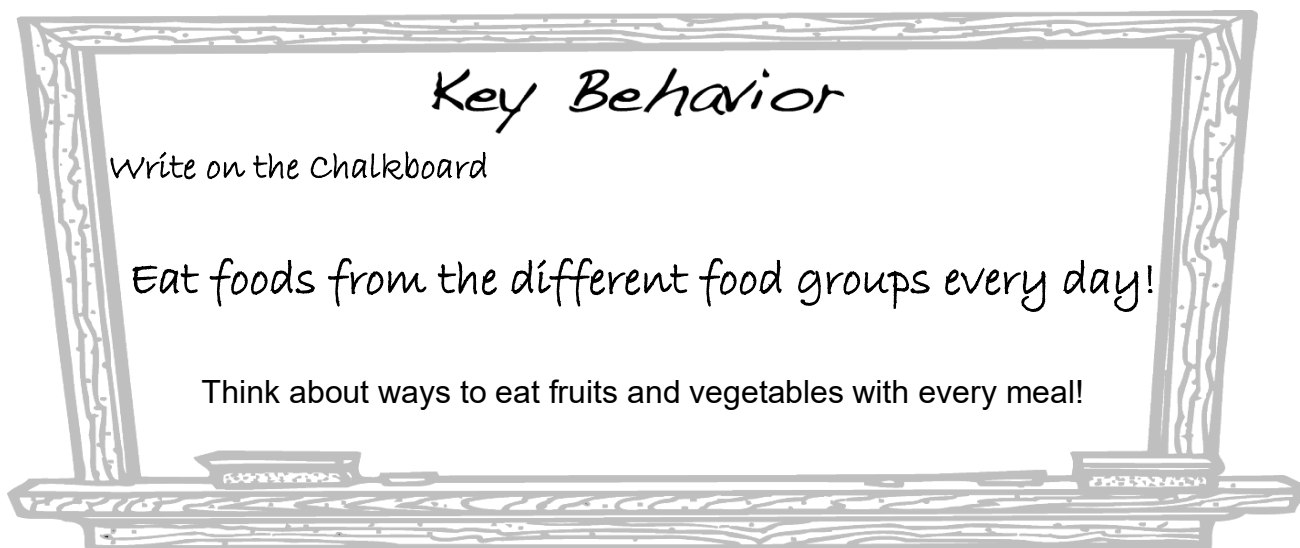


MyPlate Sort (2nd Grade)



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
<u>In Kitchen Bin</u> <ul style="list-style-type: none"> - can opener - 1 medium bowl - 1 mixing spoon - cutting board - chef knife (teacher only) 	<ul style="list-style-type: none"> - activity sheet copies* - MyPlate picture sheet (8 copies) - napkins* 	<ul style="list-style-type: none"> - MyPlate Poster - 8 sets of food pictures (15 pictures per set) (3 foods for each food group) - 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*
<u>In Paper Goods Bin</u> <ul style="list-style-type: none"> - small paper plates* - plastic forks* - 		

*one per student

Reinforcing Colorado Comprehensive Health Standards

Second Grade, Standard 2. Physical and Personal Wellness. 1. Apply knowledge and skills to engage in lifelong healthy eating. 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 activity sheet (each student). Make 8 copies of the MyPlate picture sheet. **Note:** Make copies of “What Does My Plate Teach Us?” or plan to display to class on overhead.

Work area:

- Students will work in eight groups (or fewer). Clear enough space on the floor or desks for students to sort the food pictures into the five food groups.
- 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:

- Display the MyPlate poster on the board.
- Have text “What does MyPlate teach us?” ready for shared reading.
- Have MyPlate picture sheets and food pictures ready to pass out to each group.

INTRODUCTION WITH STUDENTS

Let's Wake Up Our Brains! Brain Break 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.

- Ask students to tell you what food does for our bodies and why we need it. Write a list on the board.
- Tell students that we have a picture that shows us what foods our body needs to grow and be strong and healthy. It's called MyPlate. The MyPlate picture shows you an example of what your plate should look like when you eat.
- Show students the MyPlate poster. *Point out that the Fruit and Vegetable group are together and make up half your plate!*
- Display "What does MyPlate teach us?" and read it together with students.
- Have students name some of the different foods that go in each food group.
 - ✓ **Grains Group:** bread, tortillas, rice, cereal, noodles, oatmeal, pancakes, popcorn, muffins
 - ✓ **Vegetable Group:** corn, lettuce, tomatoes, bell peppers, cucumbers, carrots, peas, spinach, cabbage, onion, celery
 - ✓ **Fruit Group:** apples, oranges, bananas, strawberries, grapes, watermelon, pears, mango, papaya, blueberries, grapefruit
 - ✓ **Protein Group:** eggs, meat, fish, nuts, beans
 - ✓ **Dairy Group:** milk, cheese, yogurt, tofu
- If students ask where food items such as candy and soda fit in MyPlate, explain that MyPlate shows foods that fit into a healthy diet and that should be eaten every day. Candy and sodas aren't necessary for a daily healthy diet. **Tip:** Refer to the **Food Group Information Sheet** at the end of the lesson for information on which foods belong in which food groups.
- **Refer to the Key Behavior on the board and tell students that a healthy goal is to try to eat foods from the different food groups and to eat fruits and vegetables when they can with every meal.**
- Explain to students that they are going to do a sorting game and then they will eat a healthy snack with a food from each food group.

PROCESS

- Step 1: Divide the class into eight groups (or fewer). Pass a set of food pictures to each group, along with a MyPlate picture sheet. Allow students to spend 3-5 minutes exploring the pictures. Help them to identify any foods that are unfamiliar to them.
- Step 2: Have students sort their food pictures into the different food groups on the MyPlate picture sheet.
- Step 3: After students have finished sorting, check each group to make sure they sorted correctly. **Note:** Refer to the list of food items at the end of this lesson. Then have the students put the pictures back in their bags.
- Step 4: Switch food pictures between groups and have students sort a different set of pictures.

- Step 5: When finished with activity have students wash their hands with soap and warm water.
- Step 6: Tell students that you are going to make a healthy snack called MyPlate Chicken Salad, using food items from the five food groups. Go over the ingredients and ask students where each ingredient in the salad fits in MyPlate. Ask students to read the directions and ask for volunteers to help make the salad.
- Step 7: 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 8: **Let’s Eat, Let’s Talk.** While students are eating ask them what they learned, by having them explain ways they can choose to be healthy. Ask and discuss the questions in the box **Make Health Happen!**
- Step 9: Pass out the activity sheet and go over with students.
- Step 10: Remind students to take their recipes and activity sheets home so they can shop for the ingredients and make the salad at home to share with their families.

Make Health Happen

☒

What makes some foods healthy and other foods unhealthy?

☒

What might happen to your body if you only ate food from one food group?

☒

How can you make half your plate 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”*.

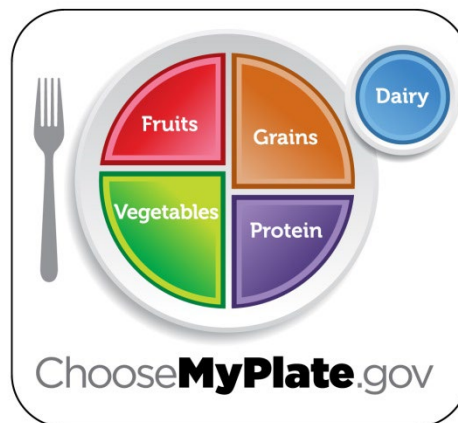
- The **Protein Group** is purple and includes poultry, fish, dry beans, eggs, nuts and seeds. It is called the protein group due to the high protein content of the food items in this group. Protein not only rebuilds cells in organs, muscles, tendons, ligaments, hair and nails, but it also contributes 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.

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

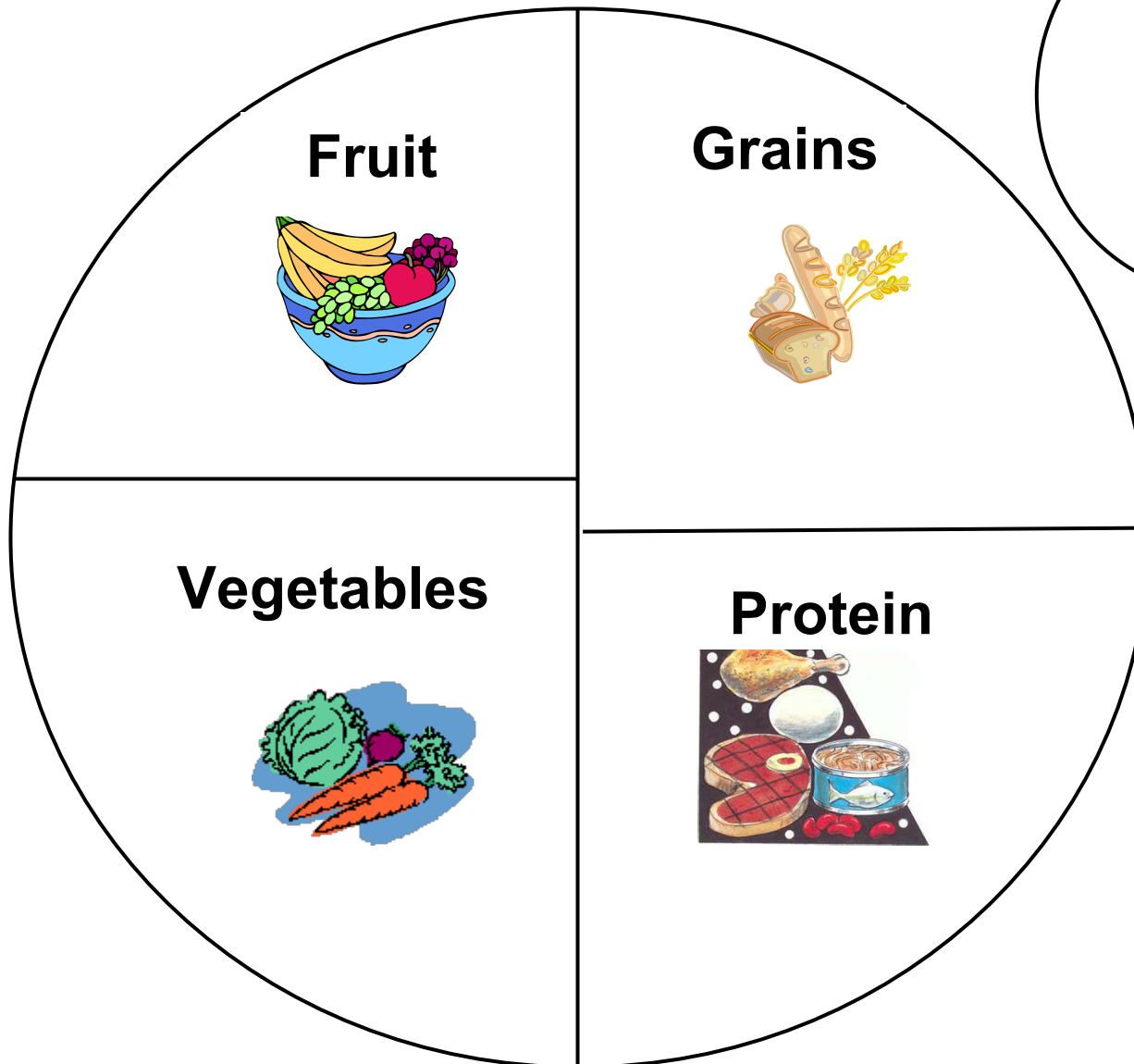
Verduras: alimentos como zanahorias, maíz y pepinos

Granos: alimentos como pan, arroz, cereales y fideos

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

Lácteos: alimentos como leche, queso y yogur

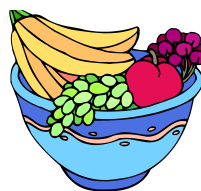
MyPlate



Dairy

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. _____

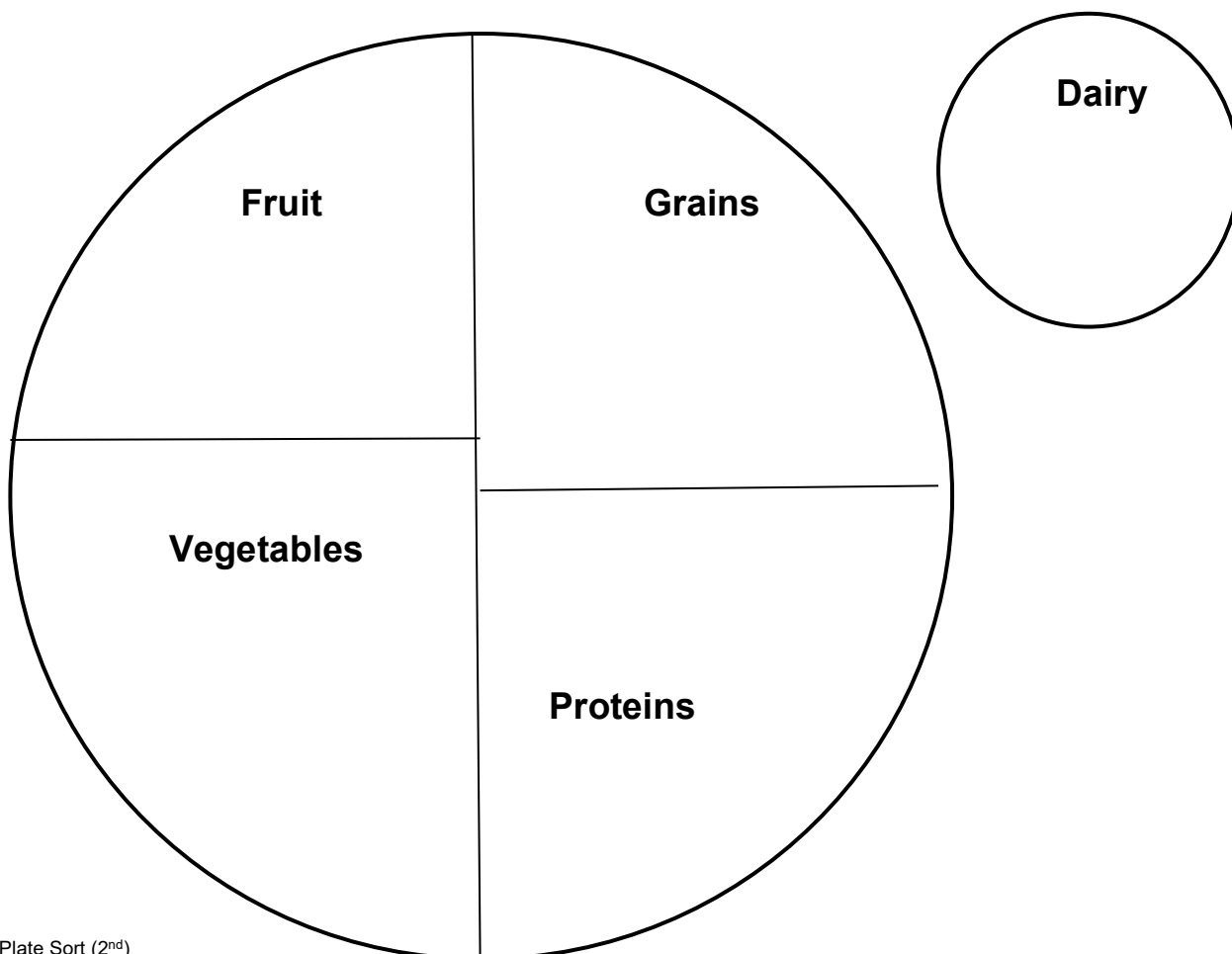
4. _____

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. _____

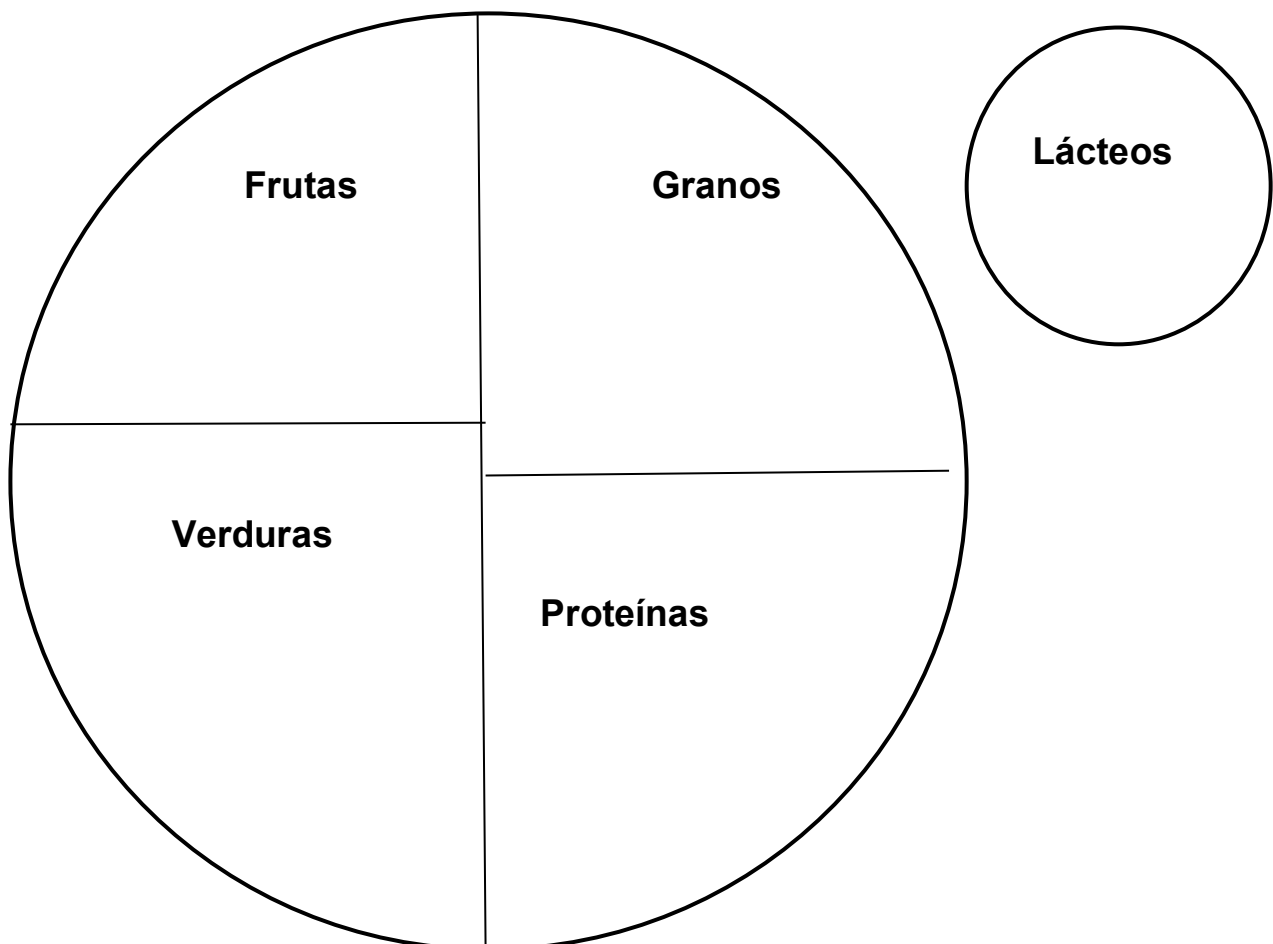
4. _____

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.



Food Group Information Sheet

(NOT FOR COPY PURPOSES, 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

DAIRY GROUP

American cheese
cheddar cheese
cottage cheese
low-fat cottage cheese
1% low-fat milk
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
milkshake
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

Family Letter: November



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 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.

Carta Familiar:

Noviembre



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 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

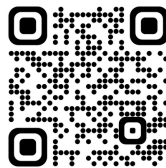
Costo Total: \$9.50 - 10.50

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.