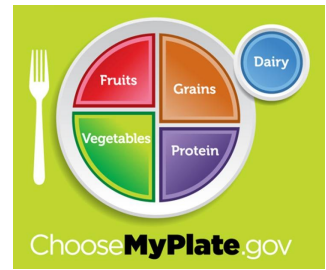


My Plate Activity



Activity Overview:

Students will review the 5 food groups and then create a class poster with all the food groups of MyPlate represented.

Objectives:

Count the 5 food groups and notice some are larger than others
Answer questions about My Plate foods
Understand why it is important to eat healthy

Materials:

MyPlate Poster, crayons, food coloring sheets for MyPlate food groups, My Plate poster (empty), food models or pictures, and tape.

Procedure:

1. Write on the board the name of foods and put a picture next to the name.
2. Today we are going to create a huge MyPlate Poster to remind us to eat healthy.
3. First, we are going to review My Plate.

Bread- Picture, Vegetables- Picture, Fruit- Picture, Dairy- Picture, Protein- Picture

Go over each group say the name of the food and point to the picture. Older children may ask for another example or to describe the food.

Begin activity- Each table will be a designated food group. The children will pick a different food from the same group.

Each table will be an assigned food group.

- Group 1- Grains
- Group 2- Vegetables
- Group 3- Fruits
- Group 4- Protein
- Group 5- Dairy

Each group come up and get a pile for your group (be different foods but same group).

Background music may be a good idea.

When students are finished, have them come up and put their food on the proper group I MyPlate

Give the children a blank MyPlate handout to complete and color in (by looking at the group poster).

State that

- It is important to eat from each food group
- We need to have different foods from each group
- Don't forget the milk (1% or fat-free)

Looking Forward:

If applies, have students think about what is being served at lunch today. Read the items on the lunch menu and show pictures.

Ask the students to tell which food group. (Older children)

