



## Sometimes Foods Sample Lesson: Spanish



Learning Outcome: Identify foods with added sugar, salt and solid fats

Student Handout: *¡Encuentra el equilibrio entre los alimentos y la diversión!*

1. Display the **MiPlato** graphic for your students to see and review each food group as a class: **Frutas, Vegetales, Granos, Proteína, and Lácteo.**
2. Remind students that in the last lesson, they continued learning why we need to eat foods from each of the five food groups on **MiPlato**. Each food group gives us different nutrients (**los nutrientes**). Different foods do different things for our bodies. Some foods give us energy or “fuel,” while some foods may help us keep from getting a cold.
3. Next, pass out the handout *¡Encuentra el equilibrio entre los alimentos y la diversión!* Go through both sides of the handout as a class to review new Spanish vocabulary. Also read through the different tips to keep in mind for each food group.
4. On the back of the handout, have students draw a fun and healthy lunch or dinner that fits each of the food groups on **MiPlato**. Have students explain what they drew and why it is a healthy meal. (*Answers should relate to the meal including a variety of food groups and providing different nutrients.*) Ask if there are any foods in the meal that are “sometimes foods.” Sometimes foods are those with added sugar, salt and solid fats that we should eat less often. If the meal does include “sometimes foods,” could they make a switch for something with natural sugar or less salt?
5. Use the **MiPlato** poster as a reference for choosing different foods from each food group for a fun and healthy lunch or dinner.

