

Using the Chart and Reproducibles

Food Portions

Display the MyPlate chart, and tell students that it is a tool to remind us how to eat healthfully by helping us visualize what foods to eat and their proportions. Explain how the MyPlate chart shows the five food groups and sample foods from each one. Ask students to name additional foods that belong to each group. Invite students to focus on the colored food group sections on the plate. Ask students questions such as Which section is the biggest? Why do you think this part is bigger than the others? Which section is the smallest? Why do you think this part is smaller than the others? What types of food are missing? Why do you think they are missing?

Build a Great Plate

Display the MyPlate chart, and introduce students to the different food groups. Then challenge students to create a balanced meal. Distribute the MyPlate mini chart reproducibles, paper plates, sheets of 9" x 12" construction paper, markers, and magazines or clip-art images of foods. Have students draw food or paste the clip-art images on the paper plate. Demonstrate how to mount a plate to the center of the construction paper using a glue stick. Explain how the construction paper represents a placemat, with room for students to include an image of a glass of milk or water. Have students each write about the foods on their plate and explain which food group each item belongs to. Invite students to share their meals with the class. Display the students' work with the MyPlate chart.

Home Reminder

Send a home a copy MyPlate mini chart reproducible with each student, and encourage parents to place it on their refrigerator or in another accessible place where students can refer to it. Or mount the MyPlate mini chart reproducible on sheets of 9" x 12" construction paper and laminate to use as a placemat at home.

Food Sort

Give students each a copy of the MyPlate mini chart and Food Sort reproducibles. Explain the directions on the Food Sort reproducible, and have students use the MyPlate mini chart reproducible to complete it. When students have finished the activity, have them discuss their answers. Explain that beans and peas are unique foods. They are an excellent source of plant protein, are a vegetarian alternative to meat, and are thus considered part of the protein food group. Beans and peas are an excellent source of fiber and have nutrients such as potassium and folate, which are found in vegetables. For this reason, they are also considered part of the vegetable food group.

Meal Report Card

Encourage students to make sure their meals are represented by the food groups in appropriate portions. Give students each a copy of the Report Card reproducible, and have them use it to grade a meal, such as a school lunch or a dinner at home. After the report card has been completed, invite students to share them. Discuss what made the meals healthy or unhealthy, and what can make them better. Challenge students to set a healthy eating food goal, such as I will eat a serving of fruit in my lunch every day.

The MyPlate icon is provided by the U.S. Department of Agriculture (USDA).
Visit www.choosemyplate.gov for additional MyPlate information.

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Name _____ Date _____

Food Sort

Sort the foods into their food groups.

peas rice bananas milk oatmeal cherries
 tortillas eggs noodles grapes yogurt squash
 black beans tuna spinach cheese oranges pudding

Fruits	Vegetables	Protein	Grains	Dairy

1. Are there any foods that belong to more than one food group? _____

If you answered yes, write each food item and the food groups it belongs to.

Name _____ Date _____

Report Card for breakfast lunch dinner

(circle one)

List each food item.	Circle the food group(s) for the food item.
	fruits vegetables protein dairy grains
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	fruits vegetables protein dairy grains
	fruits vegetables protein dairy grains
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	fruits vegetables protein dairy grains
	fruits vegetables protein dairy grains
	fruits vegetables protein dairy grains

Eating Habits

1. My meal had items from each food group. yes no
2. My meal's portions were similar to the MyPlate icon's. yes no
3. Half my plate had fruits and vegetables. yes no
4. At least half my grains were whole. yes no
5. I drank water or fat-free or low-fat (1%) milk. yes no
6. I avoided salty or sugary treats. yes no

Comments: _____

