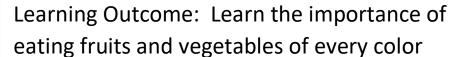


**Nutrients** Sample Lesson: Kindergarten





Supplies: MyPlate poster and crayons

Student Handout: Student Workbook and crayons

- 1. Display the **MyPlate** poster for students to see
- 2. Review and name the five food groups on MyPlate
- 3. Ask students to name different fruits and vegetables and list their responses
  - a. Go down the list and ask students what color each fruit or vegetable is
  - b. Point out to students that the fruits and vegetables are lots of different colors and could make a beautiful rainbow
- 4. Ask students why they think it is good to eat fruits and vegetables of many colors? (They can make your plate/meal look pretty. Eating different-colored fruits and vegetables can help your body get what it needs to be healthy.)
- 5. Pass out a **Student Workbook** to each student
- 6. Go through Lesson 3 on pages 17, 18 and 19. Follow the instructions on pages 17 and 18 to help students write the letter that each fruit/vegetable starts with and color the fruits and vegetables. On page 19, students will count and write the numbers of fruits and vegetables on each plate.



















