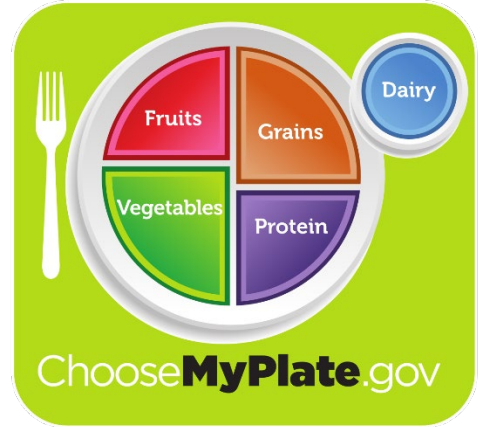


What's MyPlate (Kinder)

Materials and Ingredients

- ✓ MyPlate Poster
- ✓ 1 Bag of Food Pictures (30- variety from each food group)
- ✓ shredded carrots, apples, canned chicken, crackers
- ✓ small container plain yogurt
- ✓ cutting board, teacher knife, bowls, can opener, spoon
- ✓ small paper plates, plastic forks
- ✓ 1 copy of food group labels, masking tape or yarn,
- ✓ (Optional) activity sheet cut and paste copies



Food Preparation

- ✓ Wash & cut apples into small pieces
- ✓ 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
- ✓ *Eat healthy foods from all the food groups! Focus on fruits and vegetables!*

Process

- ✓ Make a large MyPlate on the floor with tape/yarn. Use food labels to name groups.
- ✓ Have students put the different food pictures in the correct food group.
- ✓ 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 with crackers for students to taste.
- ✓ Have students complete activity sheets of MyPlate cut and paste.
- ✓ *Eat healthy foods from all the food groups! Focus on fruits and vegetables!*

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

(For Teacher Only)

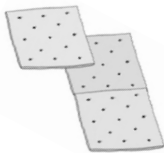
Vegetables



Fruits



Grains



Protein



Dairy



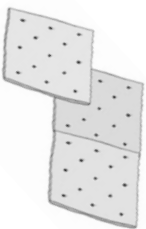
Verduras



Frutas



Granos



Proteína



Productos

Lácteos





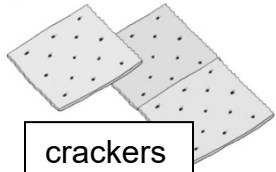
carrots



yogurt



apples

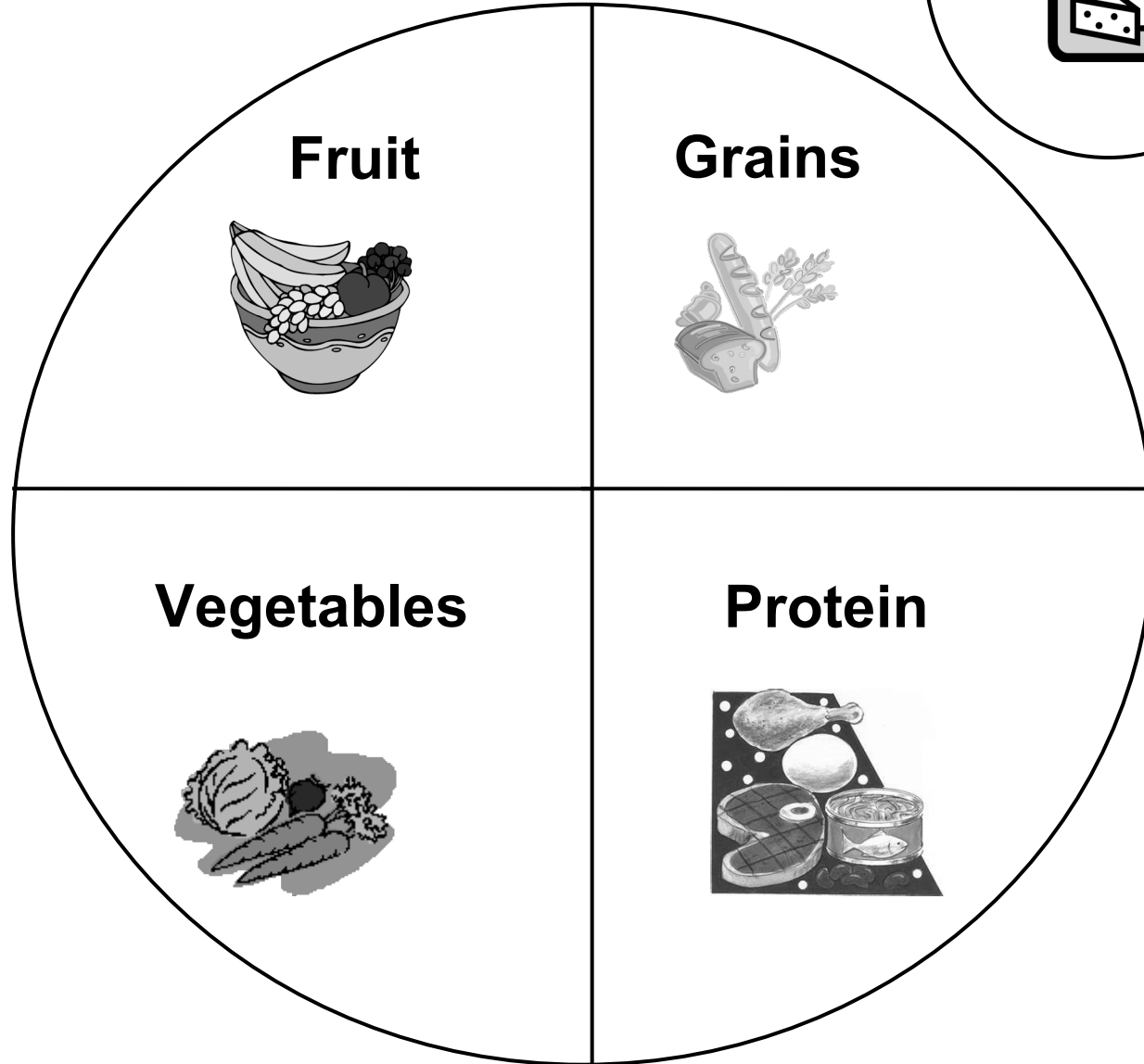


crackers



chicken

MyPlate- Cut and Paste





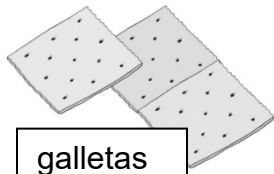
zanahoria



yogur



manzana



galletas



pollo

MiPlato-Corta y Pega

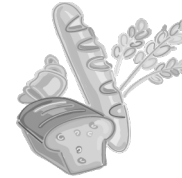
Productos Lácteos



Fruta



Granos



Verduras



Proteína



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

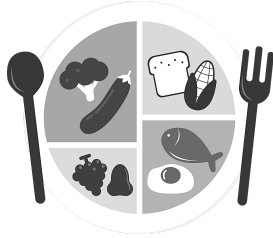
ground beef
roast beef
steak
pork chop
fried chicken
roasted chicken
turkey
ham
fish sticks
halibut
salmon
shrimp
tuna
fried egg
hard-cooked egg
scrambled egg
baked beans
black-eyed peas
navy beans
refried beans
tofu
sunflower seeds
peanuts
peanut butter

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 With “Empty Calories”(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 in class. Your student will bring home a new recipe from the School Wellness Program each month. We encourage you to use what you 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 this QR code to watch how to make a similar snack to what we made in class.

MyPlate Chicken Salad

Makes About: 8 - 10 servings

Total Recipe Cost: \$9.50 - \$10.50

Ingredients

- 2 cans chicken or tuna fish (10 oz)
- 1 cup plain yogurt, low-fat
- 2 apples
- 1 cup shredded carrots
- whole wheat crackers

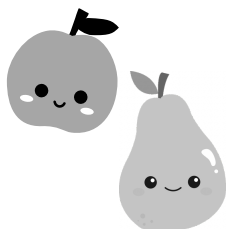
Directions

1. Open and drain canned chicken or tuna.
2. Wash and cut apples into small pieces.
3. Put chicken or tuna, carrots, apples and yogurt into a bowl.
4. Mix well.
5. Serve the salad with whole wheat crackers. Eat and Enjoy!

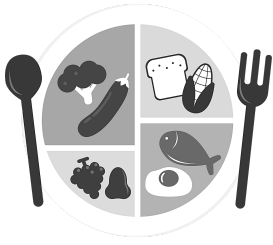


(Select language)

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.



Snacks are an easy way to help your student get the nutrients they need to grow and develop. Snacks can be simple. You can try fresh fruit like pears, apples, and grapes which require no food prep but are tasty, in season, and packed with vitamins and minerals.



Queridas familias,

Hoy, su estudiante exploró los cinco grupos de alimentos de MiPlato y preparó la 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 probar 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 este código QR para ver cómo hacer una merienda similar a la que hicimos en clase.

Ensalada de pollo MiPlato

Rinde: 8 - 10 porción porciones

Costo Total: \$9.50 - 10.50

Ingredientes

- 2 latas de pollo o atún (de 5 oz)
- 1 taza de yogurt bajo en grasa
- 2 manzanas
- 1 taza de zanahoria rallada
- galletas integrales

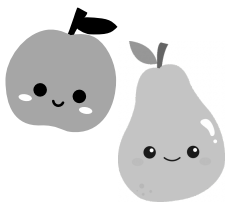
Instrucciones

1. Abrir y escurrir las latas de pollo o atún.
2. Lavar y cortar las manzanas en trozos pequeños
3. Poner el pollo o atún, las zanahorias, manzanas y el yogurt en un tazón.
4. Mezclar bien.
5. Servir la ensalada con galletas integrales. ¡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.



Las meriendas son una manera fácil de ayudar a su estudiante a obtener los nutrientes que necesita para crecer y desarrollarse. Las meriendas pueden ser simples. Puede probar frutas frescas como peras, manzanas y uvas que no requieren preparación, pero son sabrosas, de temporada y están llenas de vitaminas y minerales.