



## MyPlate Sample Lesson: 3<sup>rd</sup> and 4<sup>th</sup> Grades

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

Supplies: **MyPlate** poster and **index cards** with different foods written on them

Student Handout: ***Who Am I? Clue Card***

1. In preparation, write different foods from each of the five food groups on index cards so each student has at least one. Aim to have the same number of foods from each food group.
  - a. For examples of local healthy food options from each food group visit <https://www.choosemyplate.gov/eathealthy/myplate-mystate/washington-dc>
2. Display the **MyPlate** poster for your students to see and review each food group as a class: **Fruits, Vegetables, Grains, Protein, and Dairy.**
3. Can they identify and give examples of foods they think belong in each of the five food groups? Do they notice any differences in the food groups shown on the MyPlate icon? The portion sizes of each are slightly different because we need different amounts from each food group. For example, we need more vegetables than fruit. Students should also notice that our plates should be half fruits and vegetables.
4. Explain to students that they will play the game *Who Am I?* and will need to guess what food they are by asking classmates “Yes” or “No” questions. Distribute the ***Who Am I? Clue Card*** handout. Have students spend a few minutes quietly thinking of yes or no questions they can ask and writing them down on their handout. Read some of the following examples of yes or no questions out loud to students to help them get started:
  - Am I a vegetable?
  - Am I a protein food?
  - Am I round?
  - Am I green?
  - Am I made from wheat?
  - Do I grow on a tree?
  - Do I live in the sea?
  - Am I juicy?
  - Am I a drink?
  - Do I have seeds?
  - Do I sound crunchy when you eat me?
  - Do you eat me for breakfast?
5. Next, tape one food card to the back of each student without them seeing what it says. Give students 5 – 10 minutes to play the game. Tell students to walk around the room and ask each other questions. If they receive a “no” as an answer, they should move on to a new person. Once they guess their food correctly, have students sit down.
6. Once students have all guessed their foods, ask students to group themselves together to create a meal following **MyPlate**. What foods might taste good together?

