



THIRD GRADE LESSON: Introduction to My Plate SC STANDARD: 3.RI.1



It's your world.

MY PLATE

OBJECTIVES:

- Understand that there are different food groups
- Recognize why it is important to eat from all the food groups
- Categorize foods into their respective food group

LET'S GET STARTED! (10 MINUTES):

- Identify the different food groups and explain how foods are categorized
- Discuss why it is important to eat from all the food groups

ACTIVITY (15 MINUTES):

- Categorize foods into their respective food groups
- Design meal plans that include all five food groups

WRAPPING UP (5 MINUTES):

- Remind students that being healthy requires food from all the food groups
- Hand out Boss' Backpack Bulletin sheet and explain the weekly task

SC STANDARDS:

- 3.RI.1 Demonstrate understanding of the organization and basic features of print

MATERIALS:

- MyPlate Handout
- Meal Planning Worksheet
- Boss' Backpack Bulletin Handout

LET'S GET STARTED!

- This week we are going to talk about the food groups! Ask students if they can identify the five food groups. Explain why it is important to eat from every food group. Introduce MyPlate.

DIALOGUE BOX

- Can anyone name the five food groups?
 - Fruits- for example apples, bananas, peaches, and berries
 - Vegetables- for example peppers, carrots, spinach, and celery
 - Grains- for example bread, oatmeal, rice, pasta, and popcorn
 - Protein- for example fish, meat, beans, and eggs
 - Dairy- for example milk, yogurt, and cheese
- All foods can be classified into these five categories. Each food group has nutritional benefits that help improve your health in different ways! There are lots of vitamins and minerals specific to each group that help you grow big and strong, so it is important that you eat foods from every food group!
- A healthy and balanced meal is made up of foods from all the food groups. This MyPlate diagram shows how you should include each food group in your meal.
- Write the name of each food group on the board. Ask students to name foods that fit into each category, writing them under the correct category as the students identify them. Make corrections with explanations as necessary. Ask students to look at the board and construct a possible meal from the examples they wrote down.

DIALOGUE BOX

- Can anyone name some examples of things that are fruits? (Continue to ask about vegetables, proteins, grains, and dairy)
- Look at all the examples we came up with! So what if we wanted to eat a healthy meal from these foods? Which ones would you put together to make a balanced meal with food from every category? (Make sure there is at least one food named from each food group. Encourage class discussion.)
- Explain how even foods that may not seem like they fit into a food group can be broken down into parts that can be categorized.

DIALOGUE BOX

- What about more complicated foods that seem like they don't fit into a food group, such as lasagna, tacos, or a sandwich?
- You can break these foods down into simpler parts that can be categorized into food groups! Think about what each food is made of.
- Lasagna is made up of noodles, cheese, tomato sauce, and sometimes vegetables or meat. Noodles are a grain, cheese is dairy, tomato sauce comes from tomatoes so it can be classified as a vegetable, and the meats are proteins!
- A taco is made up of a taco shell, meat, cheese, lettuce, and salsa. The taco shell is made from grains, the meat is a protein, the cheese is dairy, and the lettuce and salsa are vegetables!
- What about a sandwich with turkey, cheese, and tomato on whole wheat bread?
 - The whole wheat bread is a grain, the turkey is a protein, the cheese is dairy, and the lettuce is a vegetable.
- Can anyone think about what makes up a pizza?
 - The crust is a grain, the tomato sauce is a vegetable, the cheese is a dairy, any meat toppings are protein, and any vegetable toppings are vegetables.

FATS

- MyPlate doesn't include fats because they should be eaten very sparingly. Things like butter, oil, avocados, and nuts are foods that you shouldn't eat too often, but can be added to meals sometimes.

BOSS' FUN FACT

- Sometimes food groups can overlap, meaning that one food may fit into more than one category. Beans are a vegetable, but they are also a protein! Greek yogurt is dairy, but it is also a protein as well!

ACTIVITY

- Distribute the Meal Planning worksheet and explain the directions. Have a MyPlate visual for the students to reference.

DIALOGUE BOX

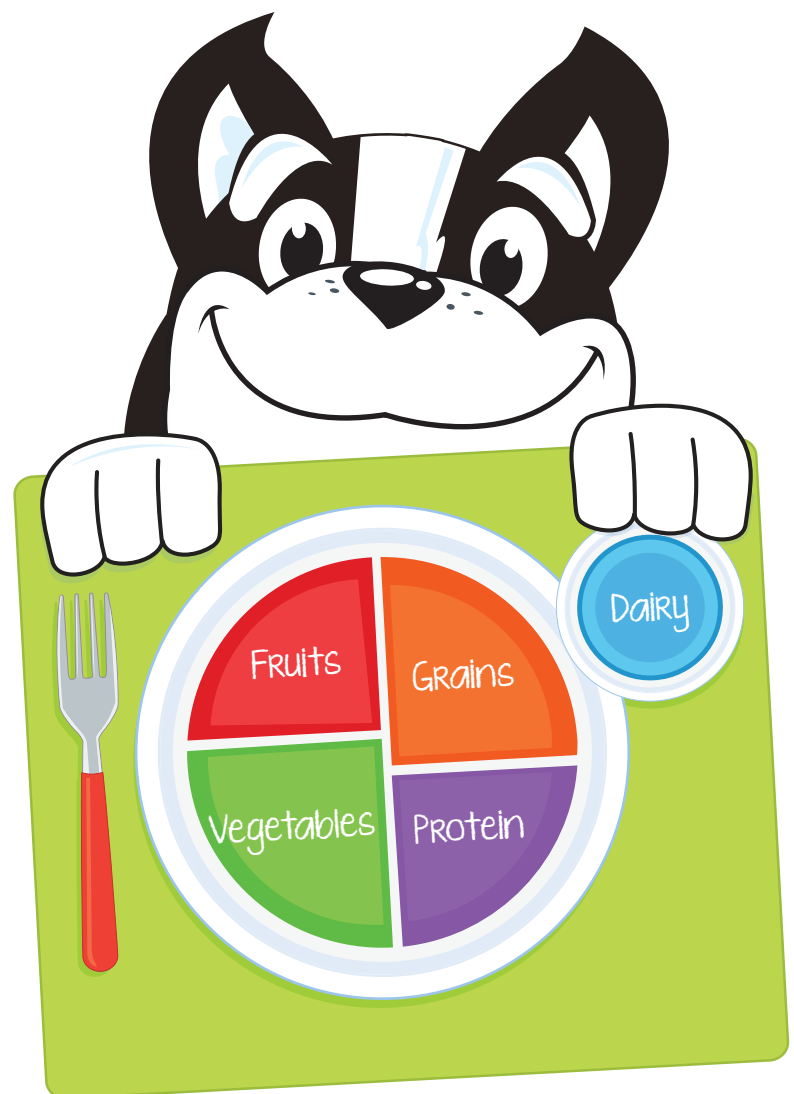
- Now that you know about all the food groups, we are going to plan some meals that follow the MyPlate guidelines.
- The goal is to design a meal for each part of the day that includes all the food groups. Get

creative and see if you can include foods that are made up of more than one food group!

- Offer guidance and assistance as needed. Ask students to share one of their meals with the class, seeing if the other students can identify all of the food groups in it.

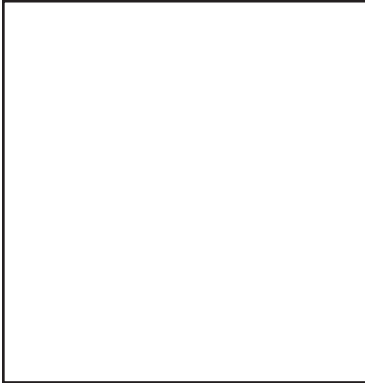
WRAPPING UP

- Ask students if there are any questions about the food groups or categorizing food.
- Distribute the Boss' Backpack Bulletin with the weekly goal. Try adding a point system to see who can get the most meals with foods from every food group over the next week!



MYPLATE MEAL PLANNING

Using MyPlate for reference, design a meal for each part of the day that includes foods from every food group! Draw your meal, and then write which food group each part fits in. See if you can include foods that fit into more than just one food group!



BREAKFAST

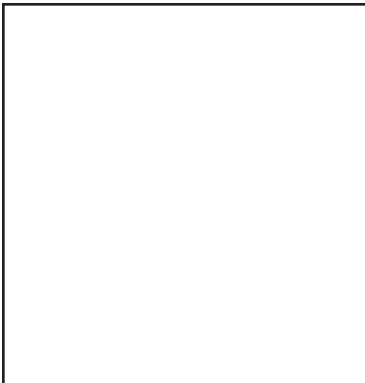
Fruits _____

Vegetables _____

Grains _____

Dairy _____

Protein _____



LUNCH

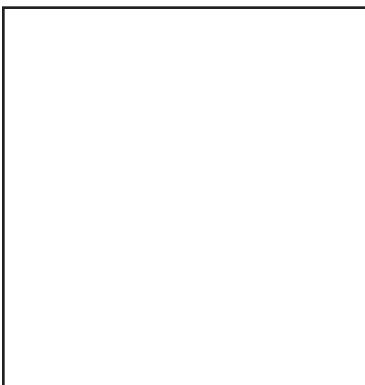
Fruits _____

Vegetables _____

Grains _____

Dairy _____

Protein _____



DINNER

Fruits _____

Vegetables _____

Grains _____

Dairy _____

Protein _____

Name: _____ Date: _____

BOSS' BACKPACK BULLETIN

Your goal this week is to eat from all of the food groups!
Use MyPlate to remember how much to eat of each food.
Keep track of the food groups you eat from this week on
the chart below!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruits	Fruits	Fruits	Fruits	Fruits
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Grains	Grains	Grains	Grains	Grains
Protein	Protein	Protein	Protein	Protein
Dairy	Dairy	Dairy	Dairy	Dairy