

## A Healthy Plate with MyPlate

The MyPlate icon is a great tool for students to visualize a balanced and healthy meal. This lesson gives students an opportunity to make their own MyPlate plate and use this tool for classifying foods and planning nutritious meals.

**Grade Level:** 2<sup>nd</sup>-3<sup>rd</sup> | **Time Needed:** 45 min | **Prior Knowledge:** None

### Materials Needed:

- Paper plates
- Markers
- Crayons

**Content Integration:** Nutrition, Math

### Corresponding Standards:

- Classify various foods into appropriate food categories
- Recognize the importance of variety and moderation in food selection and consumption
- Plan a nutritious meal

**Lesson Objective:** Using the MyPlate Icon as a resource, students will create their own MyPlate plate.

**Lesson Description:** Display the MyPlate Poster and have students make initial observations. How would this plate help us eat well? Will any of our favorite foods fit on this plate? Generate as many questions and answers as possible but make sure students notice the five different food groups or categories and the relative size of the food groups- especially the fact that half of the plate is filled with fruit and vegetables.

**Step by Step:** Have students make their own MyPlate. Using a small paper plate have students divide the plate into four sections. You can start by folding the plate in half, emphasizing that half of the plate is filled with fruits and vegetables. By folding the plate in half again you end up with 4 sections. Discuss the size of each section on the plate. Does it look like each section on the MyPlate? Have students create appropriate sizes of each plate section, color, and label each section. Use a piece of construction paper or card stock to add dairy to the plate.

**Closure:** Have students work with a partner or a small group to brainstorm a list of different foods for each group. Collect and use as a formative assessment.

### Extension or Next Step:

Choose one or two of the following activities:

1. Using food cards or a collection of food images, pass out a selection to each table group and have students sort the cards/images to match the appropriate food group on the plate.

2. Using the school lunch menu, go through the lunch choices and see if it makes a balanced plate. Do the same with the breakfast choices.
3. Plan a balanced meal
4. Turn the MyPlate poster and food groups into a bar graph. Graph the class snack choices for the day. Discuss how to create more balanced snack choices.
5. Research nutrients that each group provides.
6. Gather a selection of foods and have students build a plate and enjoy as a snack or celebration.
7. Research and discover grain and protein choices in other cultures.