



Activity #1: Rate Your Plate!

Health

Directions for Teachers

Objective: Children will learn how to create MyPlate by filling in the foods they ate for lunch (today or yesterday) in the proper food groups.

Directions:

1. Discuss with children what the MyPlate icon is and what the five food groups are by reviewing the **Background Information, page 1**.
2. Put up on the chalkboard the names of the five food groups.
3. Have your students try to name foods that belong in each group.
4. Ask students to put either today's or yesterday's lunch into the MyPlate, by writing in the names of the foods in the proper food groups. Discuss with children that combination foods can belong to more than one food group. For example, pizza contains crust (Grains), tomato sauce (Vegetables), cheese (Dairy), and sometimes other toppings like meat (Protein) or more vegetables!
5. Have students review their MyPlate to see if they ate from all five food groups for lunch. If they didn't, have a discussion to help them come up with healthy ideas to balance their meals.

Note: Every meal does not have to include all five food groups — it's just a general guideline to work toward throughout one's whole day.

Special Note: Please be sensitive to the reality of today's economic conditions, in which many families cannot afford optimal nutrition. Encouraging your students to take part in school breakfast and lunch programs will help ensure that they do not go hungry.



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Name: _____

1. What I had for lunch:

2. Break down your foods into the five food groups.

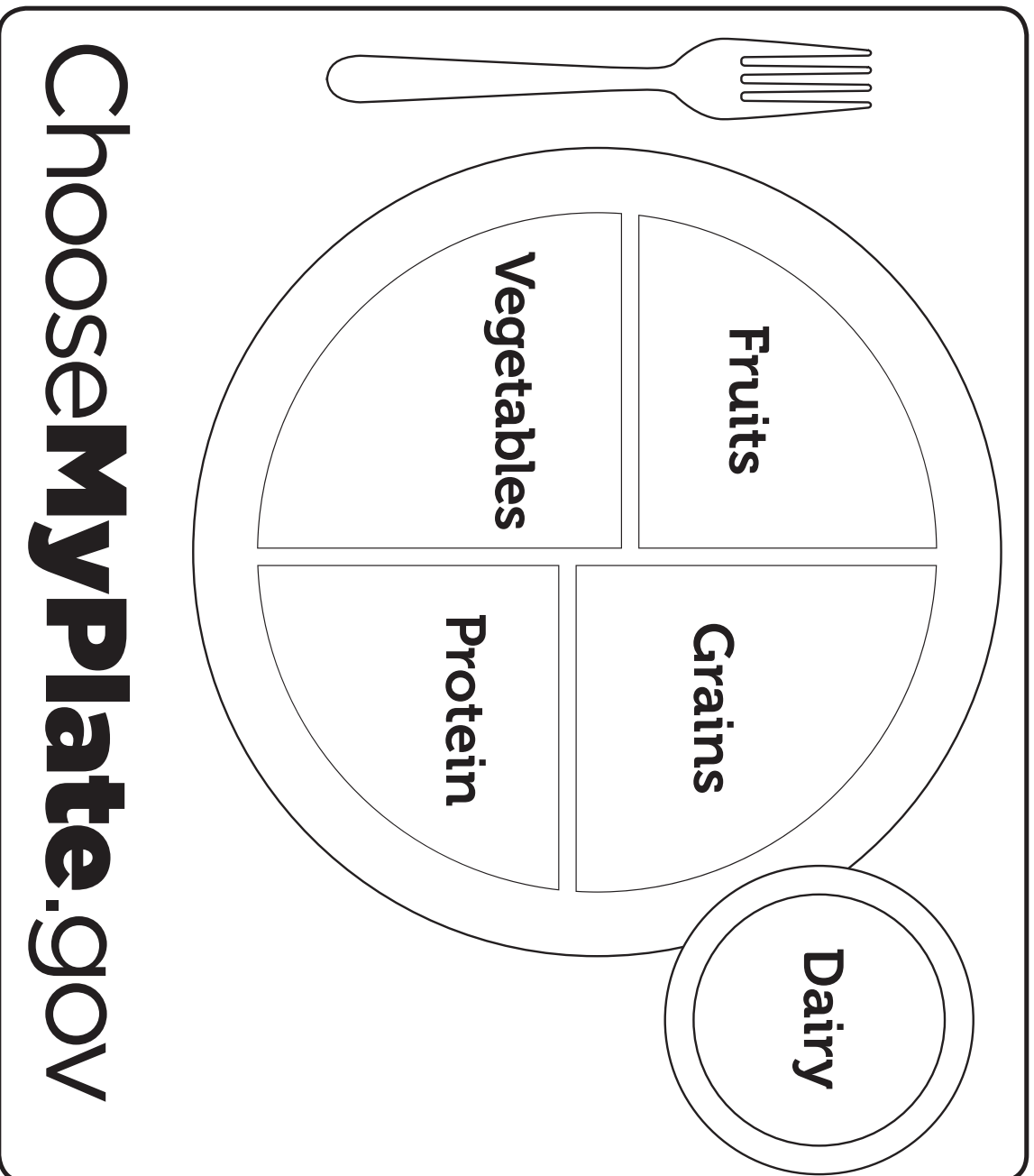
Fruits:

Vegetables:

Grains:

Protein:

Dairy:



3. Fill in the food groups with the name or picture of the foods you ate.

4. Are you missing any food groups? If so, which ones? _____