

MYPLATE TRAIN

LESSON **2** TWO

- Create a balanced meal.
- Work together as a team to accomplish a goal.
- Demonstrate proper form for three bone builder fitness activities.



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Lesson Title	Lesson 2: MyPlate Train	
Lesson Overview	Students will complete a team challenge to identify the Five Food Groups and work together to plan a balanced meal. Students will match key nutrients with each of the food groups.	
Estimated Time	30-45 minutes	
Grade Level Learning Standards	<p>3rd Grade</p> <ul style="list-style-type: none"> • Create a balanced meal. PE3.8.3a • Participate in developmentally appropriate activities to improve overall fitness. PE3.6.3 <p>4th Grade</p> <ul style="list-style-type: none"> • Classify nutrients found in foods. H1.N1.4b • Demonstrate working cooperatively with others. PE4.4.3a • Participate in developmentally appropriate activities to improve overall fitness. PE3.6.4 <p>5th Grade:</p> <ul style="list-style-type: none"> • Participate in developmentally appropriate activities to improve overall fitness. PE3.6.5 	
Learning Outcomes	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Create a balanced meal. • Work together as a team to accomplish a goal. • Demonstrate proper form for three bone builder fitness activities. 	
	Lesson Preparation	Equipment/Resources
	<p>Determine ahead of time whether you will use Food Model cards or ABC Flashcards for this activity. Divide students into five teams (each team can represent one of the Five Food Groups).</p> <p>Display or have available a MyPlate visual for class instruction.</p>	<ul style="list-style-type: none"> - Food Model Cards or ABC Flash Cards (available at eatsmart.org) - MyPlate Train Handout (included) - Bone Builder Fitness Cards (from Lesson 1) - Optional: Choose Fresh Kit (available at eatsmart.org)

Lesson Introduction

Estimated Time: 10-15 minutes

Step 1: Instant Activity & Fitness Development

Have students line up on one side of the gym. Instruct students to jog the length of the gym once, then crabwalk down and bear crawl back once (demonstrate as necessary) before gathering for fitness development instruction.

Select three bone builder activities from the Bone Builder Fitness Cards (recommended activities: Shoulder Taps, Squats, and Inchworm). Demonstrate activities using the critical elements and cues from the Bone Builder Fitness Card instructions. Demonstrate modifications as necessary. After each demonstration, have students do ten of the activities and provide feedback on their form.

Step 2: Introduction to MyPlate Fuel Up

Display a MyPlate visual (visual on MyPlate Train handout included) and describe how it can be used as a tool for making healthy food choices/creating a balanced meal. Include the following topics in your introduction:

- **Nutrient:** An invisible part of a food that helps us be healthy. Each nutrient has a different important function in the body.
- **Key Nutrient:** A key nutrient is a major nutrient provided by a food group—nearly all foods in that group provide a good source of that nutrient. (Note: use visuals such as the Choose Fresh Kit to show the key nutrients and functions.)
 - o Examples:
 - Fruit: Vitamin C
 - Protein: Protein
 - Grain: B Vitamins
 - Vegetables: Vitamin A
 - Dairy: Calcium
- **Variety:** A balanced diet includes eating a variety of foods from all Five Food Groups. State that our bodies need a variety of nutrients each day for all systems to function properly. Since each food group contains different key nutrients, we miss out on nutrients our body needs when we are not eating foods from all of the food groups.

Lesson Content & Activities

Estimated Time: 15 minutes

Step 1: Directions for MyPlate Train Activity #1

Explain to students that the objective of this activity is to create a balanced meal (as quickly as possible). This activity requires students to show that they know the Five Food Groups, the key nutrients that each food group provides, and how to choose foods from each food group to create a balanced meal.

Activity Rules:

1. Each team is a train that is collecting food (ABC Cards or Food Models spread around the gym floor) to build a balanced meal.
2. A balanced meal includes only one food or beverage from each of the Five Food Groups.
3. Teams will form a MyPlate train by forming a single file line with their team members and placing their left hand on the left shoulder of the person in front of them. The train cannot separate during the activity.
4. All trains will start at their own MyPlate station (designate one end of the gym as the MyPlate station). All three pages of the MyPlate Train handout will be kept at each individual team's MyPlate station. Consider making the MyPlate station against a wall to preserve cards/food models.
5. Each train will collect foods (ABC Cards or Food Models) one at a time and return them to their MyPlate station and correctly place the food on their MyPlate Train handout.
6. Only the person in the front of the train "The Train Leader" can pick up the foods off the floor.
7. The train cannot separate, if the train separates, the food card must be dropped, and the train must go back to the MyPlate station before going out to get another food. *Emphasize the importance of going at a controlled pace and working together.*
8. Once a card is placed on the MyPlate Train handout, The Train Leader will go to the back of the train (this allows for different students to select the foods).
9. If a train collects a food that belongs to a food group that they have already collected for, the train should return the food to the center of the gym where the food was found and collect a new food during the trip.
10. Teams cannot steal food from other trains.
11. Once a team has collected a balanced meal they are to complete 10 shoulder taps to signal that they have finished.

Before starting, spread foods (ABC cards or Food Models) around a gym. During the activity, signal for teams to start and monitor for safety. Check to ensure that teams have aligned the foods correctly. After the activity is complete, and teams have shared their balanced meals, instruct students to spread the cards back out on the gym floor, food picture side DOWN.

TEAM CHALLENGE: Assign Points.

Five points to the first team with a correct MyPlate Train handout. Each additional team with a correct MyPlate Train receives two points.

Step 2: Directions for MyPlate Train Activity #2

Have students flip over their MyPlate Train handouts to the “Food Groups & Key Nutrients” side. Explain that the rules are the same as the last activity. This time, the trains are to collect foods to match key nutrients. Remind students that a balanced meal means each person is getting a variety of nutrients. Encourage students to check the back of the food cards or food models for help finding key nutrients in each food.

TEAM CHALLENGE: Assign Points.

Five points to the first team with the correct categorization of foods and nutrients. Each additional team with the correct foods aligned to the nutrients gets two points.

Signal for teams to start and monitor for safety. Check to ensure that teams have aligned the foods correctly. Have students collect all the cards.

Closure/Assessment

Estimated Time: 5 minutes

Step 1: Lesson Review

Gather students for instruction. Review how the Five Food Groups contribute to a balanced diet by having students talk with a partner:

- What does it mean to eat a balanced diet? (Possible answer: to eat a variety of foods from all Five Food Groups)
- If I don’t eat fruits and vegetables each day, what nutrients will I be missing? (Answer: vitamin A & C)
- What foods have the most calcium in them? (Answer: foods from the dairy food group)
- How can I help my team members to Fuel Up and Get Active this week?

Conclude the lesson by reminding students that fueling up with foods and beverages from all Five Food Groups helps us be able to perform our best. Since each food group has different nutrients, we need all of them to make sure that our body works the best way that it can.

Ideas for Differentiating Instruction

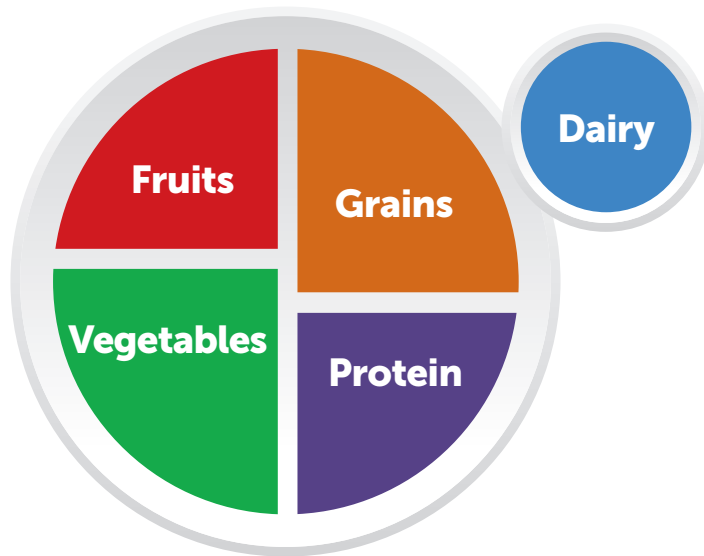
MyPlate Train Activity Adaption:

- Lay Choose Fresh Kit Posters or a large MyPlate poster, in the middle of the gym.
- Have each food group team place three different foods from their food group on the poster.
- The team to collect three foods for their food group first wins.

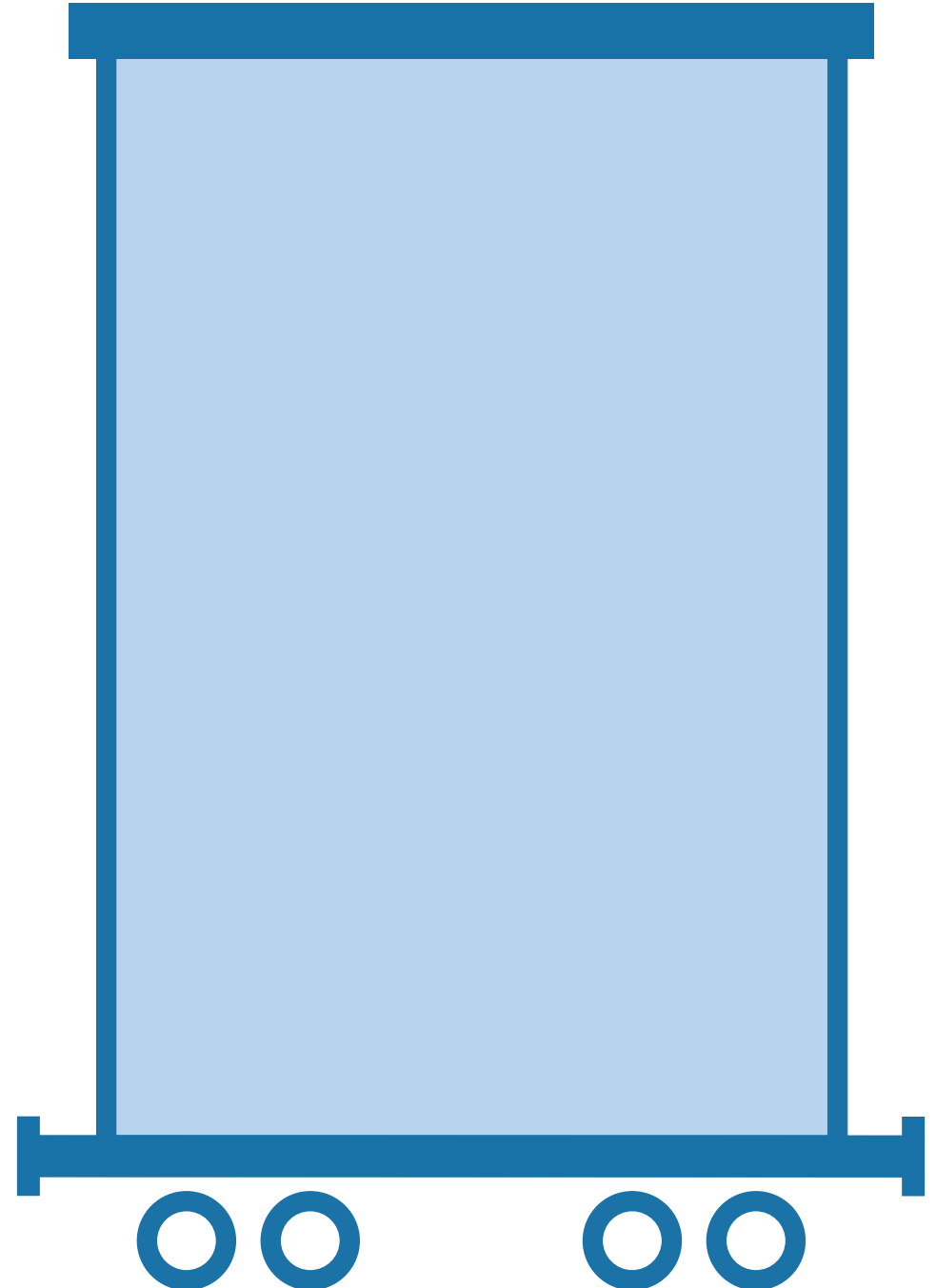
MYPLATE TRAIN

Create a Balanced Meal.

Collect foods from each of the Five Food Groups one at a time and place the food in the food group box where it belongs.



Dairy

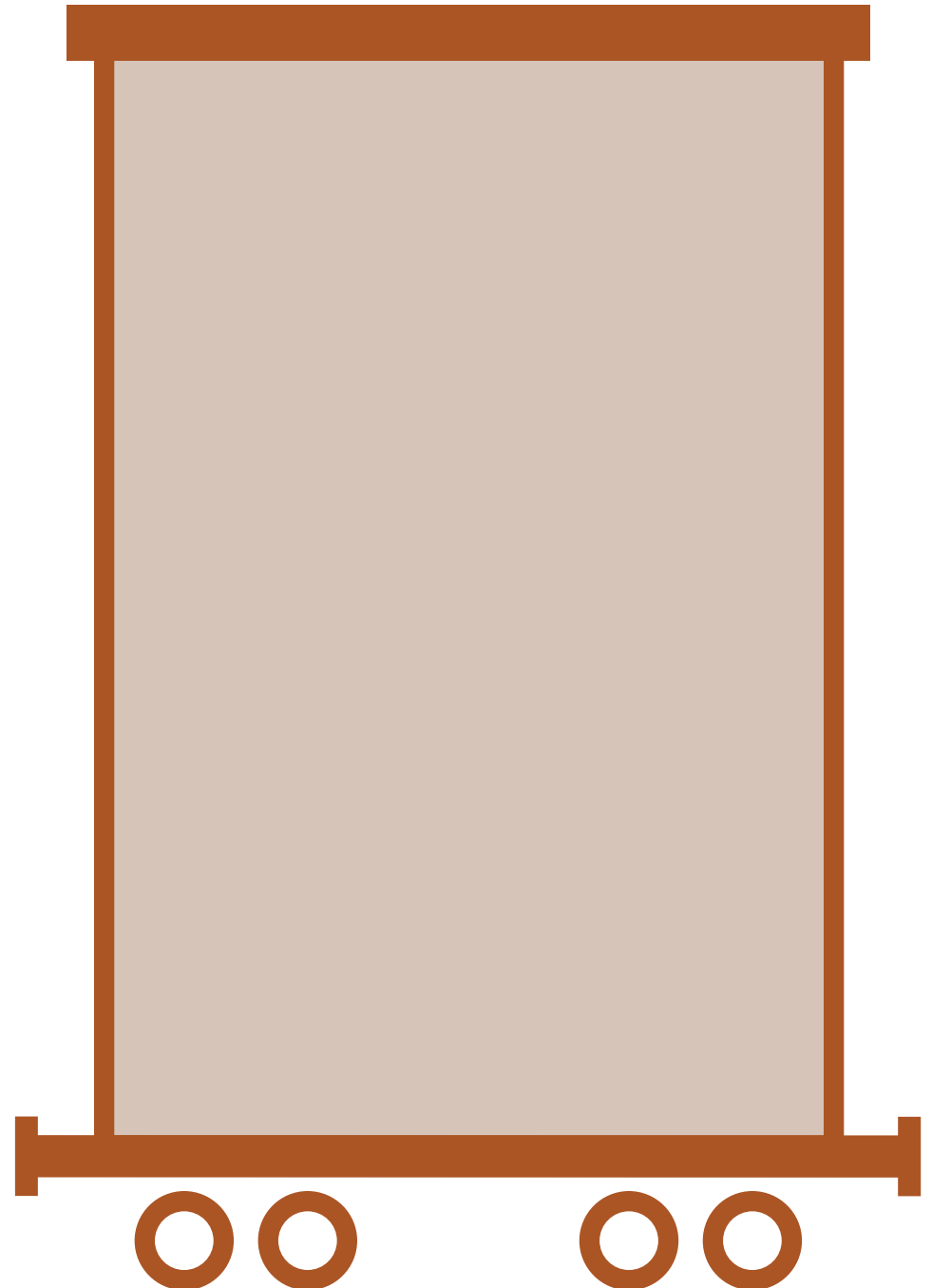


MYPLATE TRAIN

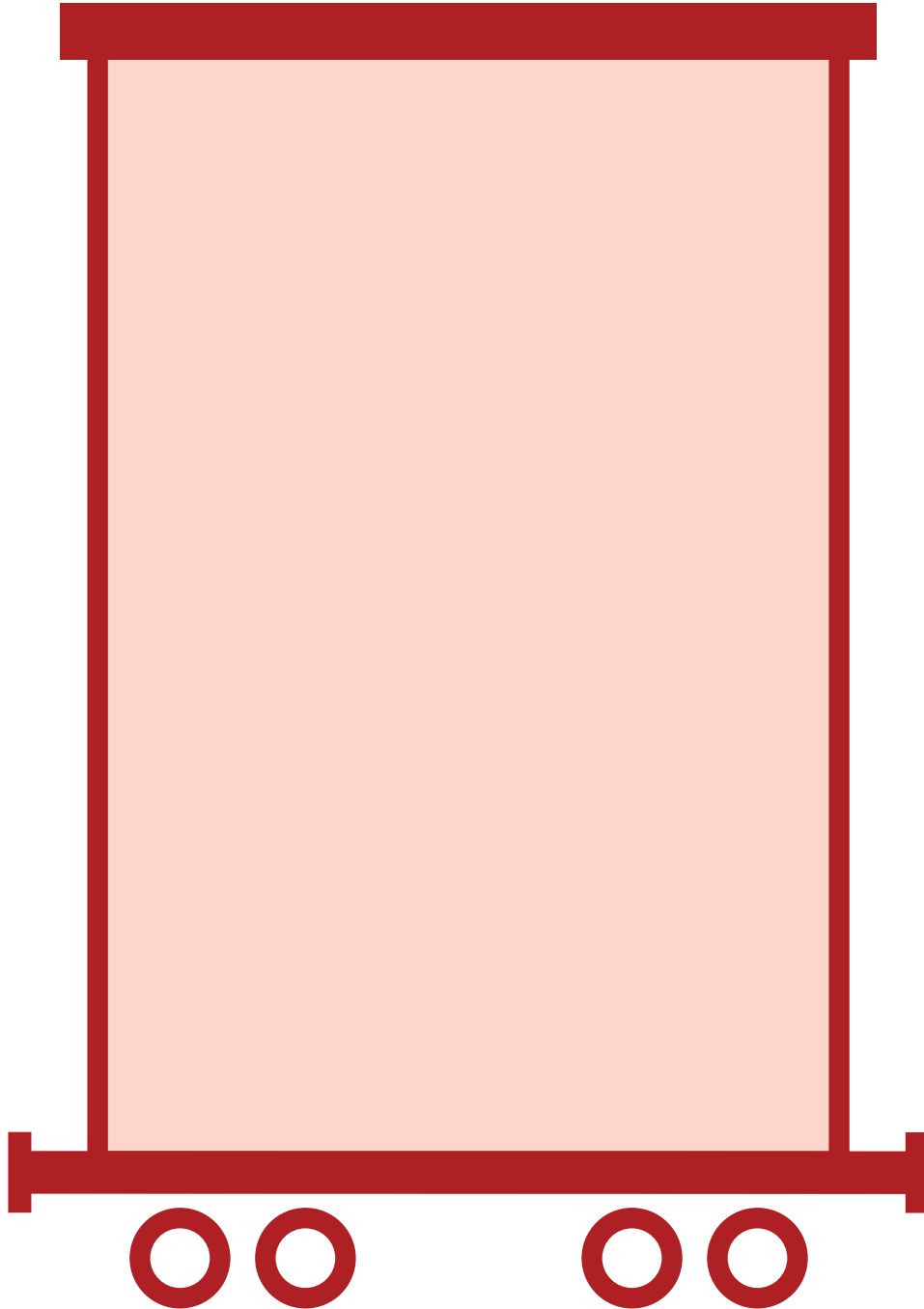
Food Groups and Key Nutrients

Collect foods from each of the Five Food Groups one at a time and match each food with the nutrients it has by placing the food in the box where it belongs.

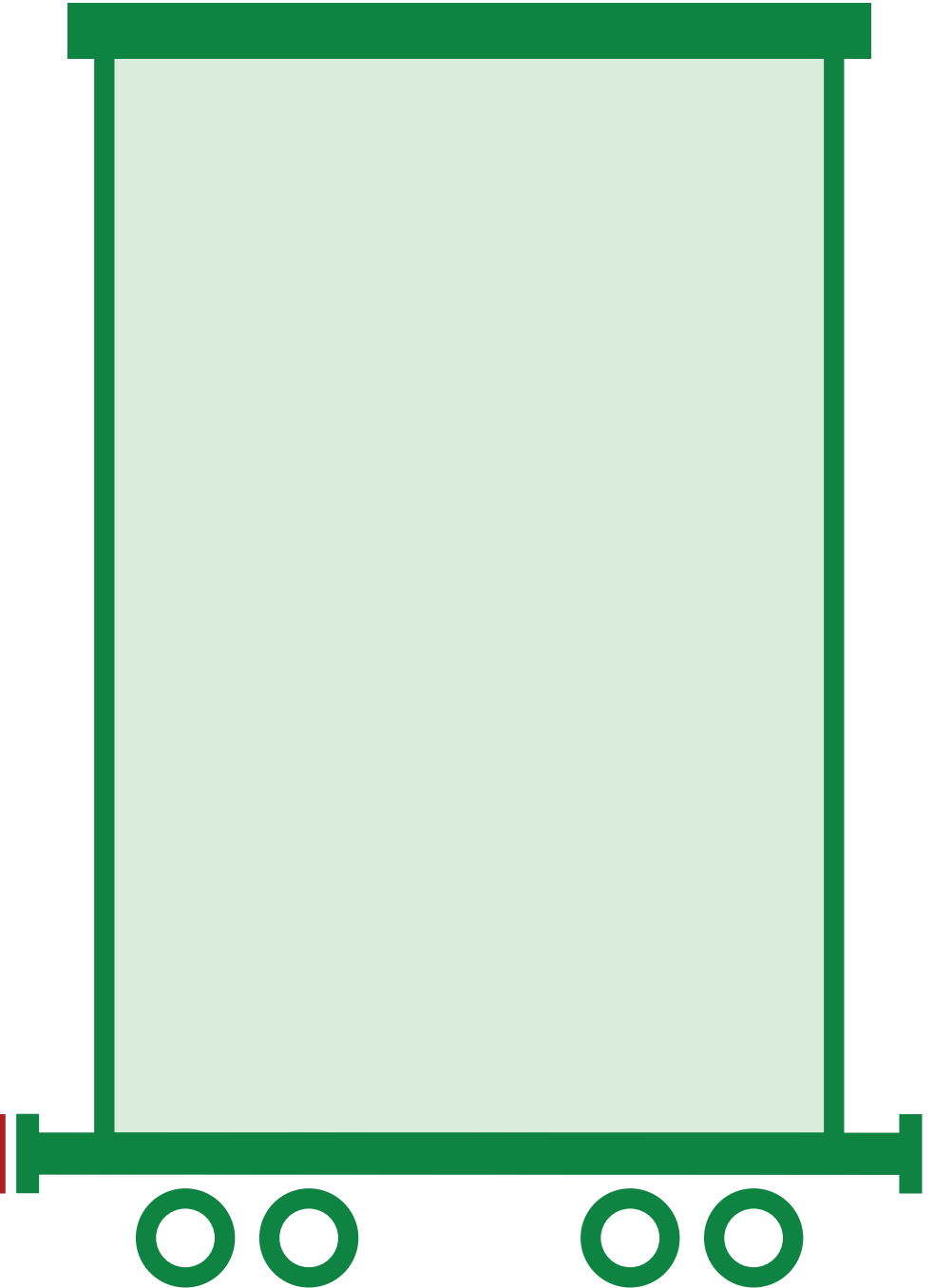
A Food From the Food Group that has Lots of B Vitamins and Fiber



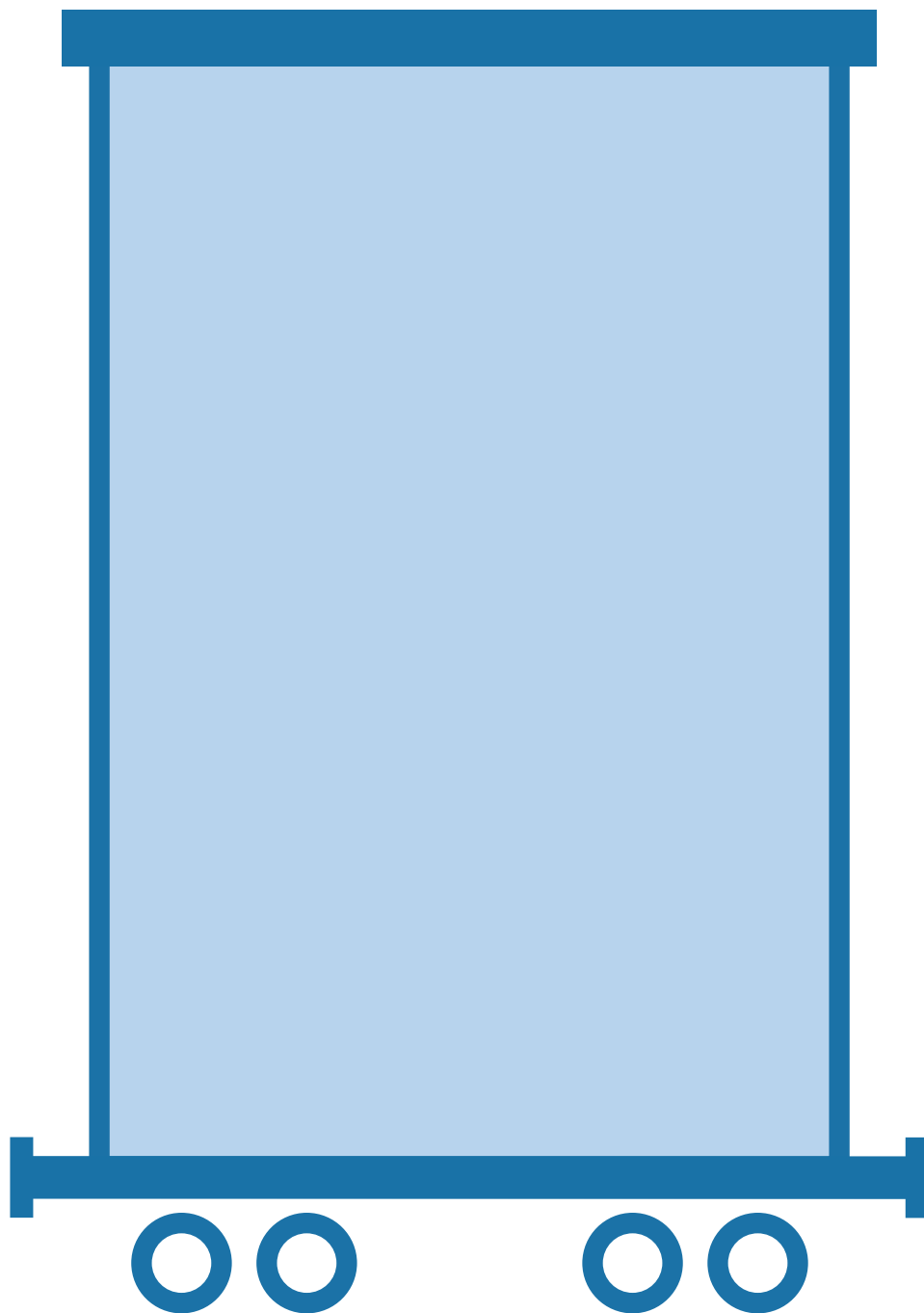
Fruit 



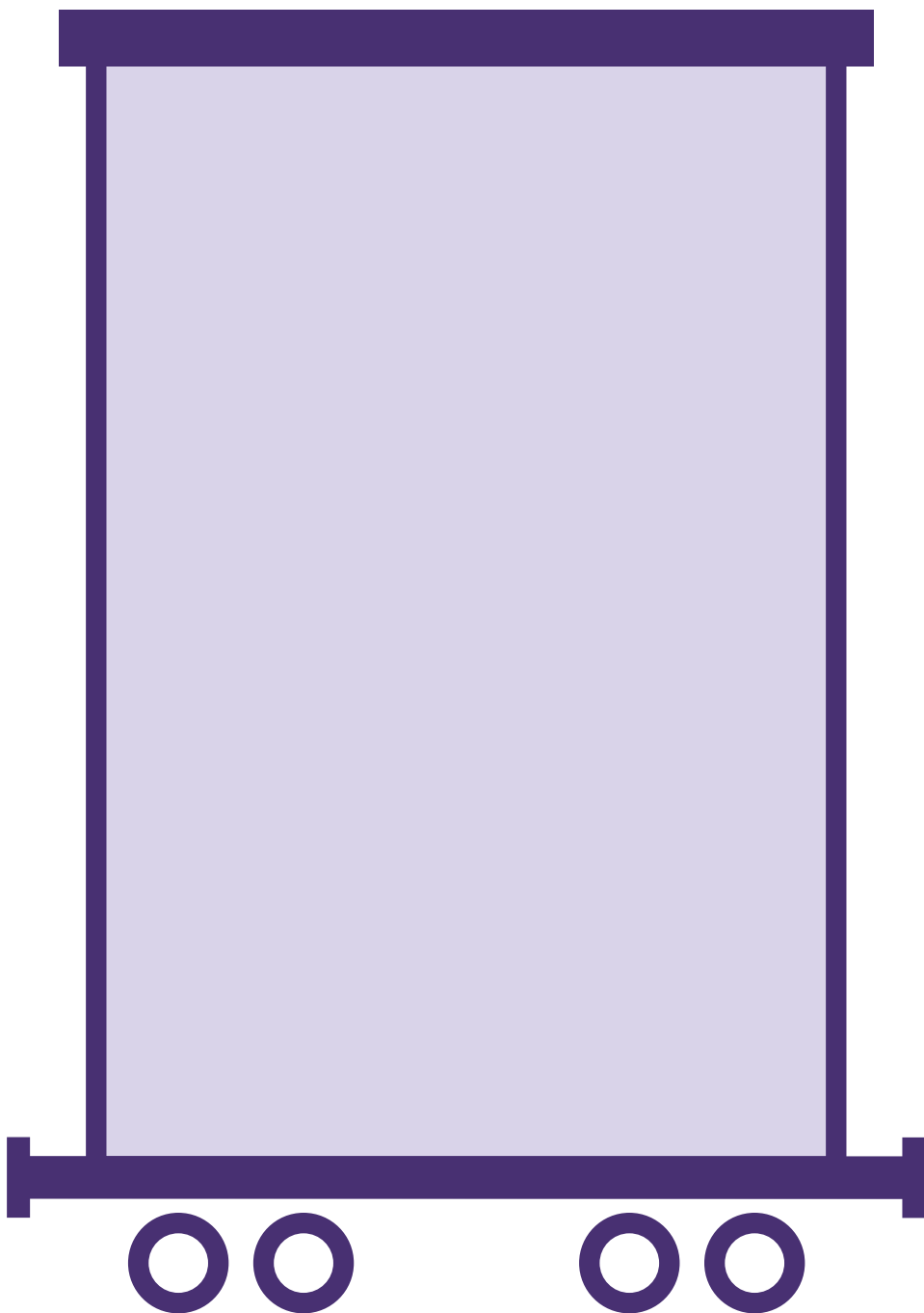
Vegetable 



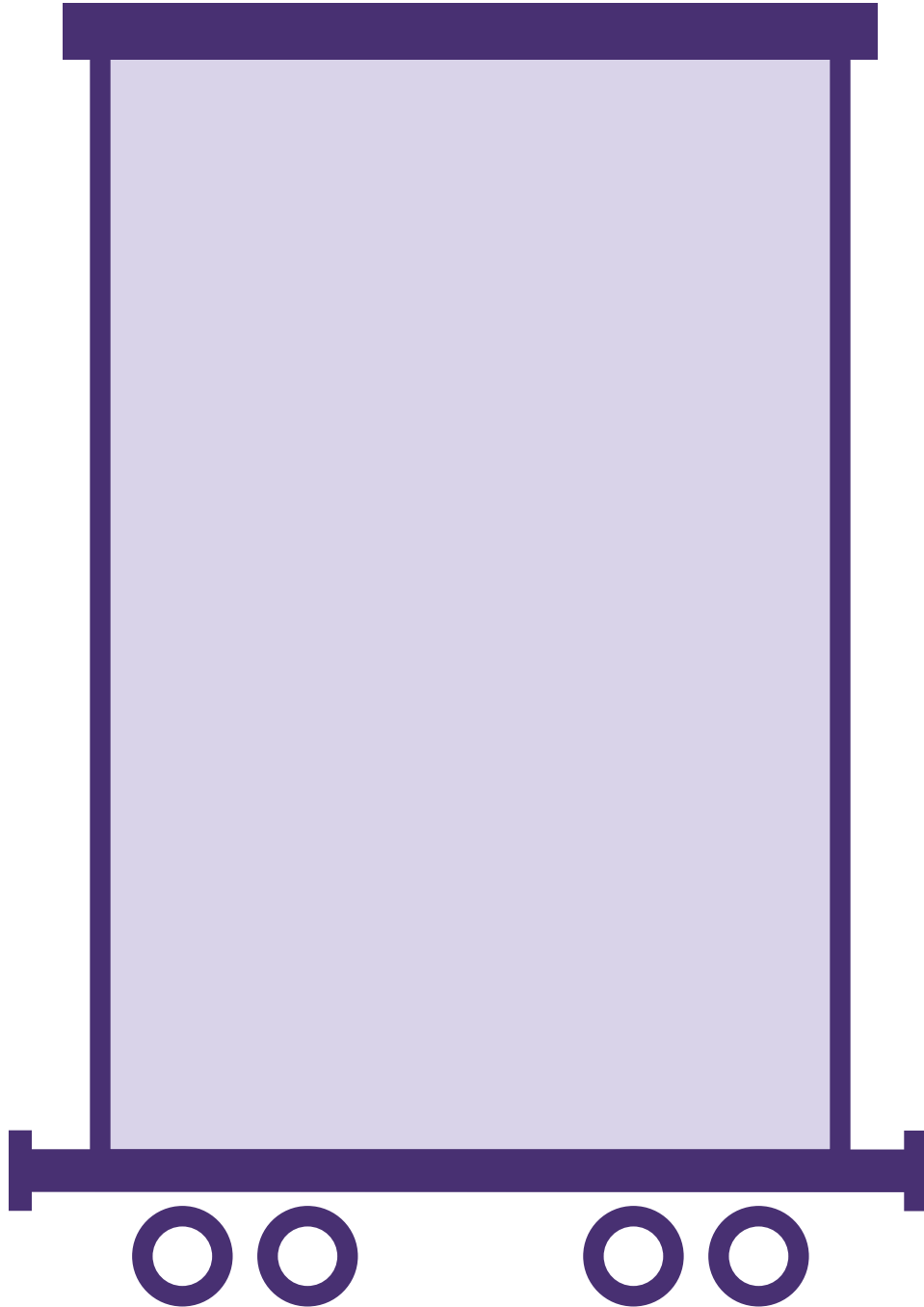
A Food or Beverage From the Food Group that has Lots of Calcium and Vitamin D



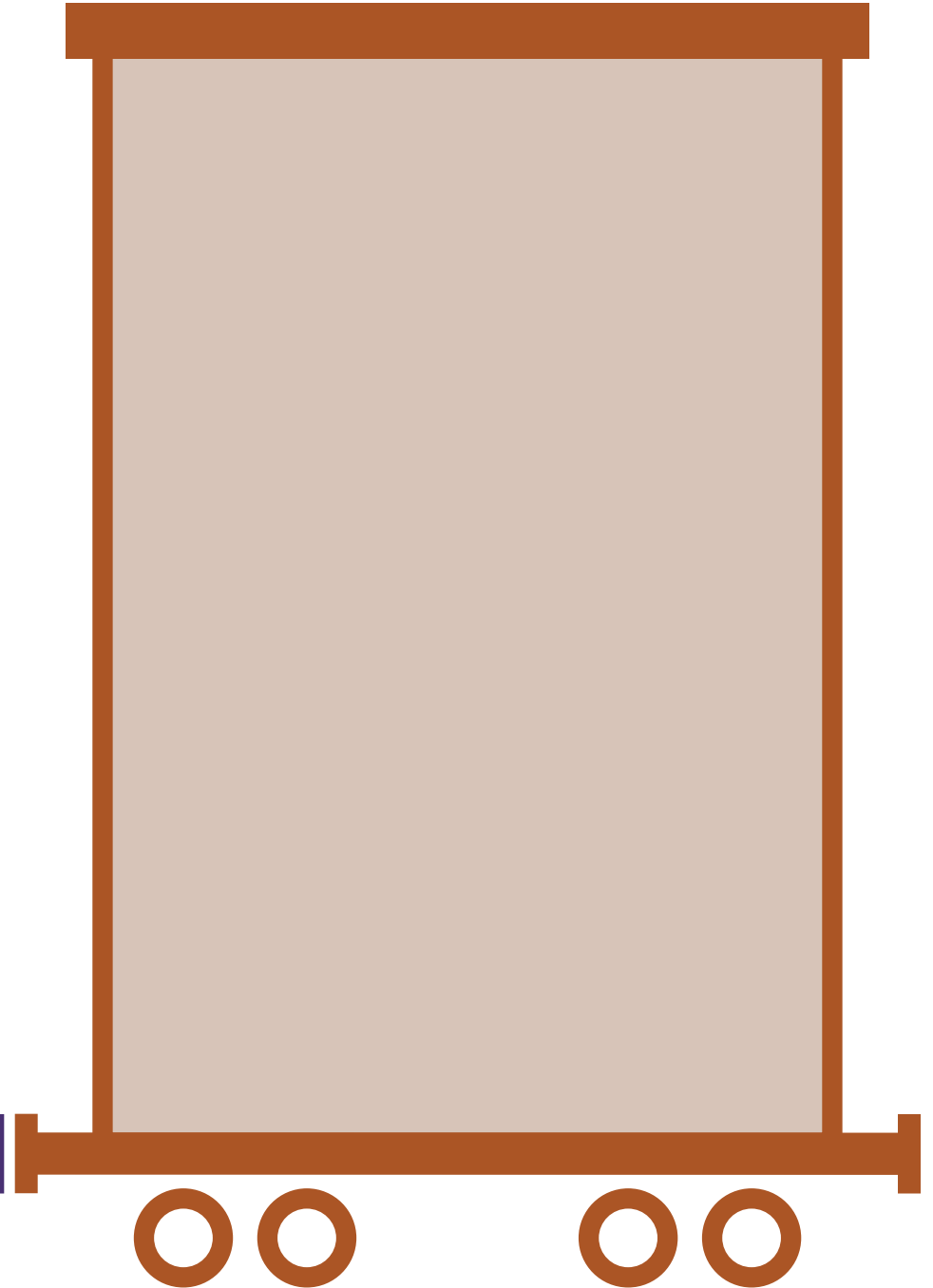
A Food From the Food Group that has Lots of Protein



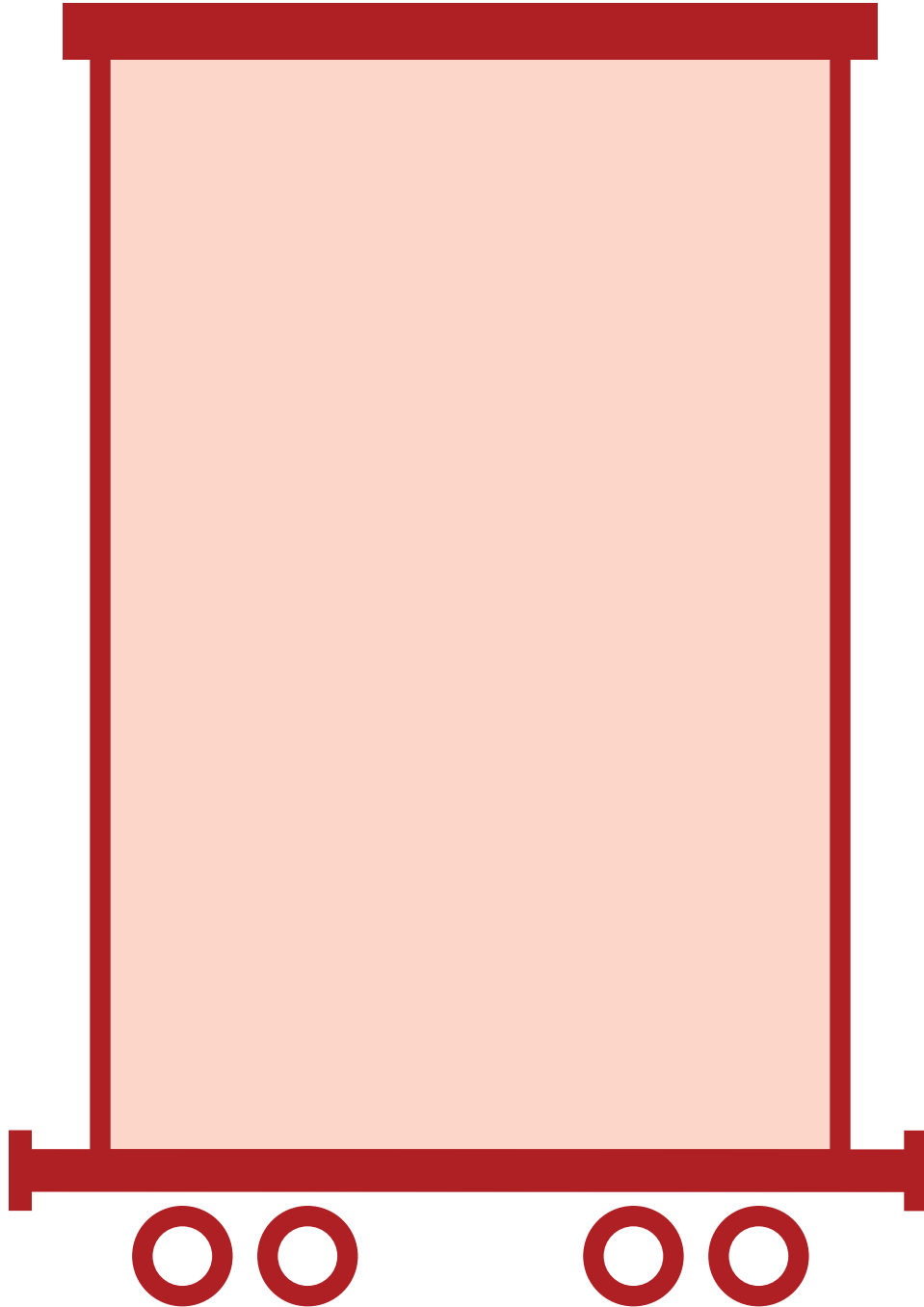
Protein 🍳



Grain 🍞



A Food or Beverage From the Food Group that has Lots of Vitamin C and Potassium



A Food or Beverage From the Food Group that has Lots of Vitamin A

