



In today's activity, we are going to fill out MyPlate! Using the foods listed below, draw where they go on to the plate! Use the pictures to help guide you.

1. Broccoli
2. Chicken
3. Grapes
4. Brown Rice
5. Milk



Lesson Objectives: By the end of the lesson, you will be able to

- Identify all 5 parts of MyPlate
- Explain what the purpose of MyPlate is
- Demonstrate where different foods get placed onto MyPlate
- Create your very own MyPlate with their own examples

What is MyPlate?

- MyPlate is a helpful tool that was designed to help people build healthy, balanced meals! It helps to give an idea of how much and what types of foods we should be eating.
- MyPlate focuses on variety, amount, and nutrition.
- MyPlate helps people find a healthy eating style and builds it throughout their lifetime!
- MyPlate recommends that half of the plate be filled with fruits and vegetables. High intakes of fruits and vegetables fill us with healthy vitamins and minerals!

Assessment

- Think about what they ate for lunch and dinner. List out the foods that they ate, and place them into the correct category of MyPlate! Did you eat a food from every category. If not, what foods could be added to your meal?

Lesson Plan Tips

- Start by identifying what food group each food is. Once each item has been identified, draw the picture of the food in the correct box. Give other examples of foods that can fit into the boxes! Examples: carrots, strawberries, yogurt, noodles, etc!