

## MyPlate Discovery

**Overview:** Children will learn about MyPlate and how to group foods using MyPlate.

**Subject area:** Nutrition

**Grade level:** K-5<sup>th</sup>

**Objectives:** Children will be able to name the categories in MyPlate and differentiate which foods belong in them.

**Prep time:** 5 minutes

**Lesson time:** 20-30 minutes

### Materials needed:

- Large MyPlate poster  
([http://www.choosemyplate.gov/images/MyPlateImages/JPG/myplate\\_green.jpg](http://www.choosemyplate.gov/images/MyPlateImages/JPG/myplate_green.jpg))
- MyPlate coloring sheets for each student  
(<http://www.choosemyplate.gov/food-groups/downloads/MyPlate/ColoringSheet.pdf>)
- Crayons, colored pencils, or markers
- Plastic food representing all of the food groups placed in a large bag (“bag of mystery”).

**Space needed:** Tables, space where all children can see the MyPlate poster

**Staff needed:** 1

### Presentation steps:

1. Discuss MyPlate with the children.
2. Discuss each food group. Additional talking points:
  - a. Explain that it’s healthier to eat whole grains instead of refined grains (e.g. brown rice instead of white rice; whole wheat bread instead of white bread)
  - b. Choose low-fat dairy (e.g. 1% plain milk or low-fat yogurt)
  - c. Choose lean proteins (e.g. chicken without skin or fish)
  - d. Half of your plate should be fruits and vegetables. Explain what “eat the rainbow” means.
3. Ask children to volunteer to share their favorite food choices from each group.
4. Place MyPlate poster on the table with the children standing or sitting around in a circle.
5. Ask for volunteers to draw from your “bag of mystery” (large bag containing fake food) and have them find which food group that particular food goes in by placing it on the MyPlate.
6. Children can then color and decorate their very own MyPlate. Have them draw in their favorite foods from each category.

**Variations:** Use food cards instead of fake food for more food options.