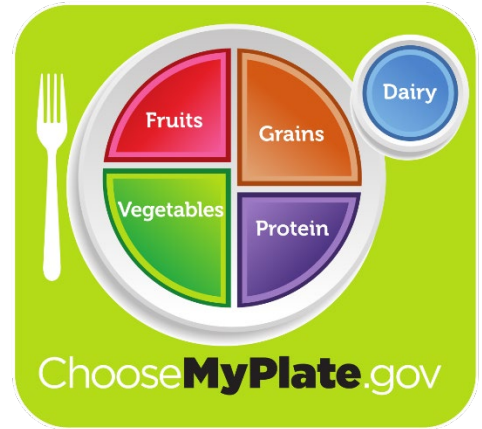


## MyPlate Sort (2<sup>nd</sup> Grade)

### Materials and Ingredients

- ✓ MyPlate Poster
- ✓ 8 Sets of Food Pictures (variety from each food group)
- ✓ shredded carrots, apples, yogurt
- ✓ canned chicken, whole wheat crackers
- ✓ cutting board, teacher knife, bowls, can opener, spoon
- ✓ small paper plates, plastic forks
- ✓ 8 copies of MyPlate picture sheets, 1 copy “What does MyPlate teach us?”
- ✓ (Optional) activity sheet copies



### Food Preparation

- ✓ Wash & cut apples into small pieces
- ✓ 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)
- ✓ Read & discuss “What does MyPlate teach us?”.
- ✓ Show students the MyPlate poster & discuss the different food groups.
- ✓ **Eat healthy foods from all the food groups! Focus on fruits and vegetables!**

### Process

- ✓ Divide class into 8 groups (*or fewer*). Give each group a MyPlate sheet & bag of food pictures.
- ✓ Have students put the different food pictures in the correct food group.
- ✓ 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 with crackers 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 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)**

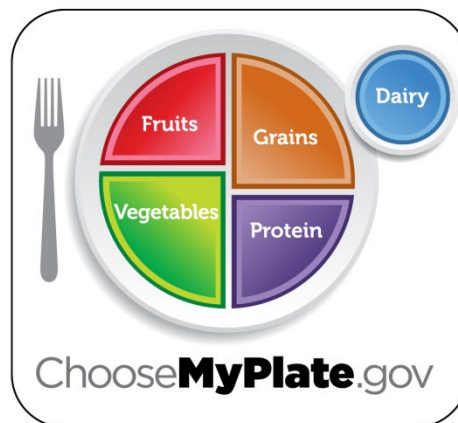
candy  
soft drinks  
jam  
sugar  
honey  
syrup  
butter  
cream cheese  
cream  
chocolate  
chips

## What does Myplate teach us?

There are five food groups. The names of the food groups are fruits, grains, vegetables, protein and dairy. Can you name some foods that fit in each food group?

Each food group helps us grow. Foods from the fruit and vegetable groups help keep us from getting sick. Foods from the grains group give our bodies energy to run and play. Foods from the protein group help our muscles grow strong. Foods from the dairy group help our bones grow strong.

MyPlate helps us eat healthy. It teaches us to make half our plate fruits and vegetables, which means to eat fruits and vegetables every day. It shows us the different foods we need to eat every day!



**Fruits**-foods like apples, bananas and pears

**Vegetables**-foods like carrots, corn, and cucumbers

**Grains**- foods like bread, rice, cereal and noodles

**Protein**-foods like hamburger, chicken, fish, nuts, and beans

**Dairy**-foods like milk, cheese and yogurt

## ¿Qué nos enseñan MiPlato?

Hay cinco grupos de alimentos. Los nombres de los grupos de alimentos son frutas, granos, verduras, proteínas y productos lácteos. ¿Puedes nombrar alimentos que pertenecen a cada uno de los grupos de alimentos?

Cada grupo de alimentos nos ayuda a crecer. Los alimentos de los grupos de frutas y verduras nos ayudan a no enfermarnos. Los alimentos del grupo de los granos dan energía al cuerpo para correr y jugar. Los alimentos del grupo de las proteínas ayudan a que nuestros músculos se fortalezcan. Los alimentos del grupo de los lácteos ayudan a que nuestros huesos crezcan fuertes.

MiPlato nos ayuda a comer sano. Nos enseña hacer que la mitad de nuestro plato sea frutas y verduras, lo que significa que hay que comer frutas y verduras todos los días. ¡Nos muestra los diferentes alimentos que necesitamos comer todos los días!



**Frutas:** alimentos como manzanas, platanos y peras

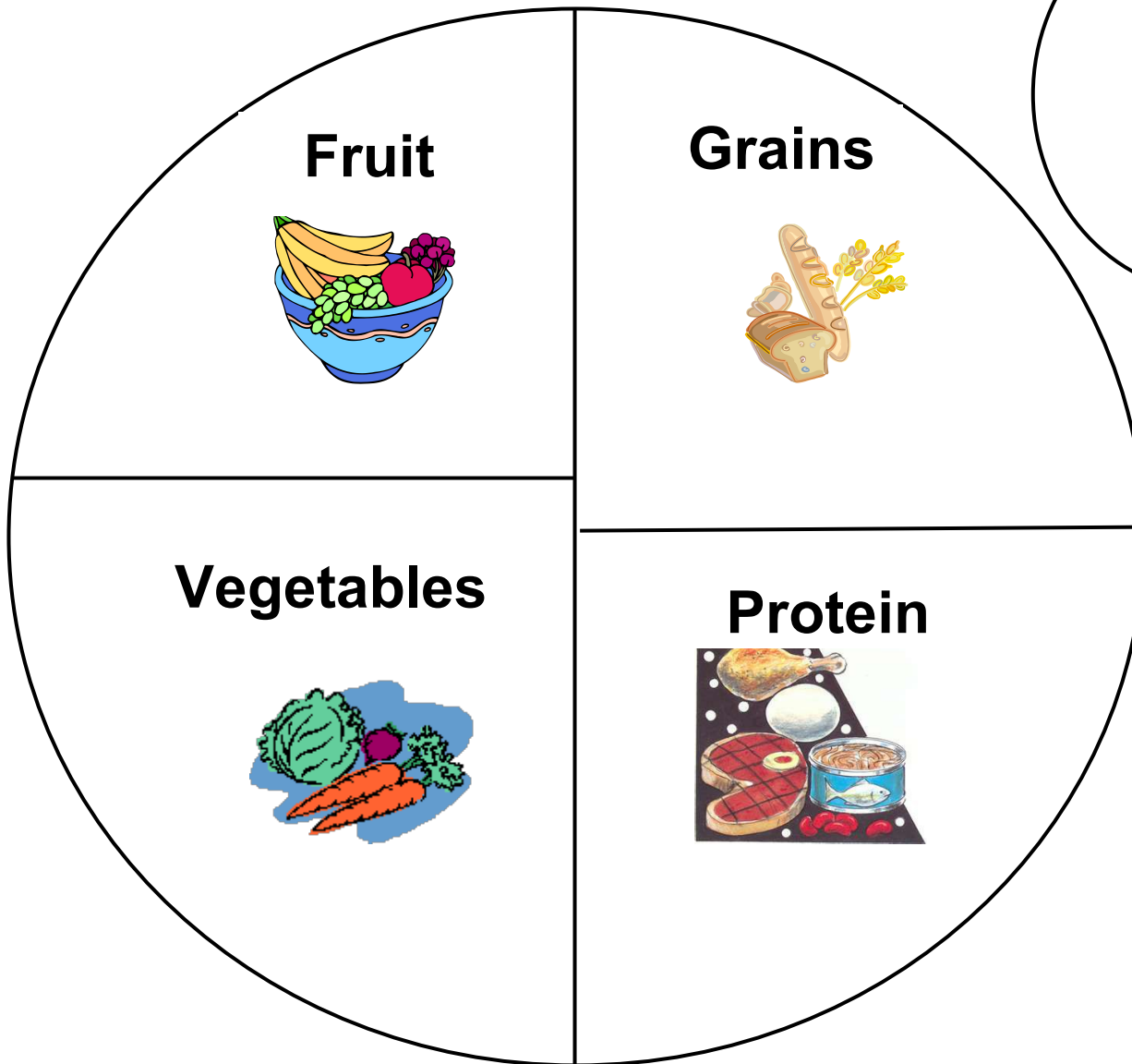
**Verduras:** alimentos como zanahorias, maíz y pepinos

**Granos:** alimentos como pan, arroz, cereales y fideos

**Proteínas:** alimentos como hamburguesas, pollo, pescado, nueces y frijoles

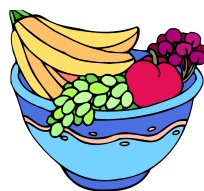
**Lácteos:** alimentos como leche, queso y yogur

# MyPlate



# MiPlato

**Frutas**



**Granos**



**Verduras**



**Proteínas**



**Lácteos**





# MyPlate Chicken Salad Shopping List

Name: \_\_\_\_\_ Date: \_\_\_\_\_

I want to make this chicken salad at home because \_\_\_\_\_

\_\_\_\_\_.

Here is my shopping list.

1. \_\_\_\_\_

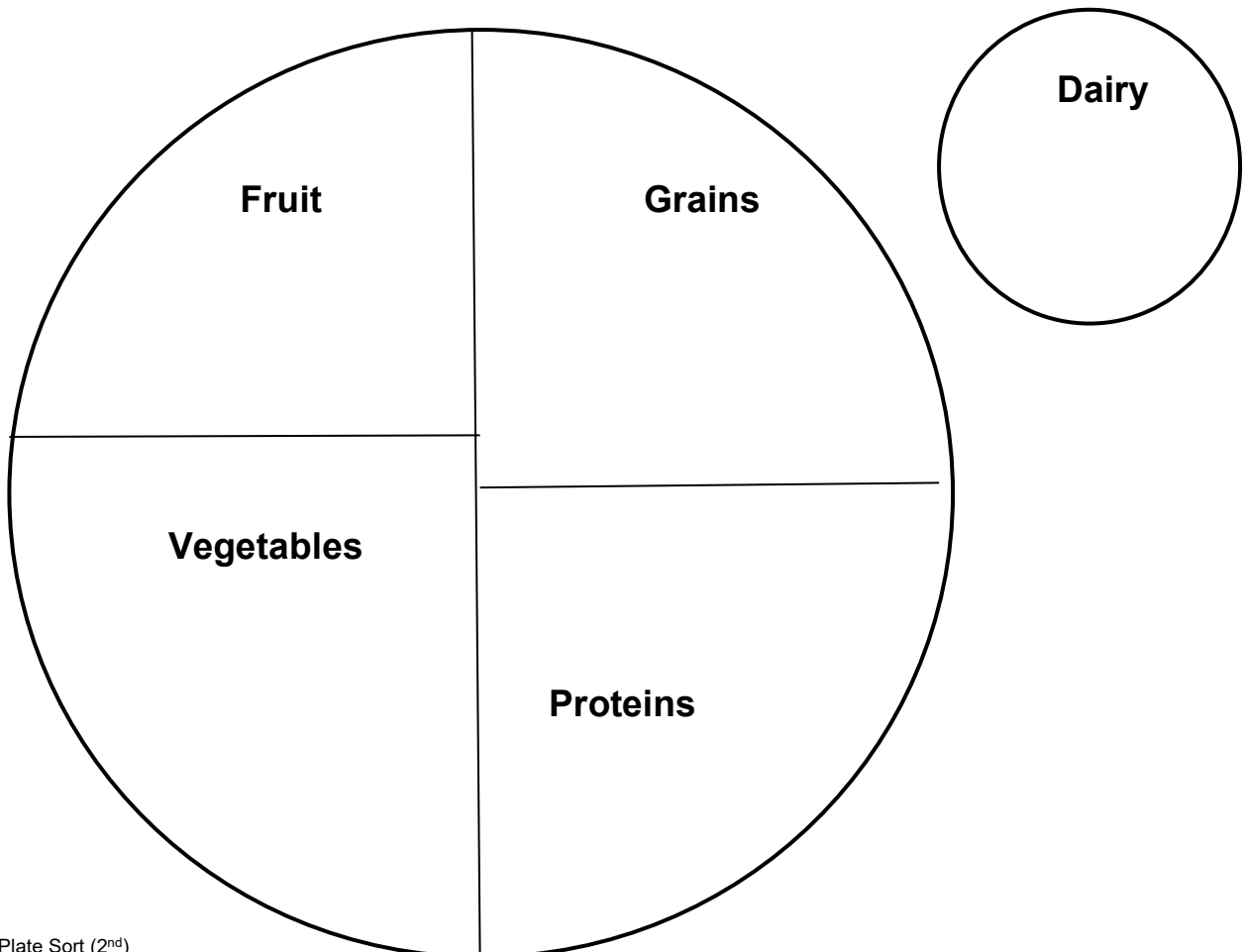
4. \_\_\_\_\_

2. \_\_\_\_\_

5. \_\_\_\_\_

3. \_\_\_\_\_

Put each food from your shopping list in the correct food group section in MyPlate. You can draw or write.



# Lista de compras para la Ensalada de Pollo de MiPlato

Nombre: \_\_\_\_\_ Fecha: \_\_\_\_\_

Quiero hacer esta ensalada de pollo en casa porque \_\_\_\_\_

\_\_\_\_\_.

Aquí está mi lista de compras.

1. \_\_\_\_\_

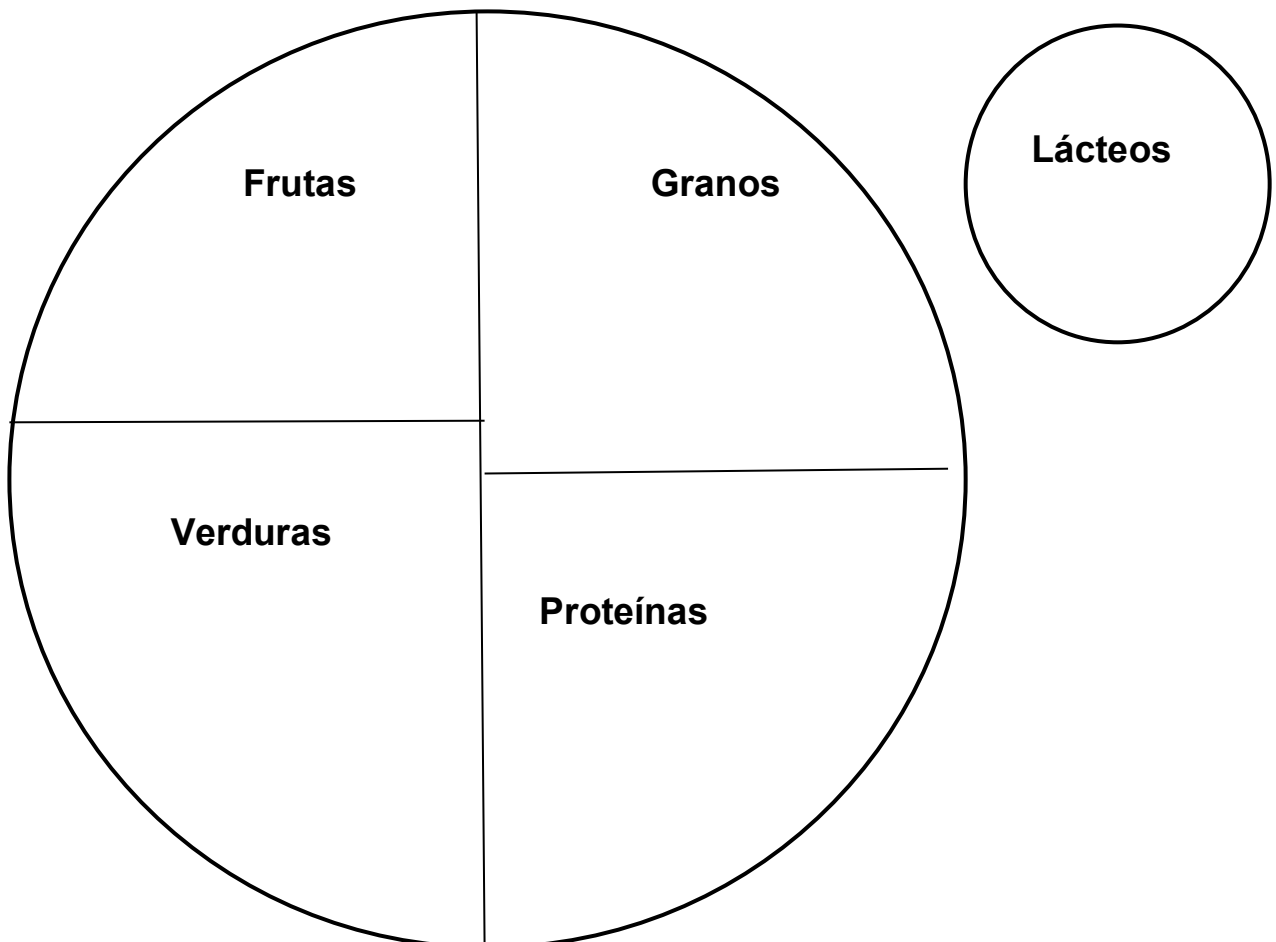
4. \_\_\_\_\_

2. \_\_\_\_\_

5. \_\_\_\_\_

3. \_\_\_\_\_

Pon cada alimento de tu lista de compras en la sección del grupo de alimentos correcto en MiPlato. Puedes dibujar o escribir.





By second grade, your student is ready to help you read the recipe.

Dear Families,

Today, your student investigated how eating foods from all five groups of MyPlate will help them grow into a strong, healthy body. Your student tried the MyPlate chicken salad (recipe found below) in class. Each month your student will bring home a new recipe from the School Wellness Program. We encourage you to use what you have on hand to prepare the recipes as a family.

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](http://www.choosemyplate.gov) for more information.



Scan this QR code to watch how to make a similar snack to what we made in class.

## MyPlate Chicken Salad

Makes About: 8 - 10 servings

Total Recipe Cost: \$9.50 - \$10.50

### Ingredients

- 2 cans chicken or tuna fish (10 oz)
- 1 cup plain yogurt, low-fat
- 2 apples
- 1 cup shredded carrots
- whole wheat crackers

### Directions

1. Open and drain canned chicken or tuna.
2. Wash and cut apples into small pieces.
3. Put chicken or tuna, carrots, apples and yogurt into a bowl.
4. Mix well.
5. Serve the salad with whole wheat crackers. 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.



Nutritious meals can be prepared in many ways. Follow the QR code to find easy recipes with ingredients you might already have in your kitchen.



En segundo grado, la mayoría de los niños están listos para ayudarle a leer la receta.

Queridas familias,

Hoy, su estudiante investigó cómo comer alimentos de los cinco grupos de MiPlato le ayudará a desarrollar un cuerpo fuerte y saludable. Su estudiante probó la ensalada de pollo de MiPlato en clase (la receta se encuentra a continuación). Cada mes su estudiante llevará a casa una nueva receta del Programa de Bienestar Escolar (School Wellness Program). Los animamos a utilizar lo que ya tienen en casa para preparar las recetas en familia.

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](http://www.choosemyplate.gov) para obtener más información.



Escaneé este código QR para ver cómo hacer una merienda similar a la que hicimos en clase.

## Ensalada de pollo MiPlato

Rinde: 8 - 10 porción porciones

Costo Total: \$9.50 - 10.50

### Ingredientes

- 2 latas de pollo o atún (de 5 oz)
- 1 taza de yogurt bajo en grasa
- 2 manzanas
- 1 taza de zanahoria rallada
- galletas integrales

### Instrucciones

1. Abrir y escurrir las latas de pollo o atún.
2. Lavar y cortar las manzanas en trozos pequeños
3. Poner el pollo o atún, las zanahorias, manzanas y el yogur en un tazón.
4. Mezclar bien.
5. Servir la ensalada con galletas integrales. ¡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.



Las comidas nutritivas se pueden preparar de muchas maneras. Escaneé el código QR para encontrar recetas fáciles con ingredientes que quizás ya tenga en su cocina.