MyPlate Pocket Chart on wall. Make sure to hang low enough for children to slip cards inside clear pockets.

“This is MyPlate, which helps us to know how to eat in a healthy way. It reminds us that we should eat food from each of the food groups each day. Foods are divided into five different food groups: Grains, Vegetables, Fruits, Protein Foods, and Dairy. Each food group is a different color. What color is the Vegetables Group?”

Let kids answer: green!

“Fruits Group?” Red!

“Grains Group?” Orange!

“Protein Foods Group?” Purple!

“Dairy Group?” Blue!

“Great job! Try to remember these colors because we are going to play a game using them later. In the book we read, the Giant asked Jack to help him make a healthy meal. He asked Jack to choose his favorite foods in each food group. I brought some pictures of foods with me.”

Show small food cards that came with the MyPlate Pocket Chart. Mix up the pictures, pull them out one at a time and show each picture to the children. Show at least 10 pictures, including at least two from each food group. Put them in the appropriate clear plastic food group pocket on the MyPlate Pocket Chart as you invite the children to answer the questions below. To make the activity more interactive, ask for a volunteer to come forward and place the food picture in the correct pocket each time you show a picture.



If using MyPlate Little Folk Flannel Foods Display place MyPlate felt image on a flannel board. Hold up one food at a time and ask children which food group it belong in. Show at least 10 felt images, including two from each food group. Place them on felt MyPlate.

For each picture, ask the children the following:

- What is this food?
- Which food group does it belong in?

“Can you help me put them in each food group?”

After the foods have been placed in the MyPlate Pocket Chart, introduce nutrients.

“The foods in each of these food groups are healthy for us because they give us different nutrients. That’s a big word. Can you say that with me? /nü-trĩ-ñt/ Nutrients are found inside of foods, and when we eat them, they help our bodies grow and stay healthy. We will talk more about these nutrients that we get from foods in other lessons. In addition to nutrients, food gives us the energy we need to run, play, think, talk, swim, and do all the other fun things we do each day.”

“Let’s use our energy to play a fun relay game.”

PHYSICAL ACTIVITY: MYPLATE RELAY HOP

Prior to teaching the lesson prepare plastic play foods for the game. Remove grain play foods from Whole Grain kit to be included with other foods. You will need an equal representation of for each food group. Place foods into two bowls- making sure each bowl has foods from each food group. Count foods so each relay line has the same number - making sure there are enough foods for each child. Depending on the number of children you may put enough foods in so each child has two turns. Put in order: blue, orange, purple, red, green. Spread out so that children can hop from one to the other. At the end of the line place an empty bowl for each line. Place a bowl of plastic play food at the beginning of each line. Separate children into two groups and line up before Poly spots.

"We are going to play a fun MyPlate hopping relay game. Remember when we talked about MyPlate? Point to MyPlate pocket chart. Each food group represents a different color. Look down at the line of Poly spots in front of your group. Let's say together the food group names of each color. We can use the MyPlate chart to help. Now to start the game! When I say go, the first person in each line will pick up a food from the bowl. Hop on each Poly spot, drop food into bowl and hop back. Tag the next person to go. You will continue until all foods are gone."

ALTERNATE GAME: MUSICAL FOODS

This may work best for younger children. You will need one set of the Poly Spots (remove the yellow dot).

INSTRUCTOR NOTES: This game is like "hot potato." You will need the "Alive With Five!" song available on your mobile device and a speaker. Ask the students to sit in a circle with one student in the middle. The student in the middle is the MyPlate king or queen. Give one set of Poly Spots to the student in the middle. You will start the music.

When the music starts, the MyPlate king or queen (student seated in the center of the circle) will hand one of the Poly Spots (of their choice) to the nearest student to start passing it around the circle. You will randomly stop the music. When the music stops, the child holding the dot must name a food that is in the food group which corresponds to the dot's color. (For example, if they are holding a red dot, they should name a fruit, such as strawberry.) If the student correctly names a food that falls into the food group, they become the MyPlate king or queen and get to move into the middle of the circle and will start passing the next dot when the music starts. If they answer incorrectly, they stay in the same spot and the student in the middle remains the MyPlate king or queen. Play at least five rounds of the game so each color is passed around at least once.



HEALTHY SNACK

INSTRUCTOR NOTES:

- **Regarding allergies:** Check with teachers or parents before serving any snacks to see if there are any food allergies. If a snack has an ingredient known to be a common allergen, such as peanut butter, make sure to have an alternative.
- Please instruct children to wash hands before eating.
- Wear disposable gloves when preparing the following recipe(s).
- Optional: As you are preparing the snack, or as the children are eating their snack, ask the children to name the food group for each ingredient. For example, as you are making the pizza, explain that instead of just a pepperoni pizza, this pizza has many healthy foods on top. Ask the children to name the food group for each component of the pizza.

MYPLATE MINI PIZZAS

Ingredients

- Whole wheat English muffins, mini whole wheat bagels, or whole grain baguette cut into 1/2-inch slices
- Can of pineapple tidbits (packed in 100% juice), drained
- 15-ounce can of tomato sauce
- Deli meat (turkey or ham), cut into small squares
- Mozzarella cheese, shredded
- Tomatoes, diced; cherry tomatoes, halved; or red bell pepper, diced

Equipment Needed

- Toaster oven
- Small baking sheet (for toaster oven)
- Spatula
- Strainer



Instructions

Ahead of time: Wash the top of canned products. Open and drain the canned pineapple tidbits in a strainer. Cut the deli meat into small squares. Dice the tomatoes or bell pepper or cut cherry tomatoes in half. If using the whole grain baguette, cut it into 1/2-inch slices. If using mini bagels or English muffins, separate into halves.

At lesson: Put on disposable gloves. Arrange the bread on a toaster oven baking sheet. Spoon 1 tablespoon of tomato sauce onto each piece of bread, muffin, or bagel. Add a couple of pineapple tidbits, a few pieces of deli meat, and a couple tomato or bell pepper pieces. Top with 1-2 tablespoons of mozzarella cheese. Bake in the toaster oven at 350 °F until cheese is melted (about 3-4 minutes).

**This recipe may not be appropriate for a large student group because of the time required to toast the pizzas. The MyPlate Cracker Stacks work best for a larger group.*

MYPLATE CRACKER STACKS

Ingredients

For each cracker stack

- Whole grain cracker
- 1/4 slice of cheese
- 1/4 slice of deli meat (e.g., turkey)
- 1 spinach leaf or 1 carrot chip
- Thin apple slice or 2 grapes*
- Small plates
- Disposable gloves

Instructions

Ahead of time: Wash all fruits and vegetables (unless purchased pre-washed).

Cut each cheese slice and deli meat into fourths (one slice is enough for four stacks).

At the lesson: Put on disposable gloves. On top of each cracker, layer a piece of spinach (if using), a deli meat slice, and a cheese slice. Serve the apple slice or grapes and baby carrot (if using) on the side or give each child a plate with each food and encourage them to build their own MyPlate cracker stack.

** If you are prepping food before the lesson, use two grapes instead of the apples to prevent browning.*



LESSON REVIEW

While students enjoy the snack, review the lesson.

“MyPlate helps us to know how to eat in a healthy way. It reminds us that we should eat food from each of the food groups each day. Foods are divided into five different food groups. Who remembers the names of the different food groups?”

Point to MyPlate Pocket Chart.

“Who remembers what the blue group is called?”

Let the kids answer: Dairy! Go through the rest of the good groups.

“That’s right. The food groups are Grains, Vegetables, Fruits, Protein Foods, and Dairy. The foods in each of these food groups are healthy for us because they give us different nutrients, which help us grow and stay healthy. They also give us the energy we need to run, play, learn, and do all the other fun things we do each day.”