

LESSON

3

healthy foods in healthy amounts

Objectives

Learners will . . .

- classify foods and beverages according to the USDA MyPlate placemat
- identify foods that are not a part of a healthy eating plan
- recognize how the USDA MyPlate placemat helps them to eat the proper amount of healthy foods

Materials

- HLC Poster—MyPlate
- Activity Sheet: *ChooseMyPlate*
- Activity Sheet: *Healthy Amounts*
- Paper/pencil

Vocabulary

- **Nutrient**—the parts of food that the body can use
- **Nutrition**—the body’s process of taking in and using food
- **USDA MyPlate placemat**—illustration showing how much and which kinds of foods to eat

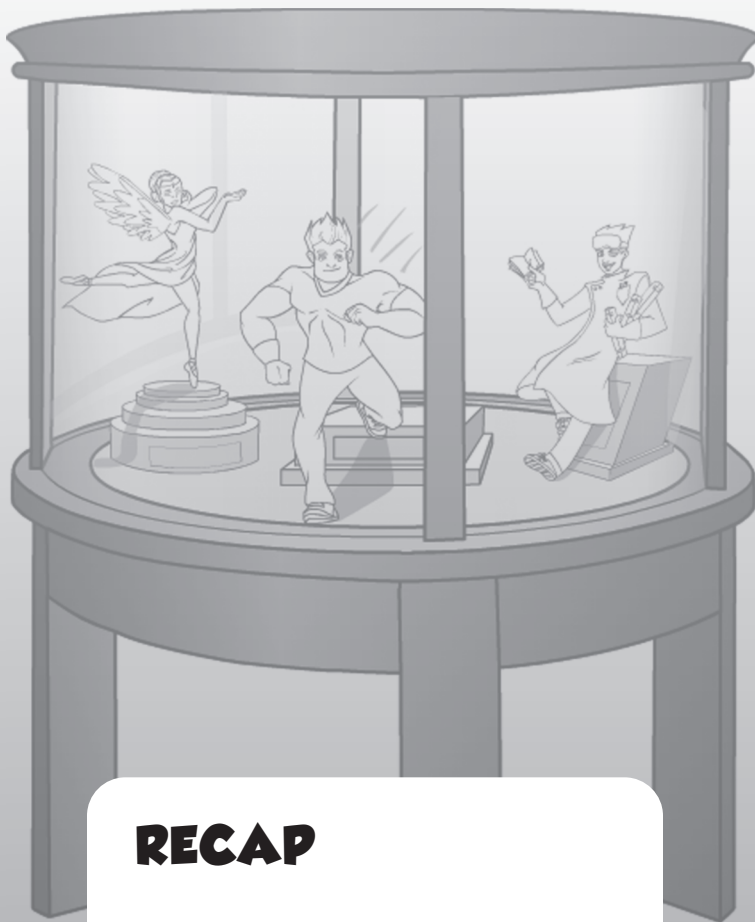
RECAP

Tell students last lesson they learned to eat very little of foods with fats and added sugars.

KEY MESSAGE

Write on board and tell students:

MyPlate helps you eat the proper amounts of healthy foods.



INTRODUCTION

Review the illustration of the USDA MyPlate placemat on the HLC Poster—MyPlate with students. Remind students that they always need to choose a variety of foods that will provide them with the energy they need to work, play and to help their bodies grow and become strong. Tell students that MyPlate not only shows us what kinds of foods to eat but also the proper amounts to eat. Explain to students that different foods contain different nutrients. They need to eat the variety and amounts of foods shown on the USDA MyPlate placemat to give their bodies all of the nutrients needed to stay healthy.

Have students look at the colored food sections on the MyPlate poster. Ask students why they think the sections are different sizes. Which sections are bigger? Which ones are smaller? Tell students that the size of each food group shows us about how much of our plates should be made up of that type of food.

ACTIVITIES



ONE—LANGUAGE ARTS & SCIENCE



On a sheet of paper have the students list all of the foods they can remember eating yesterday. Be sure to include all snacks and beverages. If they ate a food more than once, have them indicate the number of times they remember eating that food. When their lists are complete, provide each student with a copy of the *ChooseMyPlate* activity sheet. Have each student transfer their food list into the appropriate sections of the placemat. Assist students in recognizing if their food choices include empty-calorie foods or foods with oils. These foods are not included in the MyPlate placemat because they are not part of a healthy meal plan.

When complete, ask students if their plates are complete. What foods are you not eating enough of? What foods are you eating too much of? Do fruits and vegetables make up a half of what you eat each day?



TWO—SCIENCE

Divide students into small groups and provide each group with a copy of the *Healthy Amounts* activity sheet. Ask students to circle the meal that shows the right amount of each food group as shown on the MyPlate placemat (A). When complete, discuss with students the correct answer and why the others were not the best choice. If time allows, have students draw their own meals including a healthy amount of each food group.

WRAP UP

1. How does the USDA MyPlate placemat help us to eat healthy?
2. What food groups are represented on the USDA MyPlate?
3. What food groups should you eat the most from every day?



LESSON BOOSTER

Materials: Nutrition BINGO cards (see www.hlconline.org)

Play a game of nutrition BINGO with students. Have students who get BINGO identify the food group in which each food they marked belongs.

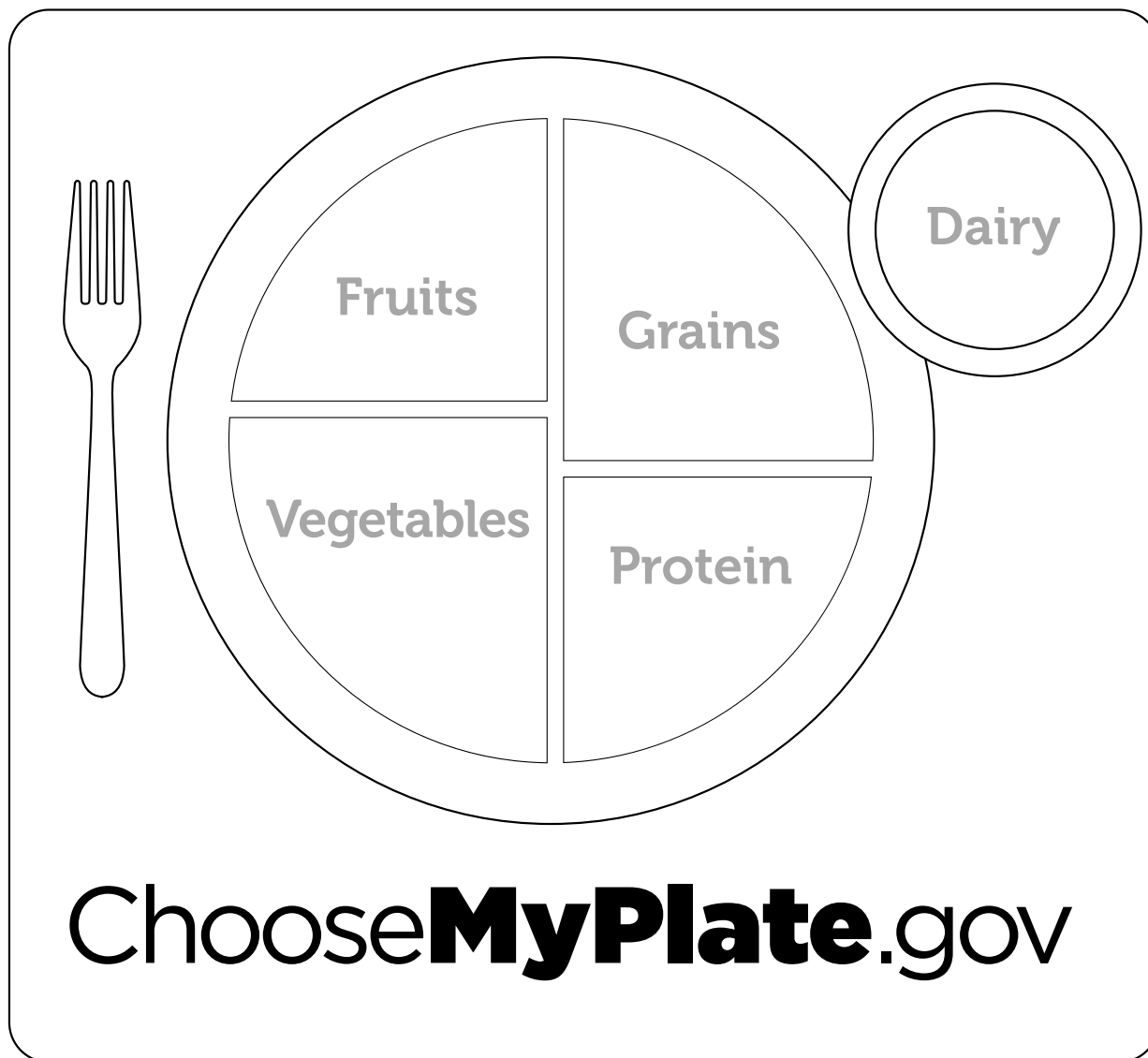
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**Healthy
Lifestyle
Choices**

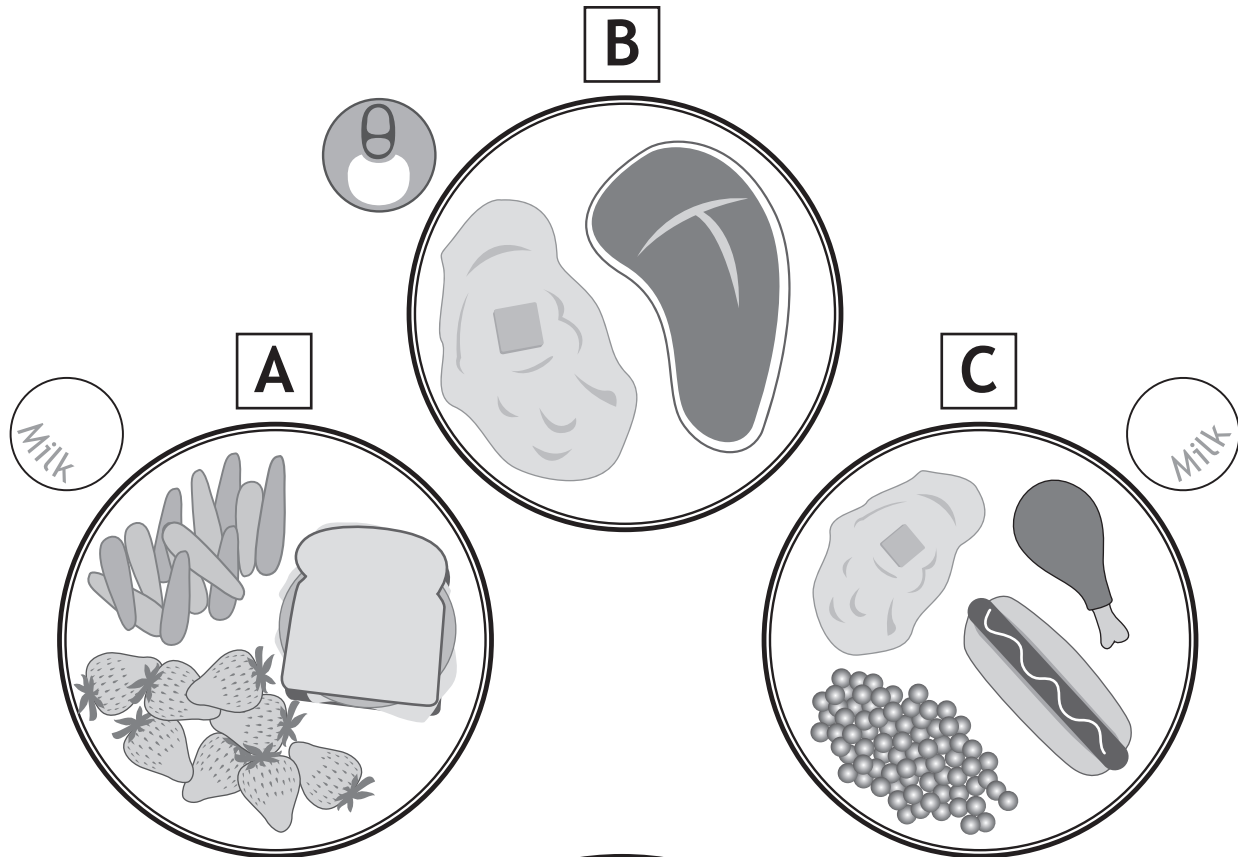
Helping kids make the most out of life

CHOOSEMYPLATE



USDA Center for Nutrition
Policy and Promotion

HEALTHY AMOUNTS



Draw your own meal showing a healthy amount of each food group.

