

Grade K-2 or 3-5 Lesson 1:

NUTRITION

Overview

In this lesson, students learn that the foods we eat contain nutrients that help our bodies grow strong and healthy. Nutrients, like vitamins and minerals, are small substances in food that we cannot even see but are important for our health and can help kids grow strong bones and muscles, give us energy to play, help us get well when we are sick, and have healthy teeth, skin, and hair. Different foods contain different nutrients, and some foods are better sources of nutrients than others. It is important to get a many different types of nutrients from food because nutrients work together and help each other out, and that is what helps us grow and stay healthy. The best way to get all the nutrients you need is to make your plate look like MyPlate. We should choose mostly whole foods from plants and animals and fill our plate with at least one food from each of the 5 food groups – fruits, vegetables, grains, protein, and dairy. Eating too much of any one kind of food is not a good choice since our bodies cannot get all the nutrients it needs from just one kind of food.

Behavior Change Objective:

As a result of this lesson, students will eat foods from all 5 food groups of MyPlate to obtain a variety of nutrients (vitamins , minerals, fiber, calcium, etc.) in their diet.

Learning Objectives:

Students will be able to:

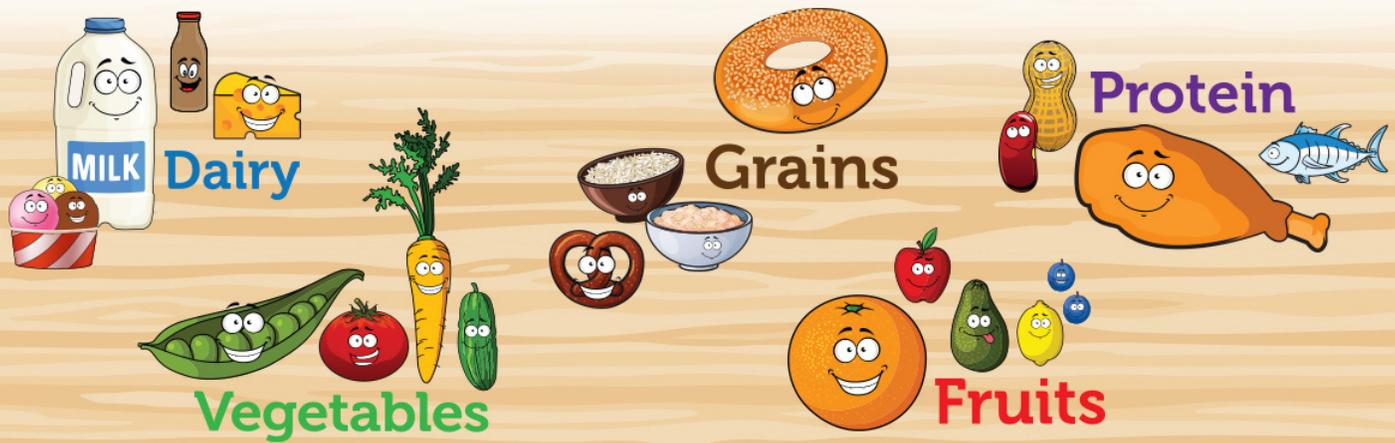
- Identify that food contains nutrients.
- Describe the role of nutrients for overall health.
- Identify MyPlate as a tool to get all the nutrients (vitamins and minerals) needed by the body.

Keywords:

MyPlate, Nutrients, Vitamins, Minerals

Educational Standards:

US NJ: 2.1.2.A.1, 2.1.2.A.2, 2.1.4.A.1, 2.1.4.A.2, 2.1.P.B.2, 2.1.2.B.2, 2.1.4.B.1, 2.1.4.B.2, 2.1.6.B.2
NHES: 1.2.1, 1.2.2



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Before You Begin

- Review the entire lesson.
- Print or display an image of MyPlate in the classroom (Myplate.gov, or use the disposable MyPlate as a visual).
- Set up the AV equipment and provide space for film viewing.
- If you plan on having students prepare the recipe in the class set out the equipment and ingredients necessary. See the materials list for all items needed.

Materials:

Videos:

- Video One: Nutrients K-2 or
- Video One: Nutrients 3-5

Supplies & Ingredients for MyPlate Snack Activity:

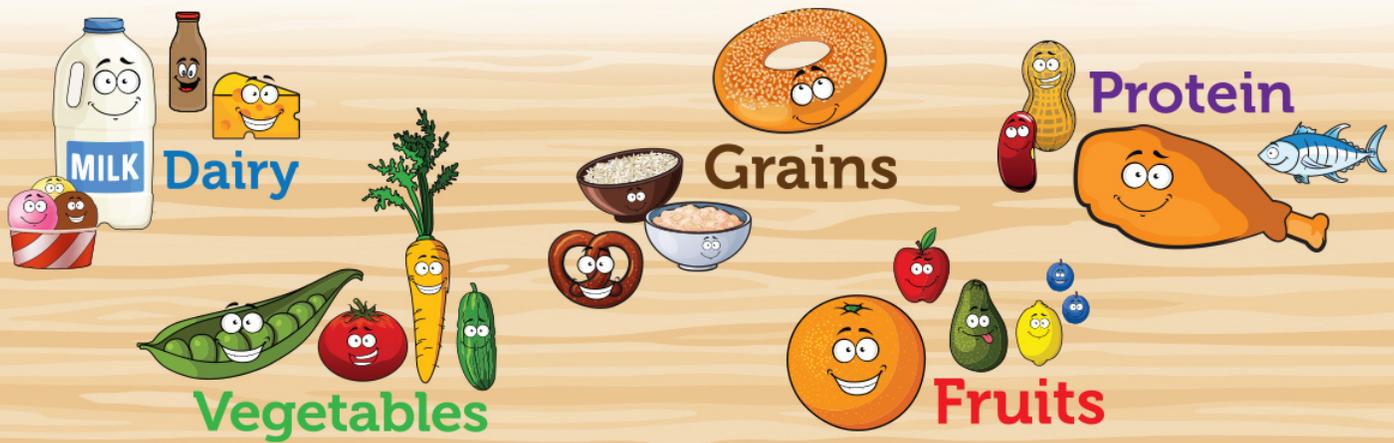
- MyPlate paper plates (enough so each group of 5 students has one plate to share)
- Small bowls or cups to put each food/food group
- Spoons, tongs, and toothpicks for students to pick up each food

Ingredients:

- Fruit: 1-2 fruit options; suggestions include (but are not limited to):
 - Grapes (cut in half) apple (sliced), berries, clementine/orange (peeled and segmented)
- Vegetables: 1-2 veggie options; suggestions include (but are not limited to):
 - Cucumbers (sliced), Carrots (sliced), Broccoli florets, Bell peppers (sliced into strips)
- Dairy:
 - Any cheese of your choosing (cubed)*
- Protein:
 - Black beans or any other bean of your choosing and/or edamame** (choose a low sodium or no-salt-added variety) or chickpea hummus
- Grain:
 - Whole grain crackers (choose a low sodium or no-salt-added variety)

*for students with a dairy allergy, substitute with calcium-fortified soy- or coconut-based yogurt

**in case of soy allergy, do not use edamame



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Procedure

- **Introduce MyPlate and Nutrients:**

Begin the lesson by displaying a picture of MyPlate. Bring the student's attention to the five food groups (fruits, vegetables, grains, protein, and dairy) and mention that it is important to choose foods from each food group because each food group has different nutrients that our bodies need. Nutrients (NU-TRI-ENTS) is a big word that means the small things in food, like vitamins and minerals, that help make our bodies strong and healthy.

- **Show video titled: Video One: Nutrients:**

This video will teach the students about what nutrients are, and how nutrients help their body and will discuss using MyPlate to ensure that they get all the nutrients their body needs.

If working with Kindergarten-2nd grade...

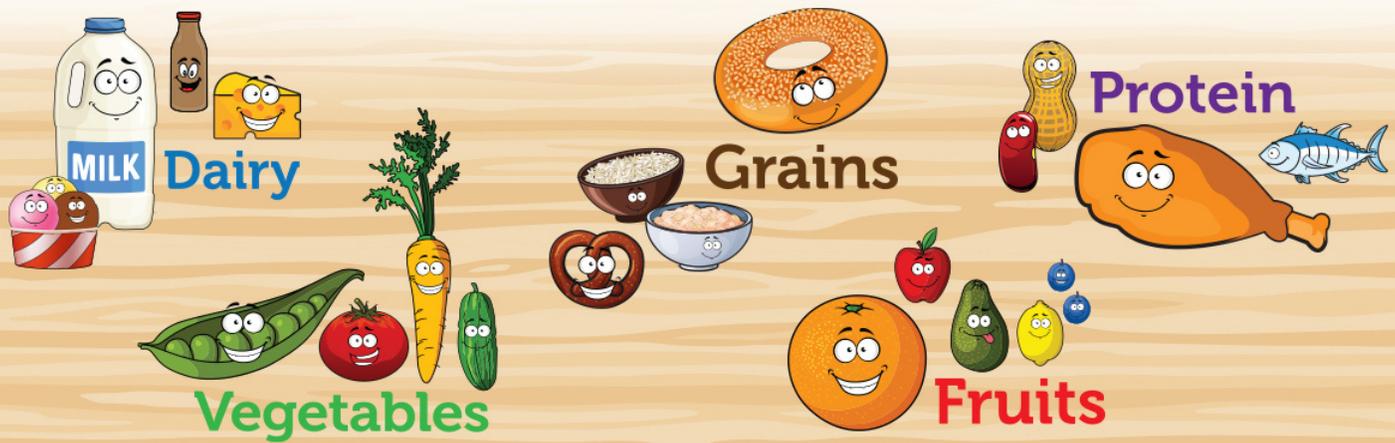
Use Video One: Nutrients K-2

If working with 3rd-5th grade...

Use Video One: Nutrients 3-5

Create a MyPlate-inspired snack that has nutrients from all 5 groups:

- Follow the procedure to make a MyPlate snack:
 - Have students wash their hands, and clean surfaces if needed.
 - Divide students into groups of 5 (it is OK if the class does not divide evenly).
 - Assign each student a MyPlate food group using labels or stickers.
 - Distribute one MyPlate paper plate per group and a portion of each of the foods (at least 1 for each group).
 - Have each student pick which food goes in their group and place it on the MyPlate plate. (If less than 5 students, the instructor chooses one group. If more than 5, assign 2 students to the same group.)
 - When the MyPlate snack plate is complete, enjoy snack time!



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Activities and Resources to Extend this Lesson:

- **Create your own MyPlate Menu:**
 - Checklist: <https://myplate-prod.azureedge.net/sites/default/files/2020-12/MyPlatePlanMenuTemplate.pdf>
 - List: <https://myplate-prod.azureedge.net/sites/default/files/2020-12/Create%20Your%20Own%20MyPlate%20Menu.pdf>
- **Kids MyPlate Food Critic Activity:** https://myplate-prod.azureedge.net/sites/default/files/2020-12/Food_Critic_508.pdf
- **MyPlate Coloring Sheets:**
 - English: <https://myplate-prod.azureedge.net/sites/default/files/2020-12/Coloring%20Sheet.pdf>
 - Spanish: https://myplate-prod.azureedge.net/sites/default/files/2021-01/ColoringSheet_Sp.pdf
 - Blank sheet: <https://myplate-prod.azureedge.net/sites/default/files/2020-12/ColoringSheetBlank.pdf>
- **MyPlate Pledge Certificate:** <https://myplate-prod.azureedge.net/sites/default/files/2021-03/MyPlatePledgeCertificate.pdf>
- **MyPlate Grocery Store Bingo:** https://myplate-prod.azureedge.net/sites/default/files/2020-12/Bingo_508.pdf