



MyPlate Sample Lesson: 1st and 2nd Grades

Learning Outcome: Identify the five **MyPlate** food groups and be able to give examples from each

Supplies: **MyPlate** poster and crayons

Student Handout: ***My Food Card***

1. Display the **MyPlate** poster for your students to see.
2. List the names of all five food groups on the board: **Fruits, Vegetables, Grains, Protein, and Dairy**. Explain that foods are put into groups to help us understand how to create a balanced meal. Ask the class why they think eating foods from each food group is important. Answers should include putting food from each food group on our plate helps us eat smart to play hard.
3. Supply each student with crayons and three ***My Food Card*** handouts. **Note:** If you have more time, ask students to create five Food Cards, one from each group.
4. Give students 10 minutes to complete their Food Cards — each with a drawing or collage of a favorite food from a different food group. Ask students to draw one specific food, such as a fruit or a dairy product, as opposed to combination foods, such as pizza or tacos. Prompt students to think of foods they like to eat by asking what they ate at lunch that day, or dinner the night before. They will also need to complete the sentences on the card according to what food they chose.
5. Invite students to share and read their Food Cards aloud with the class and explain why they like each food item.

