



## MyPlate Sample Lesson: Pre-K

Learning Outcome: Meet and name the five **MyPlate** food groups

Supplies: **MyPlate** graphic and **Food Cards**

1. Display the **MyPlate** graphic for students to see
2. Point to and name the five food groups on **MyPlate**
3. Spread out the **Food Cards** and let each student pick a couple
4. Go around the room and ask students what food is on their card and guess which food group it belongs to on **MyPlate**
5. As each student answers, tell why the food group is important and how it keeps us healthy
  - a. **Fruits** come from plants and are many colors. They are often sweet. Fruits help our bodies grow.
  - b. **Vegetables** many different colors too, like orange, green and red. Vegetables keep us healthy with vitamins.
  - c. **Grains** come from plants like rice, wheat and oats. They are used to make things like bread, crackers and noodles. Grains give us energy to move and play!
  - d. **Protein** foods come from plants and animals. They help us build strong muscles. Muscles help our bodies move.
  - e. **Dairy** foods help us have strong bones and teeth. We need strong bones in our body to stand up and protect our brain, heart, lungs and other things inside us.

