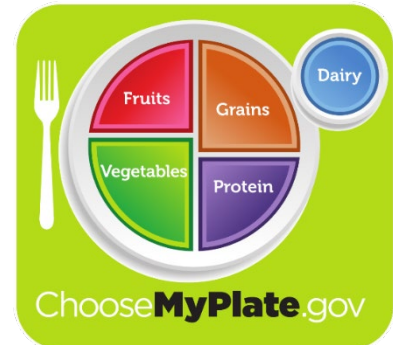


MyPlate Food Groups (1st Grade)

Materials and Ingredients

- ✓ MyPlate Poster and Food Pictures
- ✓ Healthy Helpings (A MyPlate Game)
- ✓ Romaine lettuce, grapes, yogurt,
- ✓ Canned chicken, whole wheat tortillas
- ✓ cutting board, teacher knife, bowls, can opener, spoon
- ✓ small paper plates, plastic forks



Food Preparation

- ✓ Wash & cut grapes in half.
- ✓ **IMPORTANT:** Cut tortillas into quarters or halves depending on size. Students will only need a small piece to go with their salads, along with one or two pieces of lettuce.
- ✓ Open & drain cans of chicken.
- ✓ Have ingredients ready- teacher makes salad in front of class.

Introduction

- ✓ Start off with a short brain boost (see next page).
- ✓ Show students the MyPlate poster & discuss the different food groups and what foods belong in each group.
- ✓ **Eat healthy foods from all the food groups! Focus on fruits and vegetables!**

Process

- ✓ Play the game Healthy Helpings. The object of the game is to be the first team to create a healthy meal using one food from each food group.
- ✓ Divide the class into 4 teams: one placemat per team. Place spinner and all cards food side-up at the front of the classroom. Have students on teams (2 at a time) take turns following directions on the spinner. First team to create a healthy meal wins.
- ✓ Have students wash their hands with soap & warm water.
- ✓ Go over each of the ingredients in the MyPlate Chicken Salad as you make the salad in front of the class. Pass out for students to taste.
- ✓ **Eat healthy foods from all the food groups! Focus on fruits and vegetables!**

Family Letter

- ✓ Send home the family letter to let parents know about the fun activity students did in class.





Let's Wake Up Our Brains! Brain Boost Exercise!

My Plate Dance- Repeat to get your heart going!

Do the MyPlate dance! Teacher- Pick a food picture from game and shout out!

(Example- Broccoli-Vegetable Group- Jog in Place)

- ♥ Vegetable group=jog in place
- ♥ Fruit group=crouch down, jump up
- ♥ Protein group=high knees
- ♥ Grains group=jump on one foot
- ♥ Dairy group=jumping jacks

GRAINS GROUP

bagel
biscuit
bran flakes
corn flakes
croissant
dinner roll
egg noodles
English muffin
graham crackers
granola
granola bar
grits
hard roll
hot dog bun
muffin
oatmeal
pancake
pasta
pita bread
popcorn
pretzels
rye bread
rye crackers
rice
saltine crackers
snack crackers
tortilla
tortilla chips
waffle
white bread
whole wheat bread

VEGETABLES GROUP

avocado
broccoli
cabbage
carrots
cauliflower
celery
coleslaw
corn
corn on cob
green beans
green peas
green pepper
lettuce
baked potato
hash brown potatoes
mashed potato
snow peas
spinach
sweet potato
tomato
tomato juice
tossed salad
winter squash
zucchini

FRUITS GROUP

apple
applesauce
banana
blueberries
cantaloupe
fruit cocktail
grapefruit
grapes
kiwi
orange
orange juice
peach
peaches (canned)
pear
pears (canned)
pineapple
prunes
raisins
strawberries
watermelon

PROTEIN GROUP

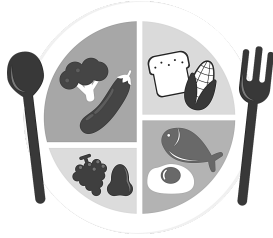
ground beef
roast beef
steak
pork chop
fried chicken
roasted chicken
turkey
ham
fish sticks
halibut
salmon
shrimp
tuna
fried egg
hard-cooked egg
scrambled egg
baked beans
black-eyed peas
black beans
navy beans
refried beans
tofu
sunflower seeds
peanuts
peanut butter

DAIRY GROUP

American cheese
cheddar cheese
cottage cheese
lowfat cottage cheese 1%
lowfat milk
mozzarella cheese
muenster cheese
parmesan cheese
Swiss cheese
whole milk
chocolate milk
2% reduced fat milk
2% reduced fat
chocolate milk
1% lowfat milk
fat-free milk
cultured buttermilk
milk shake
fruit-flavored low-
fat yogurt
lowfat plain yogurt
frozen yogurt
non-fat plain yogurt
ice-cream

Foods Not Pictured in MyPlate (not meant to be a part of your daily diet)

candy
soft drinks
jam
sugar
honey
syrup
butter
cream cheese
cream
chocolate
chips



Dear Families,

Today, your student explored all five food groups of MyPlate and prepared the MyPlate chicken salad wrap recipe. Your student will bring home recipes from the School Wellness Program each month. We encourage you to use what you may have on hand to prepare and taste the recipes together.

Help your student feel empowered by supporting them to make healthy choices. MyPlate is a great resource for fun, new ideas for the whole family. Visit www.choosemyplate.gov for more information.



Scan the QR code to watch how to make the snack we made in class.

MyPlate Chicken Salad Wrap

Makes About: 6 - 8 servings

Total Recipe Cost: \$12.50 - 13.50

Ingredients

- 2 cans chicken or tuna fish (10 oz.)
- 1 cup low-fat plain yogurt
- 2 cups red grapes
- romaine lettuce
- whole wheat tortillas

Directions

1. Open and drain canned chicken or tuna.
2. Wash and cut grapes in half or in quarters.
3. Put chicken or tuna and yogurt into a bowl and mix well.
4. Add cut-up grapes to the bowl and mix.
5. Place a piece of lettuce leaf onto tortilla.
6. Put chicken mixture on the lettuce and roll. Eat and enjoy!



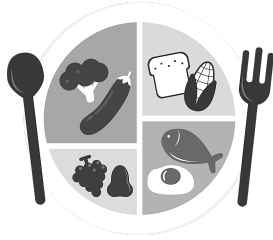
(Select language)

MyPlate suggests making half your plate fruits and vegetables. We understand that reaching this goal can be hard with rising food prices. Learn more about food assistance options by calling the bilingual, statewide, and toll-free food resource hotline at (855) 855-4626. You can also scan the QR code on the left for Hunger Free Colorado's Food Finder page.



2-Step Chicken Recipe

Double one recipe and eat it for two meals. This is just one idea to reduce kitchen stress and save time. If your family struggles to eat leftovers, try different ways of repurposing them into a new meal. For example, double the 2-step chicken recipe (QR code on left) and use the leftovers for the chicken salad wrap.



Queridas familias,

Hoy, su estudiante exploró los cinco grupos de alimentos de MiPlato y preparó la receta de enrollado de ensalada de pollo de MiPlato en clase. Su estudiante llevará a casa una nueva receta del Programa de Bienestar Escolar (School Wellness Program) cada mes. Los animamos a utilizar lo que ya tienen en casa para preparar y degustar las recetas juntos.

Ayude a su estudiante a sentirse seguro en sí mismo(a), apoyándolo(a) para que tomen decisiones saludables. MiPlato es un gran recurso para la diversión y nuevas ideas para toda la familia. Visite www.choosemyplate.gov para obtener más información.



Escaneé el código QR para ver cómo hacer la merienda que hicimos en clase.

Enrollados de Ensalada de Pollo de MiPlato

Rinde: 6-8 porciones

Costo Total: \$12.50 to 13.50

Ingredientes

- 2 latas de pollo o atún (10 oz.)
- 1 taza de yogurt bajo en grasa
- 2 tazas de uvas rojas
- lechuga romana
- tortillas integrales

Instrucciones

1. Abrir y escurrir las latas de pollo o atún.
2. Lavar y cortar las uvas en mitades o en cuartos.
3. Colocar el pollo o atún y el yogurt en un tazón y mezclar.
4. Añadir las uvas cortadas al tazón y mezclar.
5. Poner un trozo de hoja de lechuga en una tortilla.
6. Agregar la mezcla de pollo sobre la lechuga y enrollar la tortilla. ¡A comer y disfrutar!



(Seleccione español)

MiPlato sugiere que la mitad de su plato sean frutas y vegetales. Entendemos que alcanzar este objetivo puede ser difícil con el aumento de los precios de los alimentos. Obtenga más información sobre las opciones de asistencia alimentaria, llamando a la línea directa bilingüe estatal y gratuita de recursos alimentarios al (855) 855-4626. También puede escanear el código QR que se encuentra a la izquierda de la página de buscador de alimentos de Hunger Free Colorado.



Receta de Pollo en dos pasos

Duplique una receta y cómlala en dos comidas. Esta es solo una idea para reducir el estrés en la cocina y ahorrar tiempo. Si a su familia no le gusta comer las sobras del día anterior, pruebe diferentes formas de reutilizarlas en una nueva comida. Por ejemplo, duplique la receta de pollo de 2 pasos (código QR a la izquierda) y use las sobras para la envoltura de ensalada de pollo.