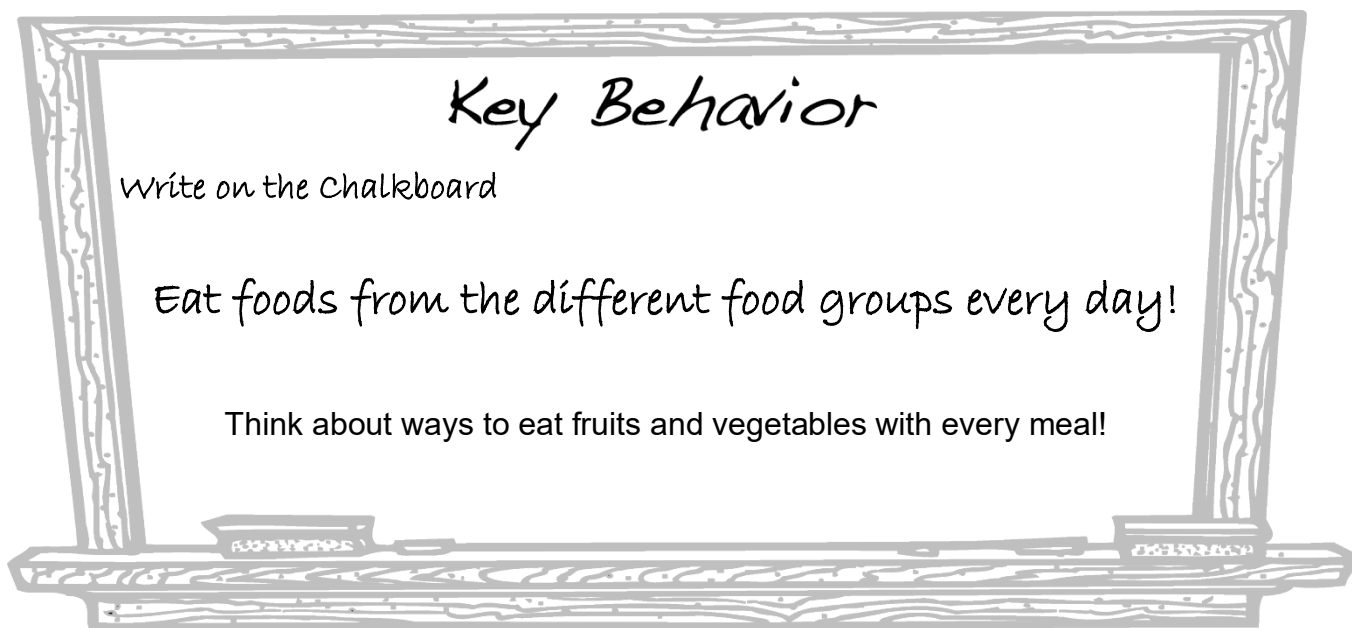


MyPlate Food Groups (1st Grade)



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
<u>In Kitchen Bin</u> <ul style="list-style-type: none"> - can opener - 2 medium bowls - 1 mixing spoon - chef knife (teacher only) - cutting board (teacher only) <u>In Paper Goods Bin</u> <ul style="list-style-type: none"> - small paper plates* - plastic forks* 	<ul style="list-style-type: none"> - napkins* 	<ul style="list-style-type: none"> - MyPlate Poster - <u>Healthy Helpings:</u> A MyPlate Game - Romaine lettuce, cut, pre-washed bagged - seedless grapes (1lb) or canned pineapple tidbits - low- fat plain yogurt (8 oz) - 2 - cans chicken (10 - 12 oz) - 6” whole wheat tortilla (fajita style)(1/2 per student) - Family Letters*

*one per student

Reinforcing Colorado Comprehensive Health Standards

First 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

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 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 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 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.**
- 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: Students and teacher washes their hands with soap and warm water.

Step 6: 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 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.
- ✓ Model taking a taste.

Step 8: 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 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 family letter 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 foods 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.
- 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 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, 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.

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

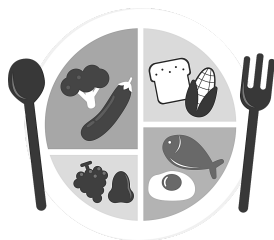
ground beef
roast beef
steak
pork chop
fried chicken
roasted chicken
turkey
ham
fish sticks
halibut
salmon
shrimp
tuna
fried egg
hard-cooked egg
scrambled egg
baked beans
black-eyed peas
black beans
navy beans
refried beans
tofu
sunflower seeds
peanuts
peanut butter

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



Dear Families,

Today, your student explored all five food groups of MyPlate and prepared the MyPlate chicken salad wrap recipe. 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 and taste 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 for more information.



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

MyPlate Chicken Salad Wrap

Makes About: 6 - 8 servings

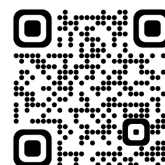
Total Recipe Cost: \$12.50 - 13.50

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!



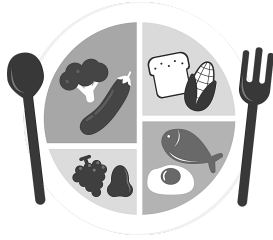
(Select language)

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.



Queridas familias,

Hoy, su estudiante exploró los cinco grupos de alimentos de MiPlato y preparó la receta de enrollado de ensalada de pollo de MiPlato en clase. Su estudiante llevará a casa una nueva receta del Programa de Bienestar Escolar (School Wellness Program) cada mes. Los animamos a utilizar lo que ya tienen en casa para preparar y degustar las recetas juntos.

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

Enrollados de Ensalada de Pollo de MiPlato

Rinde: 6-8 porciones

Costo Total: \$12.50 to 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 cómla 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.