MyPlate, My Body
Kindergarten-1st Grade

GOAL
Introduce the elementary school nutrition curriculum, introduce the concepts of healthy bodies and familiarize students with the food groups as described in MyPlate.

OBJECTIVES
1. Students will name at least three activities that contribute to being healthy.
2. Students will name the five food groups on MyPlate.

NC EDUCATION AND HEALTHY LIVING STANDARDS

KINDERGARTEN
English Language Arts Standard SL.K.1 Participate in collaborative conversations with diverse partners about kindergarten topics and texts with peers and adults in small and larger groups.

Math Standard NC.K.MD.3 Classify objects and count the number of objects in each category.

Health Education Standard K.PCH.1 Apply measures for cleanliness and disease prevention. (K.PCH.1.1)
Health Education Standard K.NPA.1 Understand MyPlate as a tool for selecting nutritious foods. (K.NPA.1.1, K.NPA.1.3)

1ST GRADE
English Language Arts Standard SL.1.1 Participate in collaborative conversations with diverse partners about grade 1 topics and texts with peers and adults in small and larger groups.

Health Education Standard 1.PCH.1 Apply measures for cleanliness and disease prevention. (1.PCH.1.1, 1.PCH.1.2)
Health Education Standard 1.NPA.1 Understand MyPlate as a tool for selecting nutritious foods. (1.NPA.1.1)
Health Education Standard 1.NPA.3 Remember fitness concepts to enhance quality of life. (1.NPA.3.1, 1.NPA.3.2)

ESTIMATED TIME FRAME: 30 minutes

MATERIALS NEEDED
- MyPlate, My Body PowerPoint presentation
- MyPlate poster or activity mat(s)
- Taste test supplies
- Student and parent handouts
- Materials for optional activities: food pictures; Bread and Jam for Frances
- Educational incentive

INTRODUCTION/REVIEW
Hello boys and girls! My name is ___________ and I am your school nutritionist. I will be coming to your class about once a month to talk all about food. Raise your hand if you like food. Great – me too! Every time I come in, I want you to be a part of each lesson but it is really important that you raise your hand to be called on if you have something to say.

Let’s give it a try. Raise your hand if you have heard the word “nutrition” before? What does it mean? Nutrition is learning about foods that help keep our bodies healthy. My job as your nutritionist is to teach you how to choose these foods so your bodies can stay healthy - so that you can build the BEST body for you!
MIND GRABBER

Raise your hand if you can tell me what it means to be healthy?

- Our bodies feel good
- We feel strong
- We don’t have a cold, flu, or other sickness
- We’re not injured
- We feel happy and positive
- We have energy to do things and play

When we are healthy it means that our bodies feel good. When we don’t take care of our bodies, sometimes we feel tired or angry or sad or sick. Raise your hand if you want your body to be healthy and feel good. Great!

It’s important to remember that being healthy is NOT about how you look. You can’t tell how healthy someone is just by looking at them. Our bodies are all different sizes and shapes, and we can all be healthy. We call it "being the best you". Being healthy is about feeling good and having healthy habits. This year, we are going to talk all about keeping our bodies healthy and feeling good.

DISCUSSION

Things we do every day are called habits. The things we do each day to keep our bodies healthy - we call these healthy habits. What are some things you do to keep your body healthy? Great list! Let’s see if you got all the ones on my list.

SLEEP:

Getting enough sleep is important for keeping your body healthy and feeling good. When you sleep your body is recharging. Without enough sleep you can’t concentrate well in school and you are more likely to get sick. You need between 9-10 hours of sleep a night. [Pretend like you’re sleeping.]

EXERCISE:

[Pretend like you’re running (seated).] Exercise is any movement of your arms and legs that makes your heart beat faster. Your heart is a muscle that is working all the time, even when you are sleeping! When your heart beats faster with exercise that means it is getting stronger.

Does anyone know where your heart is? Put your hand on the middle of your chest, about halfway down. (As you do when you are saying the Pledge of Allegiance in the morning.) What do you feel? Do you feel your heart beating? If not, it’s because it’s beating slowly right now. Your heart beats all the time!

Let’s think of exercises that will help make our hearts stronger! Are playing video games and watching TV activities that will make our hearts stronger?

Pretend like you’re playing a video game with your hands. Now, put a hand over your heart and feel your heartbeat. Is it beating faster? No! It’s probably beating about the same speed as it was earlier. When we sit playing video games or watching TV we aren’t making our heart stronger. Remember, exercise is when we move the big muscles of our body and make our hearts beat faster.

Is running an activity that will make our hearts stronger?

Stand up and run in place. Now feel your heart. Is it beating faster? Mine is!

Running is an exercise that makes your heart beat faster and helps it stay healthy and strong.
Is running the only exercise you can do to keep your heart and your body healthy? No, of course not! Let’s act out some other activities that keep your heart and body strong. [Use pictures as prompts for activities to act out and/or have students provide examples to act out.]

When we exercise and our hearts beat faster, it makes our hearts stronger. To keep our hearts strong and help build the best body we can, we should try to exercise for at least 60 minutes a day.

**BRUSH YOUR TEETH:**

[Pretend like you’re brushing your teeth.] We are going to talk A LOT about food this year, but without our teeth we can’t bite and chew our food. Brushing your teeth helps keep them clean and healthy. Try to brush your teeth twice a day - in the morning and before you go to bed.

**WASH YOUR HANDS:**

Why is it important to wash our hands? That’s right - to keep the germs that can make us sick out of our bodies. Germs are living creatures that are so tiny we can’t see them without a special tool called a microscope. They live all over the place - on our hands, desks, and tables. Germs on our hands won’t hurt us, but if they get inside of our bodies they can make us sick.

How do we spread germs? That’s right! If we sneeze into our hands (or put our fingers in our mouths or noses) and then touch a table or a friend, we could spread our germs. When we touch our food (or a friend’s food) without washing our hands and then eat the food, the germs get into our bodies.

What’s the best way to NOT spread germs? Wash your hands!! And, wash any kitchen counters and dishes before you put food on them.

Let’s stand up and act out the best way to wash our hands:

First thing we need to do when we are getting ready to wash our hands is get out the paper towels. Let’s pretend to do that. Next, pretend turn on the water and get your hands a little wet. Get a little bit of soap and start scrubbing. How long should we scrub our hands for? Long enough to sing the ABCs, or for 20 seconds. Let’s sing the ABCs while we scrub our hands. As you are scrubbing, don’t forget the inside of your hands, back of your hands, and between your fingers because those are places germs like to hide. Rinse your hands off and grab a paper towel to dry your hands. Dry your hands and then use the paper towel to turn the water off. Why is that important? Right- so we don’t get more germs back on our hands!

We will be practice food safety this year when we eat foods together. Back to more of our healthy habits...

**DRINK WATER:**

[Pretend like you are drinking a glass of water.] Our bodies are made up of a lot of water. Over half of the body’s weight comes from water. Our bodies use water to digest our food, keep our eyes moist, keep our joints moving smoothly, and for sweat when we need to cool down. Our bodies NEED water. Drink a couple glasses of water every day.

**EAT HEALTHY FOODS:**

Eat healthy foods at most meals and snacks. We are going to talk more about foods that are healthy for our bodies today, and the rest of the school year.

All these things we just talked about - sleeping, exercising, drinking water, brushing our teeth, washing our hands, eating healthy foods - are called healthy habits. A habit is something you do every day or often without giving it much thought because you are so used to doing it. A healthy habit is one that is best for YOUR body!

Every time we have nutrition class we are going to talk all about eating healthy foods to build the BEST YOU.
Raise your hand if you can tell me what makes up a healthy body?

- Healthy hair and skin
- Healthy brain - smart and happy
- Strong bones and strong teeth
- Strong muscles to help us do our favorite activities
- Energy that allows us to learn in school, move and play

How do we build a healthy body? We need to practice the healthy habits we talked about, and feed our body what it needs to make hair, skin, strong bones, teeth, and muscles; and to get energy.

Let’s talk more about foods that will help us build a healthy body...

We sort foods into five groups. Look at this picture - it’s called MyPlate. MyPlate is a picture of a plate that is made of the five food groups – the fruit group, the vegetable group, the grains group, the protein group, and the dairy group. Instead of sorting foods by how they look (their color or shape), we sort them by how they keep our body strong and feeling good when we eat them.

Our food has something in it called nutrients. Say nutrients with me, “nutrients”. Good job! Nutrients are tiny parts of our food that help us grow and stay healthy. The different food groups give our bodies different nutrients that we need to be healthy.

Today I am going to introduce you to the Food Group Friends, who will help us learn about the five food groups.

First up...is FARRAH FRUIT! Farrah Fruit is our friend from the Fruit Group. What is Farrah Fruit made from? Apple, blackberries, bananas, watermelon, strawberry, kiwi, grapes, orange, cherries. Foods in the Fruit Group give our bodies a RAINBOW of colors to keep all parts of our bodies working correctly. Plus, fruits are sweet. These are some foods in the Fruit Group. [Show food cards from the Fruit Group.] You can silently give thumbs-up to the foods you like, and thumbs-down to those you don’t care for (or thumbs in the middle if you’ve never had the food before).

Next, we have... REGGIE VEGGIE! Reggie Veggie is our friend from the Vegetable Group. What is Reggie Veggie made from? Carrot, broccoli, snap peas, spinach, bean. Foods in the Vegetable Group also give our bodies a RAINBOW of colors to keep all parts of our bodies working correctly. Vegetables are not as sweet as fruits. Try to eat lots of different colors of vegetables. These are some foods in the Vegetable Group. [Show food cards from the Vegetable Group.] You can silently give thumbs-up to the foods you like, and thumbs-down to those you don’t care for (or thumbs in the middle if you’ve never had the food before).

And now our friend from the Grains Group.... JANE GRAIN! What is Jane Grain made from? Whole-wheat bread, whole-grain spaghetti and bow-tie pasta, whole-grain cereal, brown rice, popcorn, graham crackers. The Grains Group foods give our bodies energy. We need energy to learn, move and play. These foods all come from plants and are mostly brown or white. These are some foods in the Grains Group. [Show food cards from the Grains Group.] You can silently give thumbs-up to the foods you like, and thumbs-down to those you don’t care for (or thumbs in the middle if you’ve never had the food before).
And next.... DEAN PROTEIN! Dean Protein is our friend from the Protein Group. What is Dean Protein made from? Chicken, ham, egg, beans, peanuts. The Protein Group gives our bodies protein, which we need to grow and heal. Some of these foods come from animals and some come from plants. These are some foods in the Protein Group. [Show food cards from the Protein Group.] You can silently give thumbs-up to the foods you like, and thumbs-down to those you don’t care for (or thumbs in the middle if you’ve never had the food before).

And, last, but not least.... MARY DAIRY! Mary Dairy is our friend from the Dairy Group. What is Mary Dairy made from? Yogurt, milk, cheese. The Dairy Group gives us calcium, which helps us build strong bones and teeth. The dairy group foods are all made from milk. These are some foods in the Dairy Group. [Show food cards from the Dairy Group.] You can silently give thumbs-up to the foods you like, and thumbs-down to those you don’t care for (or thumbs in the middle if you’ve never had the food before).

Throughout the year, we'll get to know the Food Group Friends better and we'll learn more about each of the food groups and the healthy foods we should eat. All five food groups are important for keeping us healthy, so we want to eat healthy foods from all five food groups every day!

Now let's play a game to see how well we know the food groups. I am going to give you each a picture of a food and I want you to help me figure out which food group it goes in.

WRAP-UP & REVIEW

Quick quiz. Let’s see what we’ve learned!

1. How many food groups are on MyPlate? [Have students silently hold up their fingers to answer.] Five! MyPlate has five food groups - the Fruit Group, the Vegetable Group, the Grains Group, the Protein Group and the Dairy Group. Foods are sorted into these groups based on how they keep our bodies healthy.

2. Raise your hand if you think you need to eat foods from all five food groups to stay healthy. [Give students a moment to think about it.] We should all have our hands up because we need all five food groups to have a healthy body!

Today we have learned about how to be the BEST YOU. Remember, being "the best you" is about taking care of your body and doing the things, the healthy habits, that will help you build the BEST YOU! Eating food from all five food groups will help us do that.

CHALLENGE

I challenge you to eat foods from all 5 food groups today! Point out which foods are from which food groups to a friend or family member.

TASTE TEST IDEAS

1. Clementines, edamame, raisin or other: have students practice mindful eating while tasting.

2. MyPlate tasting: include a food from each food group for students to taste. See if they can identify which food goes in which food group.
   - Grains: crackers, cereal, mini muffin, etc.
   - Fruit: bananas, strawberries, apple slices, etc.
   - Vegetables: baby carrots, cherry tomatoes, etc.
   - Protein: edamame, sunflower seeds, turkey cubes, etc.
- Dairy: cheese cubes, yogurt dip, etc.

**ADDITIONAL ACTIVITIES AND RESOURCES**

1. Read *Bread and Jam for Frances* by Russell Hoban

   English Language Arts Standards:
   - **Kindergarten** - RL.K.1 With prompting and support, ask and answer questions about key details in a text.
   - **1st Grade** - RL.1.1 Ask and answer questions about key details in a text.

   - What did Frances want to eat all the time?
   - Bread is from which food group?
   - Which food group is jam in?
   - Which food groups are missing if you eat only bread and jam?
   - What happened when Frances’ mom gave her bread and jam at every meal?
   - How would you feel if you ate the same thing at every meal?

   - Did you think Frances was eating healthier at the beginning or the end of the story? Why?