

MyPlate Bingo (3rd 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 - 2 medium bowls - 1 mixing spoon - chef knife (teacher only) - cutting board (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"> - MyPlate poster - family letter/recipe copies* - bingo sheet copies* - activity sheet copies (one for every two students) - napkins* 	<ul style="list-style-type: none"> - 1 bag of 30 food pictures (variety of food pictures from each of the 5 food groups) - romaine lettuce, cut, pre-washed, bagged - seedless grapes (1 lb.) - yogurt plain low-fat (8 oz.) - 2 – cans chicken (12 oz.) - 6” whole wheat tortilla (fajita style)(1/2 per student)

*one per student

SET-UP

Copies:

- Make copies of recipe “MyPlate Chicken Salad Wrap” (each student), bingo sheet (each student) and activity sheet (one for every two students).

Work area:

- Students will work individually at their desks during bingo game.
- Students will work in pairs to answer activity sheet.
- Have nutrition table ready for lesson ingredients and materials.

Food-prep:

- Open and drain canned chicken.
- Wash grapes and cut them in half.
- Have salad ingredients (chicken, grapes, and yogurt) ready to mix together.
- Have remaining bowl and mixing spoon ready to use.
- Cut tortillas into pieces for students depending on size delivered. **Important:** Large tortillas should be cut into 4th or 6ths, and small ones halved or quartered. If the tortillas are too big, they can overwhelm the taste of the salad.
- Have tortillas, lettuce, paper plates, plastic forks, and napkins ready for eating snack.

Other-prep:

- Display the MyPlate poster on the board.
- Have food pictures ready to use.
- **Important:** The *MyPlate Bingo Game* is not a standard bingo game. Read over the instructions to familiarize yourself on how to play. The instructions are located in the body of the lesson. The bingo sheet is at the end of the lesson.

INTRODUCTION WITH STUDENTS

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



My Plate Move- Repeat to get your heart going!

Do the MyPlate move! 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.
- Show students the MyPlate poster. Tell students that all of the healthy foods are divided into food groups. Go over each of the groups with the students and the foods that go in each group.

- ✓ **Grains Group:** Foods from this group give our bodies energy.
(bread, tortillas, rice, cereal, noodles, oatmeal, popcorn, crackers)
 - ✓ **Vegetable Group:** Foods from this group have important vitamins.
(lettuce, tomatoes, bell peppers, cucumbers, carrots, spinach)
 - ✓ **Fruit Group:** Foods from this group have important vitamins.
(apples, oranges, bananas, strawberries, watermelon, blueberries, pears)
 - ✓ **Protein Group:** Foods from this group are good for our muscles.
(eggs, meat, fish, nuts, beans)
 - ✓ **Dairy Group:** Foods from this group are good for our bones.
(milk, cheese, yogurt, soy milk, 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 they have the power to choose to be healthy by eating fruits and vegetables every day. Remind them that they can make their plate look like MyPlate everyday by filling half of their plate with fruits and vegetables and then eating them!**
 - Explain to students that they are going to play a MyPlate bingo game and then they will eat a healthy snack with a food from each food group.

PROCESS

- Step 1: Explain to students how to play the bingo game.
- 1) Pass out a bingo sheet to each student. Go over the different food groups written on the sheet.
 - 2) Pull out a food card picture from the bag. Have a student name the food and what group it belongs in (for example, a picture of yogurt belongs in the dairy group).
 - 3) Following the above example have students write the word "yogurt" in one of the squares that says "DAIRY". **Note:** Even though all students have the same bingo sheet, they will have different results since there is more than one "DAIRY" box and each student may choose a different box to write "yogurt" in.
 - 4) Tell students that they can win a game by being the first to make a line **across, down** or **diagonally**. Make sure you keep track of the food pictures you have used so you can check the winner's boxes. **Note:** Take down the MyPlate poster to make the game more challenging.
 - 5) Tell students that the winners can be snack helpers. Play enough games to get several helpers.
- Step 2: After playing have students wash their hands with soap and warm water.

- Step 3: Go over the “MyPlate Chicken Salad Wrap” recipe together as a class. Ask students where each ingredient in the salad fits on MyPlate. Point out that they will be eating their wrap with a whole wheat tortilla. Whole wheat tortillas are very good for their bodies and are healthier than white tortillas.
- Step 4: **Teacher Demo:** Demonstrate how to make the wrap by putting a piece of lettuce on the tortilla, adding a tablespoon of chicken salad, and rolling the tortilla.
- Step 5: Pass snack out to students. **Tip:** When serving a new food to students it is best to start with a small taste. Kids can become overwhelmed with large portions of food.
- Step 6: **Let’s Eat, Let’s Talk.** While students are eating ask them what they learned. Help students organize their thoughts on how they can choose to be healthy. Ask and discuss the questions in the box **Make Health Happen!**
- Step 7: Pass out the activity sheets. Have students work in pairs.
- Step 8: Remind students to take their recipe home so they can share the healthy chicken salad wrap with their families.

Make Health Happen

What makes some foods healthy and other foods unhealthy?

What does making half your plate fruits and vegetables mean to you?

How can you choose to be healthy every day?

REINFORCING STANDARDS

Comprehensive Health

- **GR.3-S.2-GLE.1** Demonstrate the ability to make and communicate appropriate food choices.

Reading, Writing and Communicating

- **GR.3-S.1-GLE.1** Oral communication is used both informally and formally.
- **GR.3-S.1-GLE.2** Successful group activities need the cooperation of everyone.

- **GR.3-S.2-GLE.2** Comprehension strategies are necessary when reading informational or persuasive text.
- **GR.3-S.2-GLE.3** Increasing word understanding, word use, and word relationships increases vocabulary.

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 2015-2020 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, *"Make at least half your grains whole grains"*.

- 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 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, "*Go lean with protein*", which refers to primarily selecting lower fat choices from this group like turkey or beans.
- The **Dairy Group** includes fat-free and 1% milk, cheese, soy milk, tofu, 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.

Dear Family,

Today I learned that eating foods from each food group is good for my growing body. Our class ate this MyPlate Chicken Salad. I'm going to bring home recipes from nutrition classes this year. Let's try them together!

Parent Tip: Help your kids feel powerful by supporting them to make healthy choices. Set an example for your kids! Eat healthy food for yourself. MyPlate teaches us how to make healthy food choices. Visit www.choosemyplate.gov for more information.

MyPlate Chicken Salad Wrap

Makes: 6-8 servings

Total Cost: \$9.68

Serving Cost: \$1.62

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. 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.
7. Eat and enjoy!



Nutrition Facts	
Serving Size 1 Cup (182g)	
Servings Per Container 6	
Amount Per Serving	
Calories 210	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 290mg	12%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 28g	
Vitamin A 4%	• Vitamin C 10%
Calcium 8%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Make half your plate fruits and vegetables!
Eat healthy foods from all of the food groups every day.

Querida Familia,

Hoy aprendí que comer alimentos de cada grupo alimenticio es bueno para mi cuerpo en desarrollo. Nuestra clase comió esta ensalada de pollo de *MiPlato*. Este año voy a traer recetas a casa de las clases de nutrición. ¡Probémoslas juntos!!

Consejo para padres: Ayude a su hijo a sentirse poderoso apoyándolo a tomar decisiones saludables. *MiPlato* enseña cómo elegir comidas saludables. Visita www.choosemyplate.gov para más información.

Ensalada Envuelta de Pollo *MiPlato*

Rinde: 6-8 porciones

Costo Total: \$9.68

Costo por Porción: \$1.62

Ingredientes

2 latas de pollo o atún (10 oz.)

1 taza de yogurt bajo en grasa

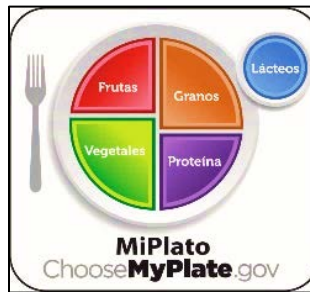
2 tazas de uvas rojas

Lechuga romana

Tortillas integrales de granos enteros

Instrucciones

1. Abrir y escurrir la lata de pollo o atún.
2. 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.
7. ¡A comer y disfrutar!



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Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 290mg	12%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 28g	
Vitamin A 4%	Vitamin C 10%
Calcium 8%	Iron 8%
*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
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Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

¡Haz que la mitad de tu plato sea de frutas y verduras!
¡Come alimentos saludables de todos los grupos alimenticios todos los días!

MyPlate

Name: _____ Date: _____

Read the passage in the box below and answer the questions.

MyPlate helps you choose what to eat each day for good health. There are five food groups. It tells us to eat a variety of healthy foods every day. We should remember to make half our plate fruits and vegetables and to be active to keep our bodies feeling good and healthy.

1) Circle the right answer. MyPlate:

- a. is a guideline of what to eat every day for good health.
- b. is the name of an Egyptian tomb.
- c. tells us that the vegetable group is healthier than the fruit group.
- d. has four major groups.

2) MyPlate tells us we should:

- a. exercise every day
- b. eat a variety of foods
- c. make half our plate fruits and vegetables
- d. all of the above

3) Draw a line to match the food to their food groups and the food groups to what they do for our bodies.

chicken

grapes

tortillas

carrots

yogurt

grain group

vegetable group

fruit group

protein group

dairy group

has vitamins

good for muscles

gives us energy

good for bones

has vitamins

MiPlato

Name: _____ Date: _____

Lee el párrafo en el cuadro de abajo y contesta las preguntas

MiPlato te ayuda a elegir qué comer cada día para tener una buena salud. Hay cinco grupos de alimentos. Nos dice que hay que comer una variedad de alimentos saludables todos los días. Debes recordar que la mitad del plato de comida debe consistir de frutas y verduras y además saber que hay que estar activo para mantener el cuerpo sano y para sentirse bien.

1) Encierra con un círculo la respuesta correcta. MiPlato:

- a. es una guía de lo que debes comer cada día para tener una buena salud.
- b. es el nombre de una tumba egipcia
- c. nos dice que el grupo de las verduras es más saludable que el grupo de las frutas
- d. tiene cuatro grupos de alimentos.

2) MiPlato nos dice que debemos:

- a. hacer ejercicio todos los días
- b. comer una variedad de alimentos
- c. preparar la mitad del plato de comida con frutas y verduras
- d. todo lo anterior

3) Dibuja una línea que una la comida con el grupo de alimentos al cual pertenecen y otra línea que una el grupo de alimentos con lo que hacen para la salud de nuestro cuerpo.

pollo	grupo de los granos	tiene vitaminas
uvas	sopa de vegetales	bueno para los músculos
tortillas	grupo de las frutas	da energía
zanahorias	grupo de las proteínas	bueno para los huesos
yogur	grupo de los lacteos	tiene vitaminas

Food Group Information Sheet

(Teacher Only)

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
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
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

MyPlate Bingo

GRAINS	FRUIT	VEGETABLE	GRAINS	PROTEIN
DAIRY	VEGETABLE	PROTEIN	VEGETABLE	DAIRY
FRUIT	PROTIEN	DAIRY	FRUIT	VEGETABLE
GRAINS	GRAINS	VEGETABLE	FRUIT	GRAINS
DAIRY	PROTIEN	FRUIT	VEGETABLE	GRAINS

Bingo de MiPlato

GRANOS	FRUTAS	VERDURAS	GRANOS	PROTEINAS
LACTEOS	VERDURAS	PROTEINAS	VERDURAS	LACTEOS
FRUTAS	PROTEINAS	LACTEOS	FRUTAS	VERDURAS
GRANOS	GRANOS	VERDURAS	FRUTAS	GRANOS
LACTEOS	PROTEINAS	FRUTAS	VERDURAS	GRANOS