



MyPlate Sample Lesson: Kindergarten

Learning Outcome: Meet and name the five **MyPlate** food groups

Supplies: **MyPlate** poster

Student Handout: **Student Workbook**

1. Display the **MyPlate** poster for students to see
2. Point to and name the five food groups on **MyPlate**.
3. Tell why each food group is important and how it keeps us healthy
 - a. **Fruits** come from plants and are many colors. They are often sweet. Fruits help our bodies grow.
 - b. **Vegetables** many different colors too, like orange, green and red. Vegetables keep us healthy with vitamins.
 - c. **Grains** come from plants like rice, wheat and oats. They are used to make things like bread, crackers and noodles. Grains give us energy to move and play!
 - d. **Protein** foods come from plants and animals. They help us build strong muscles. Muscles help our bodies move.
 - e. **Dairy** foods help us have strong bones and teeth. We need strong bones in our body to stand up and protect our brain, heart, lungs and other things inside us.
4. Pass out a **Student Workbook** to each student
5. Go through Lesson 1 on pages 5, 7 and 9 and have students color the foods at the bottom of each page, cut them out, and paste them in the basket or cart for the corresponding food group

