

# MyPlate Food Groups (1<sup>st</sup> Grade)



## NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- taste** a “MyPlate” wrap recipe.
- express ways** they can **choose healthy foods 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> </ul>	<ul style="list-style-type: none"> <li>- MyPlate poster</li> <li>- family letter/recipe copies*</li> <li>- napkins*</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Healthy Helpings:</u></b> A MyPlate Game</li> <li>- Romaine lettuce, cut, pre-washed bagged</li> <li>- seedless grapes (1lb) or canned pineapple tidbits</li> <li>- low- fat plain yogurt (8 oz)</li> <li>- 2 - cans chicken (10 - 12 oz)</li> <li>- 6” whole wheat tortilla (fajita style)(1/2 per student)</li> </ul>

\*one per student

## SET-UP

### Copies:

- Make copies of recipe (each student).

### Work area:

- For the MyPlate Food Group Activity students will play in groups to create healthy MyPlates using the game Healthy Helpings.

### 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 6<sup>ths</sup>, 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 game ready to play with to students (students will be divided into 4 groups/teams).

## 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 (from the game) 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 to live.
- 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. MyPlate can show you what your plate should look like when you eat a meal!
- 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. Point out that the Fruit and Vegetable group together make up half of your plate!
  - ✓ **Grains Group (orange):** bread, tortillas, rice, cereal, noodles, oatmeal, pancakes, popcorn, muffins

- ✓ **Vegetable Group (green):** corn, lettuce, tomatoes, bell peppers, cucumbers, carrots, peas, spinach, cabbage, onion, celery
  - ✓ **Fruit Group (red):** apples, oranges, bananas, strawberries, grapes, watermelon, pears, mango, papaya, blueberries, grapefruit
  - ✓ **Did anyone notice anything about the fruit and vegetables on MyPlate?** Together, fruits and vegetables make up half of your plate.
  - ✓ **Protein Group (purple):** eggs, meat, fish, nuts, beans
  - ✓ **Dairy Group (blue):** milk, cheese, yogurt, tofu, soy milk
- 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!**
  - Show student some of the food pictures from the game and practice as a class deciding which food group of MyPlate they belong in.
  - Tell students that today they are going to play a game by putting the food pictures in the correct food group and then make and eat a healthy MyPlate snack that has in it a food from each of the food groups.

## PROCESS

- Step 1: Show students the game Healthy Helpings. The object of the game is to be the first team to create a healthy meal using one food from each food group.
- Step 2: Divide the class into 4 teams and pass out one placemat per team. Place all food cards picture side-up in a center pile at the front of the classroom. Place spinner at the front of the classroom for all teams to access.
- Step 3: Teacher leads game by having two students come to the front of the classroom from one group at a time. One student spins the spinner and the other follows the direction on the spinner.

### **If the spinner lands on:**

A food group: Select a food card that you think belongs to the food group. Have teammate check with their team and then look on the back to see if the color matches. If correct, place the card on their food group placemat, if not correct place the food card back into the pile. If your team already has food on their plate from that food group, they skip their turn.

Give: Give a food from their plate to another team who needs it. If they don't have any food on their plate or no other team needs the food, skip turn.

Take: Take a food from another team's plate. If no teams have food on their plates, or no other team has the food you need, skip turn.

- Step 4: Each group (2 students at a time) takes turns until a team completes a healthy meal on the MyPlate placemat. Try to encourage student engagement during the activity by sharing healthy choices and even their favorite fruits and vegetables to eat.
- Step 5: Have the students wash their hands with soap and warm water.
- Step 6: Go over the MyPlate Chicken Salad Wrap recipe with students. Ask students where each ingredient in the salad fits in MyPlate. The tortillas are whole wheat tortillas. Whole wheat is healthy to eat.
- Step 7: 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.
- Step 8: Pass out snack to each student (have students help). Encourage them to try this new food. **Tip:** By serving a small amount, everyone will have a chance to try the new food and have the option to say either “I’ve tried it but I don’t care for it,” or “I’ve tried it and I liked it very much. I would like to eat more.”
- Step 9: **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 10: Pass out the recipe for “MyPlate Chicken Salad Wrap” for students to take home and share with their family.

*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 choose to eat healthy every day?

## REINFORCING STANDARDS

### **Comprehensive Health**

- **GR.1-S.2-GLE.1** Eating a variety of foods from the different food groups is vital to promote good health.

### **Physical Activity**

- **GR.1-S.1-GLE.1** Demonstrate basic locomotor and non-locomotor skills, and rhythmic and cross-lateral movements.
- **GR.1-S.1-GLE.2** Establish a beginning movement vocabulary.
- **GR.1-S.3-GLE.2** Follow the rules of an activity.

### **Reading, Writing and Communicating**

- **GR.1-S.1-GLE.1** Multiple strategies develop and expand oral vocabulary.
- **GR.1-S.1-GLE.2** Verbal and nonverbal language is used to express and receive information.
- **GR.1-S.2-GLE.2** Comprehending and fluently reading a variety of informational texts are the beginning traits of readers.
- **GR.1-S.2-GLE.3** Decoding words require the application of alphabetic principles, letter sounds, and letter combinations.
- **GR.1-S.3-GLE.1** Exploring the writing process develops ideas for writing texts that carry meaning.
- **GR.1-S.3-GLE.2** Appropriate spelling, conventions, and grammar are applied when writing.

# 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](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, *“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. MyPlate teaches us how to make healthy food choices. Visit [www.choosemyplate.gov](http://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. 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.
7. Eat and enjoy!

Nutrition Facts	
Serving Size 1 Cup (182g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
<b>Saturated Fat 2g</b>	<b>10%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 80mg</b>	<b>27%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 10g</b>	
<b>Protein 28g</b>	
<b>Vitamin A 4%</b>	<b>Vitamin C 10%</b>
<b>Calcium 8%</b>	<b>Iron 8%</b>
*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
<b>Total Fat</b>	Less than 65g 80g
<b>Saturated Fat</b>	Less than 20g 25g
<b>Cholesterol</b>	Less than 300mg 300mg
<b>Sodium</b>	Less than 2,400mg 2,400mg
<b>Total Carbohydrate</b>	300g 375g
<b>Dietary Fiber</b>	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](http://www.choosemyplate.gov) para más información.*






## Tacos de Ensalada de Pollo de 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

### Instrucciones

1. Abrir y escurrir la lata 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.
7. ¡A comer y disfrutar!



### Nutrition Facts

Serving Size 1 Cup (182g)  
Servings Per Container 6

Amount Per Serving		% Daily Value*	
<b>Calories</b> 210	Calories from Fat 50		
		<b>% Daily Value*</b>	
<b>Total Fat</b> 6g			<b>9%</b>
<b>Saturated Fat</b> 2g			<b>10%</b>
<b>Trans Fat</b> 0g			
<b>Cholesterol</b> 80mg			<b>27%</b>
<b>Sodium</b> 290mg			<b>12%</b>
<b>Total Carbohydrate</b> 12g			<b>4%</b>
<b>Dietary Fiber</b> 0g			<b>0%</b>
<b>Sugars</b> 10g			
<b>Protein</b> 28g			
<b>Vitamin A</b> 4%		<b>Vitamin C</b> 10%	
<b>Calcium</b> 8%		<b>Iron</b> 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
<b>Total Fat</b>	Less than	65g	80g
<b>Saturated Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g
<b>Calories per gram:</b>			
	Fat 9	Carbohydrate 4	Protein 4

**¡Haga que la mitad de su plato sea de frutas y verduras!**  
**¡Come alimentos saludables de todos los grupos alimenticios todos los días!**

## **GRAINS GROUP**

bagel  
biscuit  
bran flakes  
corn flakes  
croissant  
dinner roll  
egg noodles  
English muffin  
graham crackers  
granola  
granola bar  
grits  
hard roll  
hot dog bun  
muffin  
oatmeal  
pancake  
pasta  
pita bread  
popcorn  
pretzels  
rye bread  
rye crackers  
rice  
saltine crackers  
snack crackers  
tortilla  
tortilla chips  
waffle  
white bread  
whole wheat bread

## **VEGETABLES GROUP**

avocado  
broccoli  
cabbage  
carrots  
cauliflower  
celery  
coleslaw  
corn  
corn on cob  
green beans  
green peas  
green pepper  
lettuce  
baked potato  
hash brown potatoes  
mashed potato  
snow peas  
spinach  
sweet potato  
tomato  
tomato juice  
tossed salad  
winter squash  
zucchini

## **FRUITS GROUP**

apple  
applesauce  
banana  
blueberries  
cantaloupe  
fruit cocktail  
grapefruit  
grapes  
kiwi  
orange  
orange juice  
peach  
peaches (canned)  
pear  
pears (canned)  
pineapple  
prunes  
raisins  
strawberries  
watermelon

## **PROTEIN GROUP**

ground beef  
roast beef  
steak  
pork chop  
fried chicken  
roasted chicken  
turkey  
ham  
fish sticks  
halibut  
salmon  
shrimp  
tuna  
fried egg  
hard-cooked egg  
scrambled egg  
baked beans  
black-eyed peas  
black beans  
navy beans  
refried beans  
tofu  
sunflower seeds  
peanuts  
peanut butter

## **DAIRY GROUP**

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

## **Foods Not Pictured in MyPlate (not meant to be a part of your daily diet)**

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