



## Sometimes Foods Sample Lesson: Pre-K



Learning Outcome: Explore how foods from each food group form a **MyPlate** meal

Supplies: **MyPlate** graphic, **Site Word Books** and crayons

1. Display the **MyPlate** graphic for students to see. Review and name the five food groups on **MyPlate**
2. Point out different sections of MyPlate and ask students to name a food from the food group you are pointing to. Offer help as needed with these ideas -
  - a. **Fruits** – banana, orange, apple, cherry, strawberry, mango, blueberry
  - b. **Vegetables** – peppers, squash, carrots, spinach, lettuce
  - c. **Grains** – bread, crackers, tortillas, noodles
  - d. **Protein** – chicken, fish, meat, beans, lentils, tofu
  - e. **Dairy** – milk, cheese, yogurt, soy
3. Ask students why they think it is good to eat foods from all the food groups?  
*(Answers should include putting food from each food group on our plate helps us eat smart, be healthy, and have lots of energy. All the food groups are important to stay strong and smart.)*
4. Pass out **A MyPlate Meal** site word book to each student.
  - a. Read the story once and have students follow along.
  - b. Read the story a second time and ask students to circle the word 'have.'
  - c. Read the story a third time and ask students to circle the word 'has' with a different color.
5. Now ask children to think of another meal they can eat at a picnic that includes all food groups on **MyPlate**.
6. Give students time to color the pages.

