

MyPlate: Cut and Paste (4th Grade)



NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- taste** a “MyPlate” salad recipe.
- express ways** they can **choose to be healthy every day**.
- explain** the **health benefits** of eating foods from all the food groups.
- identify** that MyPlate has 5 food groups and that different foods fit in the different groups.

MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<p><u>In Kitchen Bin</u></p> <ul style="list-style-type: none"> - can opener - 1 medium bowl - 1 mixing spoon - measuring cups - cutting board - chef knife (teacher only) <p><u>In Paper Goods Bin</u></p> <ul style="list-style-type: none"> - small paper plates* - plastic forks* 	<ul style="list-style-type: none"> - text “MyPlate” - activity sheets* - glue* - scissors* - napkins* 	<ul style="list-style-type: none"> - MyPlate poster - newspaper grocery flyers* - shredded carrots (10 oz.) - plain yogurt, low-fat (8 oz.) - 2 apples - 2 cans chicken (10-12 oz.) - wheat crackers (4-6 per student) - family letter/recipe copies*

*one per student

Reinforcing Colorado Comprehensive Health Standards

Fourth Grade, Standard 2. Physical and Personal Wellness.1. Apply knowledge and skills to engage in lifelong healthy eating. 2. Describe the connection between food intake and physical health.

Fourth Grade, Standard 2. Physical and Personal Wellness.3. Apply knowledge and skills related to health promotion, disease prevention and health maintenance.

While INEP nutrition lessons focus on the Colorado Comprehensive Health Standards, you will find you may utilize lessons to reinforce mathematics, physical education, reading, writing & communicating, science & social studies standards for your class.

SET-UP

Copies:

- Make copies of the blank **MyPlate** sheet at end of lesson (each student) for cut and paste activity. **Note:** The food group names are replaced with what the group does for the body.
- Plan to display text “Why Follow MyPlate?” to read together with class.
- (Optional) Make copies of “What is Variety?” activity sheet (each student).
- **Note:** Look over all activity sheets and pick which are best for your students.

Work area:

- Students will either work at their individual desks or in pairs.
- Have nutrition table ready for lesson ingredients and materials.

Food-prep:

- Open and drain canned chicken.
- Wash and cut apples into small pieces.
- Have ingredients (chicken, shredded carrots, apples and yogurt) ready to mix.
- Have medium bowl and mixing spoon ready to use.
- Have whole wheat crackers, small paper plates, plastic forks, and napkins ready to pass out to students in each group.

Other-prep:

- Have grocery flyers, scissors, and glue ready to pass out to students.
- Hang MyPlate poster on the board.

INTRODUCTION WITH STUDENTS



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=knee highs
- ♥ Grains group=jump on one foot
- ♥ Dairy group=jumping jacks

Now that our minds are ready to go, let's get started on our nutrition lesson.

- Tell students that they are going to learn about MyPlate.
- Show the MyPlate poster to students and ask them what they know about it.
- Display the text "Why Follow MyPlate?" or pass out copy to each student and read together as a class.
- **Refer to the Key Behavior on the board and tell students that our bodies need a variety of foods from all food groups. Explain that we also need to eat fruits and vegetables regularly. "Making half our plate fruits and vegetables" helps us get the fruits and vegetables our bodies need.**
- Tell students that today they are going to do a MyPlate cut and paste activity and make a healthy snack using one food item from each food group.
- To make the lesson more challenging, remove MyPlate from the board during the activity.

PROCESS

- Step 1: Pass out the **MyPlate** sheet, food flyers, scissors, and glue to each student.
- Step 2: Show students a grocery flyer. Explain that they need to find food pictures in the flyers that fit into each food group in MyPlate.
- Step 3: Remind them that foods such as candy, soda pop, sugar, and butter are not pictured in MyPlate because they are not a necessary part of a daily healthy diet. Have them focus on cutting out healthy foods that belong in the five food groups.
- Step 4: Demonstrate how to do the activity.
- ✓ Locate a food in the flyer and ask where the food fits in the activity sheet, for example, a carton of milk would go in the bone-building or dairy group.
 - ✓ Cut out the food picture and glue it where it belongs in the activity sheet.
 - ✓ For uncertain food items, see list of food items at the end of the lesson.
 - ✓ Students can cut out parts of combination foods such as the crust of a picture of pizza and glue it in the grain group or a can of chicken soup and put it in the protein group.
 - ✓ Remind students that they need to look for different kinds of foods for each food group. Emphasize variety!
 - ✓ Have students cut the foods into small pieces so they fit in the food groups.
 - ✓ If there is time have some students share their MyPlate sheets.
- Step 6: After activity students and teacher wash hands.

- Step 7: Go over the ingredients for the chicken salad with students. Ask students where each ingredient fits on MyPlate. Ask them to tell you why this is a healthy salad. It has a variety of healthy foods, one from each food group.
- Step 8: Demonstrate how to make the salad. Ask for volunteers to help.
- Step 9: Serve a small amount of the salad (about 1-2 tablespoons) onto small paper plates and pass out to students along with whole wheat crackers, plastic spoons, and napkins.
- Tip:** Serving a small amount of a new food is less overwhelming for students. Encourage them to try but also give them the option to say “no thank you” if they are not ready to try.
- Step 10: **Let’s Eat, Let’s Talk.** While students are eating ask them what they learned. Help students organize their thoughts on how they can eat a variety of healthy fruits and vegetables every day. Ask and discuss the questions in the box **Make Health Happen.**
- Step 11: Optional: Pass out the “What is Variety” activity sheet and go over with students. Help them think of ways to remember and list what they ate yesterday. For example, have them start with dinner and work backward. Another option is to do this activity as a whole group using your own diet as an example and have students take the activity sheet home for homework.
- Step 12: Remind students to take their recipes home to share with their families.

Make Health Happen

What does eating a variety of healthy foods every day mean to you?

How can you make half your plate fruits and vegetables?

What foods will you choose today in the lunchroom and at home to make sure you are getting enough fruits and vegetables?

BACKGROUND INFORMATION

- It is important to establish healthy eating habits during childhood years since these habits may carry into adulthood. The “MyPlate” Food Guidance System is a graphic symbol developed by the United States Department of Agriculture and the United States Department of Health and Human Services to help consumers implement the 2020-2025 Dietary Guidelines for Americans. MyPlate emphasizes the need for a more individualized approach to improving diet and lifestyle.
- The Dietary Guidelines include several important key recommendations to encourage consumers to follow a healthy eating pattern at an appropriate age and calorie level. The focus should be on nutrient density, variety and amount. Calories from added sugars and solid fats need to be limited, along with a reduction in sodium intake. Cultural and personal preferences are important when making shifts to healthier food and beverage choices. Finally, everyone has a role in helping to create and support a healthy eating pattern. To receive on-line personalized recommendations on the kinds and amounts of food to eat each day, go to ChooseMyPlate.gov.
- Healthy eating pattern includes a variety of vegetables (dark green, red, orange, and legumes), fruit (with a focus on whole fruit), grains (at least half should be whole grains), fat-free or low-fat dairy, variety of protein foods (seafood, lean meats, legumes, nuts, and soy products). We need to limit saturated and Trans fats, added sugars, and sodium.
- In this lesson, your students will learn that there are five major food groups and what foods go in each of the groups. All the food groups work together to provide the essential nutrients our bodies need to grow and function properly. Since no one group or food can provide all the nutrients our bodies need, it is important to eat foods from each group and eat a variety of foods within each group.
- **Food Groups:** The orange section of MyPlate represents the **Grain Group**. Foods that are made from grains such as wheat, rice, oats, cornmeal and barley belong in this group. For example, bread, pasta, oatmeal, breakfast cereals, tortillas, and grits all belong in the grain group. This group provides complex carbohydrates (giving us energy), fiber, vitamins (especially B vitamins) and minerals. It is highly recommended to eat 100% whole grains from this group rather than refined grains. Look for the word “whole” in the first ingredient on food labels. We recommend, *“Whole wheat is great to eat”*
- The **Vegetable Group** of MyPlate is green and the **Fruit Group** is red. The Vegetable and Fruit Groups provide important vitamins (such as vitamin A, C and folate), minerals (such as potassium, magnesium, iron) and fiber. In addition, phytochemicals from fruits and vegetables can help reduce the risk of cancer, heart disease and other chronic diseases. Try to make half your plate fruits and vegetables to increase fiber and a variety of nutrients in your diet. We recommend, *“Vary your veggies”* and *“Focus on whole fruit”*.

- The **Protein Group** is purple and includes poultry, fish, dry beans, eggs, nuts and seeds. It is called the protein group due to the high protein content of the food items in this group. Protein not only rebuilds cells in organs, muscles, tendons, ligaments, hair and nails, but it also contributes to the formation of enzymes, antibodies and hormones. Increase the amount and variety of fish and seafood in place of some meat and poultry. We recommend, "*Vary your protein routine*", which refers to primarily selecting a wide variety of protein foods to include lower fat meats, eggs, fish, beans, legumes, nuts, and seeds.
- The **Dairy Group** includes fat-free and 1% milk, cheese, soy milk and other dairy products. In addition to having lots of calcium, milk and dairy products provide other essential nutrients, all necessary for good teeth and bone health and development. These include phosphorus, magnesium, potassium, B-complex vitamins, protein, and added Vitamin A and D in milk. The Dietary Guidelines (2015-2020) recommends that children aged 4-8 years consume 2 ½ cups of dairy foods per day, and children aged 9-18 years consume 3 cups daily. We recommend, "*To keep your bones strong, calcium can't be wrong!*"
- **Oils:** Oils include fats that are liquid at room temperature and are obtained from many different plants, such as canola, corn, olive, soybean and sunflowers, and oils from fish. Some foods are naturally high in oils, like nuts, olives, fish like salmon and tuna, and avocados. Other foods made using oil include mayonnaise, salad dressings, and soft margarine. Use oils sparingly and to replace solid fats, like butter or lard, where possible.
- **Salt:** Most Americans consume too much salt. Most comes from salt added during food production and processing. Reduce daily sodium intake to less than 2,300mg and further reduce intake to 1,500mg for persons with hypertension, pre-hypertension, or chronic kidney disease. Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower sodium.
- **Added Sugars:** Added sugars include sugars that are added to foods and beverages to sweeten it, and usually only contribute calories without any essential nutrients. Naturally occurring sugars in fruits or milk are not added sugars. Added sugars should be limited to less than 10% of total calories per day. Drink water instead of sugar-sweetened beverages.
- **Physical Activity:** Regular physical activity can produce long term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits. Youth ages 6 to 17 years need at least 60 minutes of activity per day including aerobic, muscle and bone strengthening activities. Adults should aim for at least 150 minutes of moderate intensity physical activity per week and perform muscle strengthening exercises at least 2 days per week.

Why Follow MyPlate?

MyPlate is a guideline of what to eat every day. It is a reminder to make healthy food choices and be active every day. There are five food groups on MyPlate. We need to eat food from each group to stay healthy.

“Make half your plate fruits and vegetables.” Two important food groups on MyPlate are vegetables and fruits. These foods provide **vitamins** and **minerals**, which do many jobs. They keep our eyesight and skin healthy, help to heal cuts and bruises, and help us to fight sickness and disease. We need to eat fruits and vegetables every day and at every meal and don't forget snacks. Can you name some of your favorite fruits and vegetables?

“Whole wheat is great to eat.” Another group on MyPlate is the grains group. Grains give us the **energy** we need to run, play, read, write, think, breathe and even sleep. We need to make half our grains whole. That means that we should eat whole grain foods such as, brown or whole wheat breads, oatmeal and brown rice.

“Keep your bones strong, calcium can't be wrong.” Foods from the dairy group provide **calcium**, which builds strong bones and healthy teeth. We need to drink 3 cups of milk or eat 3 cups of foods from the dairy group every day for stronger bones and healthier bodies. Some foods from the dairy group are high in fat. When choosing dairy foods it is important to choose low-fat. Skim or 1% milk is a good choice.

“Go lean with protein.” The protein group includes meat, fish, dry beans, eggs, seeds, and nuts. These foods provide **protein** which help build strong muscles.

Some foods, such as soda pop, sports drinks, sugar, candy, chips, cookies and butter, are not pictured on MyPlate because they are not a necessary part of a daily healthy diet. These are foods that we should not eat or drink every day.

Remember to eat a variety of healthy foods from all of the food groups to help keep your body growing strong and healthy.

¿Porqué seguir MiPlato?

MiPlato es una guía de lo que debes comer cada día. Esto es para que recordemos elegir alimentos saludables y estar activos todos los días. Hay cinco grupos de alimentos en MiPlato. Necesitamos comer alimentos de cada grupo de comidas para mantener nuestra salud.

“Haz que la mitad de tu plato sea frutas y verduras.” Los primeros grupos de MiPlato son las Verduras (verde) y las Frutas (rojo). Estos alimentos proveen las **vitaminas** y los **minerales**, los cuales realizan varios trabajos. Mantienen nuestra vista y piel saludables, nos ayudan a sanar heridas y moretones, y nos ayudan a luchar contra las enfermedades. Tenemos que comer frutas y verduras todos los días y en cada comida y no te olvides de comerlas como merienda. ¿Puedes nombrar algunas de tus frutas y verduras favoritas?

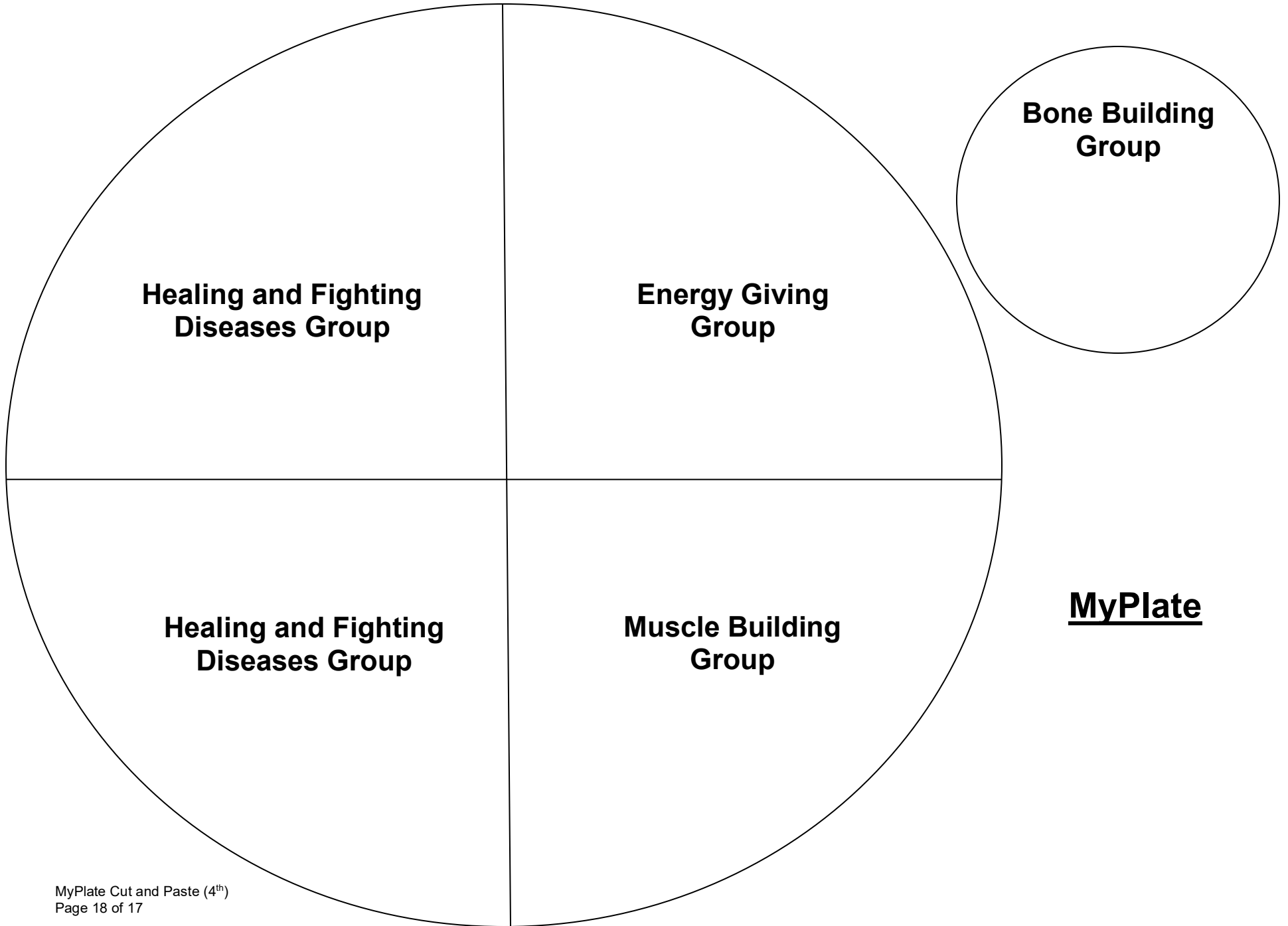
“Granos integrales son fabulosos de comer.” Un otro grupo es el grupo de los Granos (anaranjado). Los granos nos dan la **energía** que necesitamos para correr, jugar, leer, escribir, pensar, respirar y hasta dormir. Necesitamos que por lo menos la mitad de los granos que consumimos sean granos enteros. Eso significa que debemos comer alimentos integrales, tales como panes de trigo de integral o grano entero, avena y arroz integral.

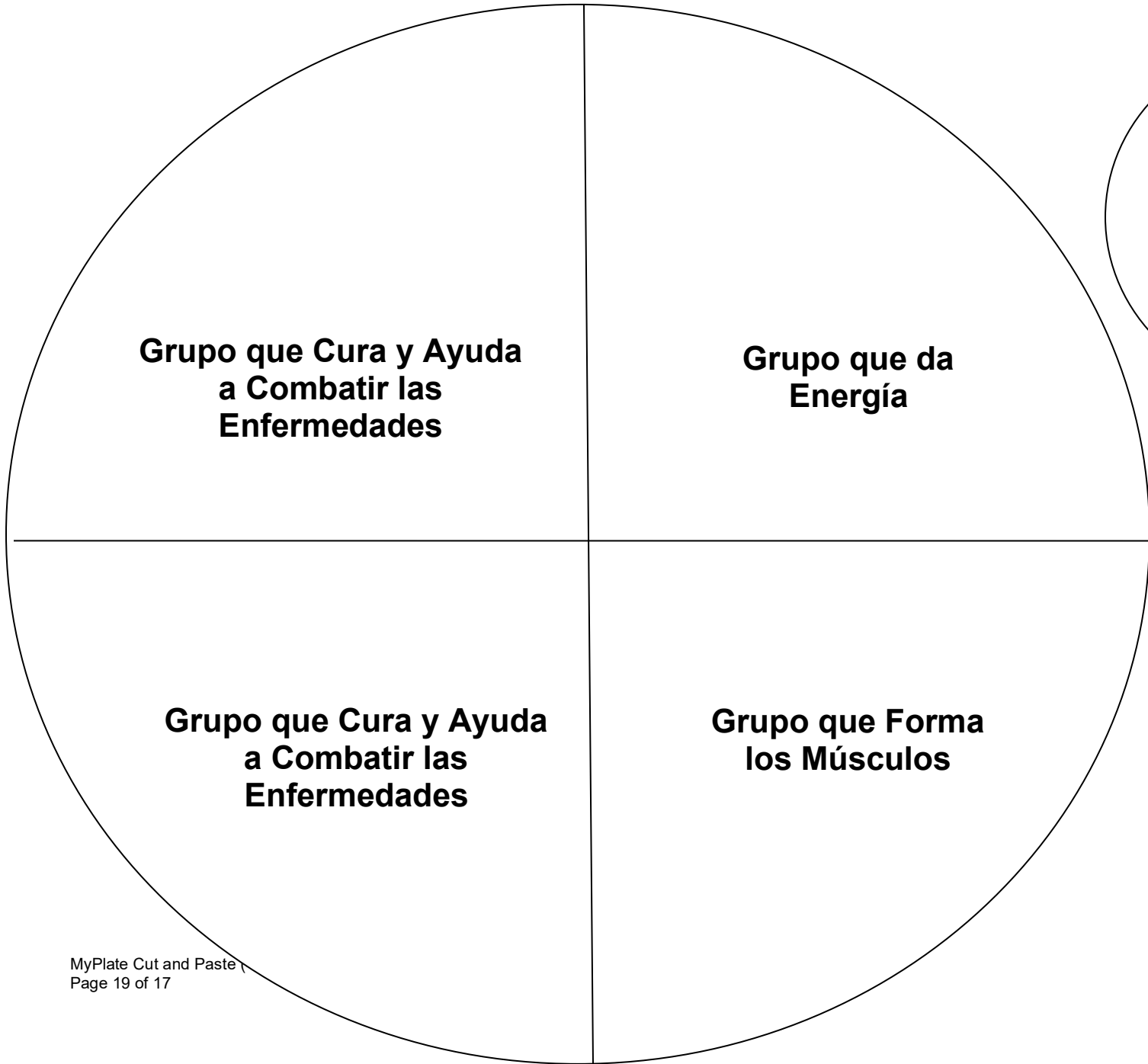
“Manten tus huesos Fuertes, con el calcio no te va a ir mal.” Los alimentos del grupo de los lácteos aportan calcio, que fortalece los huesos y mantiene los dientes sanos. Tenemos que tomar 3 tazas de leche o comer 3 tazas de alimentos del grupo lácteo todos los días para tener huesos más fuertes y órganos más sanos. Algunos alimentos del grupo de lácteos son ricos en grasa. Al elegir los alimentos lácteos, es importante elegir con poca grasa. Leche descremada o con 1% de grasa es una buena opción.

“Anda sin grasas con las proteínas.” El grupo de las proteínas incluyen carne, pescado, frijoles secos, huevos, semillas y nueces. Estos alimentos aportan proteínas que ayudan a construir músculos fuertes.

Algunos alimentos, como las gaseosas, bebidas deportivas, el azúcar, caramelos, papas fritas, las galletas y la mantequilla, no están representados en MiPlato porque no son parte necesaria de una dieta diaria saludable. Estos son alimentos que no debes comer o beber todos los días.

Recuerda comer una variedad de alimentos saludables de cada grupo de alimentos, para ayudar a mantener tu cuerpo cada vez más fuerte y saludable.



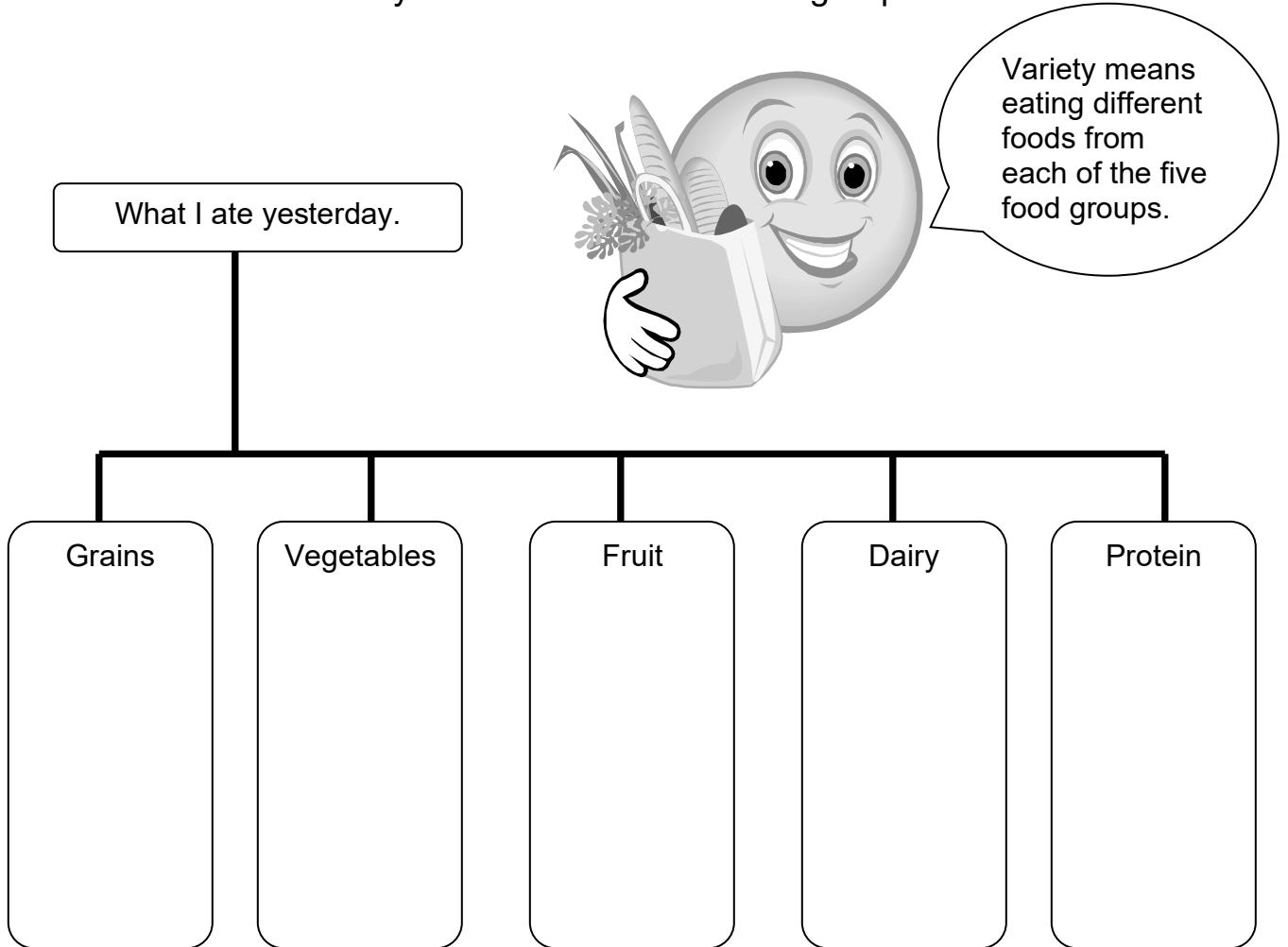


MiPlato

What is Variety?

Name: _____ Date: _____

Think back to yesterday and try to remember all the foods you ate. Write each of the different foods you ate in the correct food group box.



What I ate yesterday.

Grains

Vegetables

Fruit

Dairy

Protein

Variety means eating different foods from each of the five food groups.

How many different foods did you eat? _____

How many different foods did you eat from each food group?

Grains ____ Vegetables ____ Fruit ____ Dairy ____ Protein ____

What food group was missing from your diet yesterday? _____

Did you eat a variety of foods yesterday? _____ Explain your answer.

¿Que es la variedad?

Nombre: _____ Fecha: _____

Acuérdate de lo que hiciste ayer, y trata de acordarte de todos los alimentos que comiste. Escribe todos los diferentes alimentos que comiste y ponlos en las cajas correctas de cada grupo de alimentos.

¿Que comí ayer?

Granos Integrales

Verduras

Frutas

Lácteos

Proteínas

Variedad significa comer diferentes alimentos de los cinco grupos de alimentos.

¿Cuántos alimentos diferentes comiste? _____

¿Cuántos alimentos diferentes comiste de cada grupo de alimentos?

Granos ____ Verduras ____ Frutas ____ Lácteos ____ Proteínas ____

¿Qué fue lo que no comiste en tu dieta ayer? _____

¿Comiste una variedad de alimentos ayer? _____ Explica tu respuesta.

Possible food pictures that you will find in the flyers. (Teacher Only)

GRAIN 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

VEGETABLE 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

FRUIT GROUP

apple
applesauce
banana
cantaloupe
fruit cocktail
grapefruit
grapes
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
navy beans
refried beans
tofu
sunflower seeds
peanuts
peanut butter

MILK/DAIRY GROUP

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

OILS

French dressing
Italian dressing
mayonnaise
vegetable oils
margarine

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



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

Dear Families,

Today, your student explored how eating foods from all five groups of MyPlate will help them grow into a strong, healthy body. Your student ate and 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 recipe with the whole 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 for more information.



By fourth grade, many kids can help you read the recipe and open the can of chicken or tuna.

MyPlate Chicken Salad

Makes About: 8 - 10 servings Total Recipe Cost: \$9.50 - \$10.50

Ingredients

- 2 (5 oz) cans chicken or tuna fish
- 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.



Snacks are an easy way to help your student get the nutrients they need to grow and develop. Snacks can be simple. You can try fresh fruit like pears, apples, and grapes which require no food prep but are tasty, in season, and packed with vitamins and minerals.



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

Queridas familias,

Hoy, su estudiante exploró 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 tengan 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 para obtener más información.



En cuarto grado, algunos niños pueden ayudarle a leer la receta y abrir una lata de pollo o atún.

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

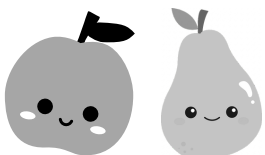
Instrucciones

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 yogurt 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 meriendas son una manera fácil de ayudar a su estudiante a obtener los nutrientes que necesita para crecer y desarrollarse. Las meriendas pueden ser simples. Puede probar frutas frescas como peras, manzanas y uvas que no requieren preparación, pero son sabrosas, de temporada y están llenas de vitaminas y minerales.