



MyPlate and Healthy Bodies

K – 1st Grade Lesson Plan

Goal: Introduce the elementary school nutrition curriculum, introduce the concepts of healthy bodies and mindful eating, and familiarize students with the food groups as described in MyPlate.

Objectives:

1. Students will describe what it means to be healthy.
2. Students will name 3 to 4 activities that contribute to being healthy.
3. Students will be able to describe the feelings of hunger and fullness.
4. Students will name the five healthy food groups in MyPlate.

Materials Needed

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| <input type="checkbox"/> MyPlate poster or plate | <input type="checkbox"/> Student and Parent Handouts |
| <input type="checkbox"/> Food Group Posters | <input type="checkbox"/> Educational incentive |
| <input type="checkbox"/> | <input type="checkbox"/> Materials for optional activities |

Lesson	
Talking Points	Materials/Activities/Notes
Introduction	
<ul style="list-style-type: none"> • Hello boys and girls! My name is _____ and I am your school nutritionist. I will be coming to your class about every three weeks. I want you to be a part of each lesson but it is really important that you raise your hand to be called on if you have something to say. • Your teacher has agreed to stay in the room to help keep everyone on track and learn with you this year. • Raise your hand if you have ever had nutrition classes before. I want you all to help me teach by actively answering questions and helping with explanations. • Has anyone heard the word “nutrition” before? What does nutrition mean? That’s right! Nutrition is healthy food that helps our bodies feel good and work right. My job as the nutritionist is to teach you how to choose these foods so your bodies can stay healthy. 	<p>Spend about 2-3 minutes on intro.</p> <p>Be sure to verify this with the teacher first.</p>
Mind Grabber	
What does it mean to be healthy? Who can tell me one thing that we can do to be healthy?	
Discussion	
Why is it important to be healthy? What happens if we don’t follow healthy habits? How would you feel?	
Do we all need to do the same things to be healthy? Does a baby need the same amount of food as a grownup? Do you eat the exact same foods every day as	
	Focus on how our bodies feel good when we take good care of them.

<p>your classmates?</p> <p>Make the best choices for YOUR body!</p> <ul style="list-style-type: none"> • All year long we will discuss different ways to have a healthy body and mind. We like to call it “Be the BEST YOU”. • Our FOUR Be’s are: <ol style="list-style-type: none"> 1. Be safe. 2. Be active. 3. Be mindful. 4. Be colorful. 	
<p>Be Safe: Food Safety Moment</p> <p>GERMS: What are they?</p> <ul style="list-style-type: none"> • Germs are living creatures that are so tiny we can’t see them without a tool called a microscope. • They live all over the place, like on our hands and desks and tables. Germs on our hands won’t hurt us. They like to live where it’s warm and wet, like it is inside of us. As long as we keep the germs outside of our bodies, they won’t bother us. If they get inside of us, where it’s warm and wet, then they can make us sick. • How do germs spread from one person to another? <ul style="list-style-type: none"> ○ Most germs don’t spread by themselves. What are some ways germs can spread? (Coughing, sneezing, blowing nose, touching something dirty, etc.) Coughing or sneezing into your hands puts germs on your hands, and you will pass those germs around to anyone or anything you touch. ○ What is the right way to sneeze or cough? • Activity: Glitter or flour germ activity 	
<p>Be Active</p> <ul style="list-style-type: none"> • Not only is eating a variety of foods very important to our bodies, but physical activity and exercise is important as well. Another way to “be the best you” is moving our bodies and being active every day. • What is exercise? Exercise is any movement of your arms and legs that make your heart beat faster. It gives you energy and keeps you healthy. When your heart beats faster with exercise that means it is getting stronger. We’ll talk more about your heart later. • Raise your hand if you like to exercise and move your body. What type of activity do you like to do that gets your body moving? • When people are exercising, they are keeping their bodies physically fit and healthy. What are some other reasons that it is good to be active and move our bodies? <ul style="list-style-type: none"> ○ It makes us strong, helps us to feel good and to stay a healthy weight, makes us less likely to get sick, and helps us focus in school by getting our wiggles out. • Are playing video games and watching TV activities that get our bodies moving? No, those are called “inactive” activities. Exercise does not include small movements of the muscles in your hands and fingers. Remember, 	

<p>exercise must move the big muscles of our body and make our hearts beat faster, so we need to limit the amount of time we spend in front of the television.</p> <ul style="list-style-type: none"> • Would you all like to do an experiment? Great! First, I need everyone to put their right hand in the middle of their chest, about halfway down, and try to feel your heartbeat. It's okay if you can't feel it. Notice how fast it's beating. • Next, we're going to all stand up and move our bodies for 1 minute! Make sure you stay in one place. You can jump, run in place, dance, or do whatever you'd like. Ready....go! • Okay, now stop! <ul style="list-style-type: none"> ○ Now put your hand over your heart. What has happened to your heartbeat? It has gotten faster. ○ Your heart is the strongest muscle in your body and needs to be active and exercised every day to stay healthy and strong just like our body does. When we are exercising our bodies we are exercising our hearts at the same time. The best exercises for your heart are those that make the heart beat faster • Today we have done an activity that made our hearts beat faster. Do you think that is enough exercise for today? <ul style="list-style-type: none"> ○ No! How many minutes should we try to be active every day? How many days per week should we try to be active? ○ Children and adolescents require at least 60 minutes (ONE HOUR) of physical activity on most, preferable all, days of the week. ○ Let's talk about some other activities that you can do to help get your 60 minutes a day. 	<p>Have students run in place, pretend to jump rope, or any activity that will get their hearts beating.</p> <p>Hold up different pictures of physical activities. Ask students: What is the person doing in this picture? Have you ever done this activity? Does this activity exercise the heart?</p>
<p>Be Mindful</p> <ul style="list-style-type: none"> • The third way to "be the best you" is to BE MINDFUL. This is also called being aware, or being present. When we are mindful, we notice our thoughts, our feelings, and what our bodies are telling us. • Being mindful is not about what we eat. It's about <i>how</i> we eat. • Has anyone ever eaten more than their bodies needed? Has anyone ever eaten something while distracted, and not noticed how it tasted? • <i>If time allows, have students practice mindfulness while eating a mandarin orange segment.</i> <ul style="list-style-type: none"> ○ What did you notice? How was the experience different than the way you normally eat an orange? • Why would we want to be mindful while eating? <ul style="list-style-type: none"> ○ Enjoy our food more, not accidentally eat too much, notice things about our food we hadn't noticed before ○ What might happen if we're not mindful? • When we are mindful, we notice if our bodies are hungry or full. <ul style="list-style-type: none"> ○ What does hunger feel like? What does fullness feel like? ○ There's a difference between "Stomach hunger" (physical hunger) vs "mouth hunger" (wanting to eat something because it tastes good) ○ Does food serve any other roles besides filling us up? 	<p>Before eating the orange, have everyone think about its appearance, shape, size, color, smell and texture. As students place it in their mouths, have them think about the sensation, all of the orange's characteristics and the whole process of eating it.</p>

<ul style="list-style-type: none"> • How can we remember to be more mindful with our food? <ul style="list-style-type: none"> ○ Possible answers: eat with TV off, prepare the food ourselves, eat slowly, eat with someone else, discuss the food we're eating • Key points: use your senses, be aware, know why you are eating, and enjoy your food. 	
<p>Be Colorful</p> <p>Finally, we're going to talk about nutrition. How can we make sure that we're getting all of the stuff our bodies need from the foods we eat? If I just eat mashed potatoes all day, am I healthy? If I just eat blueberries all day, am I healthy? Why not?</p> <p>One easy trick to make sure our food is healthy is to BE COLORFUL, which is the fourth way to "be the best you." Our bodies need a variety of foods, and a colorful plate is a healthy plate. MyPlate is a tool to show us which kinds of foods to eat every day, and to not eat too much of any one kind. Remember, all foods can fit into a healthy way of eating; however, some foods provide more of what our bodies need. To help us remember what different kinds of foods to eat, MyPlate groups foods together into five healthy food groups.</p> <ul style="list-style-type: none"> • Raise your hand if you can name one of the five food groups. <ul style="list-style-type: none"> ○ The Grains Group gives our bodies energy. These foods all come from plants and are mostly brown or white. ○ The Vegetable Group gives our body's vitamins and minerals, such as Vitamin A to help your eyes and Vitamin C to keep you from getting sick. Vegetables are very colorful. Try to eat different color vegetables every day because each different color does something different that your body needs. ○ The Fruit Group also gives our bodies vitamins and minerals to stay healthy and strong. Eating a rainbow of foods from these two groups will give our bodies the vitamins and minerals we need to stay healthy. ○ The Dairy Group gives us calcium, which helps make our bones and teeth strong. All the milk group foods come from cows. ○ The Protein Group gives us protein that we need to grow and keep our bodies (and muscles) strong. Some of these foods come from animals and some come from plants. • Throughout the year, we're going to learn more about all the Food Groups and the healthy foods we should eat. 	<p>Use the MyPlate tool to show students how food should look on your plate.</p> <p>Introduce each food group and the foods it includes.</p> <p>Use MyPlate poster and posters of different food groups with pictures of real foods. Point out characteristics of each group, such as colors or that all items come from milk, plants or animal.</p>
<h3>Wrap-Up</h3>	
<ul style="list-style-type: none"> • Today we have learned about how to be the best you. • Remember, being the best you is about making your own body the best and healthiest it can be. There's more than one way to be healthy, and each of our bodies have different strengths and different needs. 	
<h3>Challenge</h3>	
<ul style="list-style-type: none"> • Now that we have learned about the five healthy food groups, exercising, being safe, and being mindful, I have a challenge for you. I want you all to go home and look at the foods in your refrigerator, freezer, cabinets, and pantry; anywhere that you keep food. Look for a healthy food from each food group there that you could eat for breakfast, lunch, or dinner. I also challenge you 	

to try to be more active every day, whether it is biking, walking the dog, or playing more soccer. The next time I come to teach your class, I'm going to ask you about these challenges.

Taste Test Ideas

If time allows, have students practice mindful eating with mandarin orange slices, or with raisins, or with Hershey kisses.

Additional Activities

Make MyPlate

Using food models (store room) or magnetic healthy plate (green box in library), make an imperfect example of a MyPlate meal. Have students help you add items to the meal to help it better match MyPlate. For example, spaghetti with butter and French bread – add sauce, meatball, salad, milk. Sandwich with meat – add tomato, lettuce, cheese, and an apple. Burrito with rice and beans, add tomato, cheese, lettuce, side of fruit.

Healthy Helpings MyPlate Activity Mat (store room) or MyPlate Pocket Chart (in office).

Give students food pictures to correctly place on activity mat. Be sure to include the exercise cards to keep class alert.

Exercise Warm-up Poem

Before exercising hard, it is a good idea to warm up by exercising more slowly and gently at first. Here's a poem that will help you to warm up:

*Jump to the right and to the left please,
Touch your elbows and now your knees.
Touch both feet and now your nose,
Hands on your hips and now on your toes.
Hand on shoulders and on your shoes,
Turn right, then left, and please don't snooze.
Hands on your heads also in the air,
Hands on your hips now on your hair.
Touch your face and now your feet,
Clap your hands and take your seat.*

School Lunch Choices

Read the lunch menu for the day, have the students identify the food groups and talk about the healthy choices. You can do more than one day if time allows. The menus are found at: <http://www.dpsnc.net/images/pdf/lunch-data-menus/lunch-menus/elementary-school-lunch-menu> Have the students count how many foods from each of the five food groups they find. On the board make a chart by sorting foods from the menu into the five food groups. Students can also graph the results.

Food Group Simon Says

Simon Says is a classic memory game for kids. Use food group necklaces for the children to wear. (String around neck, sign hanging down with name of food group. Use Food Group Label pictures) Play Simon Says as usual, but make each command specific to a food group. For example, you could command "Fruits put your hands on your head," or "Grains jump up and down."

Which Food Doesn't Belong

Read and show pictures of groups of four foods aloud to kids. Make sure three of the foods are from the same food group and one is from a different category. For example, you could read "Apples, bananas, yogurt and oranges." Have kids raise their hands when they know which food doesn't belong. Choose one kid to explain which food doesn't belong and why.

Food Group Bookmarks

Bookmarks are a practical craft that are easy to make and will remind kids of the five food groups every time they open a book to read. Cut 2-inch by 6-inch rectangles from cardstock or construction paper. Have kids divide the bookmarks into five squares and draw a picture illustrating a different food group in each square. Add clear contact paper to the bookmark for added durability. (Better for 1st grade or higher.)

Parade of Foods *(Longer activity)*

Have kids create a parade of foods to tape to walls or windows. Assign each child a different food from one of the five food groups. Let them draw the food on construction paper and cut it out, then tape each food in a "parade" line along the walls or windows of the room. Move along the parade, pointing to each food and have kids call out which of the five food groups it's from.

Some activities are from: [Kids Activities for the Five Food Groups | eHow.com](http://www.ehow.com/info_7947350_kids-activities-five-food-groups.html#ixzz1yY0Y1oN7) http://www.ehow.com/info_7947350_kids-activities-five-food-groups.html#ixzz1yY0Y1oN7

Student Handouts

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| <ul style="list-style-type: none"> • Where Does Food Go On MyPlate • MyPlate sticker | <ul style="list-style-type: none"> • MyPlate Healthy Habits Journal • MyPlate Word Search |
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Parent Handouts

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| <ul style="list-style-type: none"> • DG Tip Sheet "Choose MyPlate; 10 tips to a great plate." (English & Spanish) • Parent letter K-3 2012 (English & Spanish) | <ul style="list-style-type: none"> • Today in Nutrition Class – MyPlate (English & Spanish) |
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Lesson Roadmap

- Introduce yourself and nutrition classes
 - What does "healthy" mean and how do we keep our bodies healthy?
- Be safe
- Be active
- Be mindful
- Be colorful
 - Introduce MyPlate
 - Briefly review the foods in each food group.
- Offer challenge
- Handouts

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Public Health

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