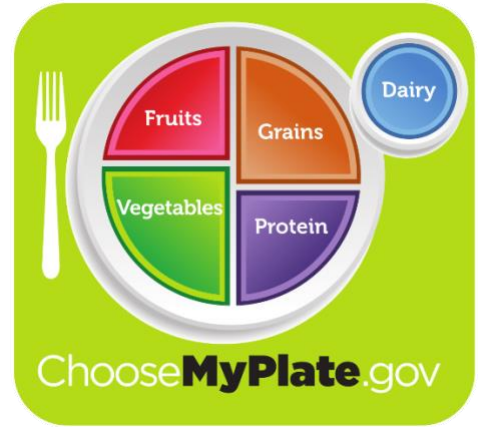


## MyPlate Bingo (3<sup>rd</sup> Grade)

### Materials and Ingredients

- ✓ *MyPlate Poster*
- ✓ *1 Bag of Food Pictures* (30- variety from each food group)
- ✓ Romaine lettuce, grapes, yogurt
- ✓ Canned chicken, whole wheat tortillas
- ✓ cutting board, teacher knife, bowls, can opener, spoon
- ✓ small paper plates, plastic forks
- ✓ bingo sheet copies (1 per student)
- ✓ Optional: activity sheet copies



### Food Preparation

- ✓ Wash & cut grapes in half.
- ✓ **IMPORTANT:** Cut tortillas into quarters or halves depending on size. Students will only need a small piece to go with their salads, along with one or two pieces of lettuce.
- ✓ Open & drain cans of chicken.
- ✓ Have ingredients ready- teacher makes salad in front of class.

### Introduction

- ✓ Start off with a short brain boost (see next page).
- ✓ Show students the MyPlate poster & discuss the different food groups (see next page).
- ✓ *Make half your plate fruits and vegetables! Eat healthy foods every day!*

### Process

- ✓ Explain the MyPlate bingo game to students (see next page for directions).
- ✓ Play Bingo!
- ✓ Have students wash their hands with soap & warm water.
- ✓ Go over each of the ingredients in the MyPlate Chicken Salad as you make the salad in front of the class. Pass out for students to taste.
- ✓ *Make half your plate fruits and vegetables! Eat healthy foods every day!*

### Family Letter

- ✓ Send home the family letter to let parents know about the fun activity students did in class.





## Let's Wake Up Our Brains! Brain Boost 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=high knees
- ♥ Grains group=jump on one foot
- ♥ Dairy group=jumping jacks

## MyPlate Explained

MyPlate shows us what foods our body needs to grow and be strong and healthy.

What do you notice about MyPlate and the fruit and vegetable groups?

Make half your plate fruits and vegetables!

- ✓ **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.

## MyPlate Bingo Directions

- 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.

# 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.