



MyPlate Sample Lesson: Art

Learning Outcome: Identify the five **MyPlate** food groups and be able to give many examples from each

Supplies: **MyPlate** graphic and paper plates

1. List the names of all five food groups on the board (**Fruits, Vegetables, Grains, Protein, and Dairy**) and/or display a **MyPlate** graphic.
2. Review each food group as a class. Explain that foods are put into groups to help us understand how to create a balanced meal. Ask the class why they think eating foods from each food group is important. Answers should touch on the ideas that putting food from each food group on our plate helps us eat smart to play hard.
3. On a blank piece of paper or paper plate, have students draw/paint/color a **MyPlate** outline.
4. Prompt them to think of their favorite meals or a meal they eat often.
5. Have students draw their chosen meal on the MyPlate outline, so that the foods from their favorite meal match each of the five different food groups.
6. If the meal doesn't currently include all 5 food groups, what could they add or change to make it a complete meal?

