

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

\*one per student

## Reinforcing Colorado Comprehensive Health Standards

Third Grade, Standard 2. Physical and Personal Wellness.1. Apply knowledge and skills to engage in lifelong healthy eating.

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 of 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 4<sup>th</sup> 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 salad.

#### 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 by making their plate look like MyPlate every day is a healthy goal. Discuss different ways they could make half their plate fruits and vegetables. For example, choose and eat one fruit and one vegetable in the lunchroom.**
- 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 and teacher washes their hands with soap and warm water.

Step 3: Go over and make the MyPlate Chicken Salad Wrap recipe. Ask students where each ingredient in the salad fits in MyPlate. The tortillas are whole wheat tortillas. Whole wheat is healthy to eat.

Step 4: Demonstrate how to make the wrap.

- ✓ Put a few pieces of lettuce on top of tortilla.
- ✓ Spoon a tablespoon of chicken salad on top of lettuce.
- ✓ Roll up in tortilla.
- ✓ Model taking a taste.

Step 5: Pass out snack to each student (have students help). Encourage them to try this new food.

**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 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 family letters 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 eat healthy every day?

# 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](http://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.

# 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

# 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



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

Dear Families,

Today, your student investigated how eating foods from all five groups of MyPlate will help them grow into a strong, healthy body. They ate the MyPlate chicken salad wrap (recipe found below) in class. 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 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](http://www.choosemyplate.gov) for more information.



By third grade, your student can help you read the recipe and open the can of chicken or tuna.

### 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.



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

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 el enrollado de 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.



En tercer grado, su estudiante puede ayudarlo a leer la receta y abrir una lata de pollo o atún.

## Enrollados de Ensalada de Pollo de MiPlato

Rinde: 6 - 8 porciones      Costo Total: \$12.50 - 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.