



Sometimes Foods Sample Lesson: Kindergarten



Learning Outcome: Explore how foods from each food group form a **MyPlate** meal

Supplies: **MyPlate** poster and crayons

Student Handout: **Student Workbook**

1. Display the **MyPlate** poster for students to see. Review and name the five food groups on **MyPlate**
2. Go around the room and ask students to name a food from each food group. Offer help as needed with these ideas -
 - a. **Fruits** – banana, orange, apple, cherry, strawberry, mango, blueberry
 - b. **Vegetables** – peppers, squash, carrots, spinach, lettuce
 - c. **Grains** – bread, crackers, tortillas, noodles
 - d. **Protein** – chicken, fish, meat, beans, lentils, tofu
 - e. **Dairy** – milk, cheese, yogurt, soy
3. Ask students why they think it is good to eat foods from all the food groups?
(Answers should include putting food from each food group on our plate helps us eat smart, be healthy, and have lots of energy. All the food groups are important to stay strong and smart.)
4. Pass out a **Student Workbook** to each student
5. Go through Lesson 2 on pages 15 and 16. Follow the instructions on page 15 to help Kate make a lunch that includes all five food groups. On page 16, color in the section of MyPlate for the food groups you see shown in the pictures. Can students figure out which food group is missing?
6. Give students time to color each page.

