



# MyPlate and Healthy Bodies

2<sup>nd</sup> 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 three to four activities that contribute to being healthy.
3. Students will name the five healthy food groups in MyPlate.

**Materials Needed**

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| <input type="checkbox"/> PowerPoint slides if available | <input type="checkbox"/> Student and Parent Handouts       |
| <input type="checkbox"/> MyPlate poster or plate        | <input type="checkbox"/> Educational incentive             |
| <input type="checkbox"/> Food Group Posters             | <input type="checkbox"/> Materials for optional activities |
| <input type="checkbox"/> Oranges for taste test         |  |

| Lesson   |  |
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| Talking Points   | Materials/Activities/Notes   |
| <b>Introduction</b>  |  |
| <ul style="list-style-type: none"> <li>• 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.</li> <li>• Your teacher has agreed to stay in the room to help keep everyone on track and learn with you this year.</li> <li>• 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.</li> <li>• 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.</li> </ul> | <p>Spend about 2-3 minutes on intro.</p> <p>Be sure to verify this with the teacher first.</p> |



## Discussion

- What do you think it means to be healthy? Who can tell me one way to keep our bodies healthy?
- What are some things that make us feel good and healthy?
  - Having energy, being able to do the things we want to do.
- Can you tell if someone is healthy just by looking at them?
- Is there just one way to be healthy?
- 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 Bes are:
  - Be safe.
  - Be active.
  - Be mindful.
  - Be colorful.

## Be Safe: Food Safety Moment

CLEAN: Wash hands and surfaces often

- Optional: Start with one of these activities:
  - PB&J Experiment
  - Glitter Experiment
  - Flour Sneeze
  - Glitter Germs
  - Spray Germs
  - Germ Ball
  - Germ Straw
- The first key to food safety is to keep things clean in order to get rid of germs. Germs are everywhere and are too small to be seen. Even things that look clean may have large amounts of germs on them, but you can't tell just by looking.
- The safest thing to do is wash your hands before handling food or eating and to clean the countertops and places your food will touch.
- Even though germs are easily spread and can be on everything we touch, germs on our hands and skin don't hurt us. Germs can make you sick only if they get into your body from dirty hands or surfaces touching our foods.



### Be Active

- 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 makes 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?
  - 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, 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.
- Would you all like to do an experiment? Great! First, I need everyone to put their 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 pushups. Ready....go!
- Okay, now stop!
  - 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 a warm-up activity and another activity that made our hearts beat faster. Do you think that is enough exercise for today?
  - 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, preferably all, days of the week.
  - Let’s talk about some other activities that you can do to help get your 60 minutes a day.

Have students run in place, pretend to jump rope, or any activity that will get their hearts beating.

Hold up pictures of different physical activities. Ask students: What is the person doing in this picture? Have you ever done this activity? Does this activity exercise the heart?



### Be Mindful

- 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 *how* we eat.
- Has anyone ever eaten more than their bodies needed? Has anyone ever eaten something while distracted, and not noticed how it tasted?
- If time allows, have students practice mindfulness while eating a mandarin orange segment.
  - 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?
  - To enjoy our food more, not accidentally eat too much, and 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.
  - 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?
- How can we remember to be more mindful with our food?
  - Possible answers: eat with the TV off, prepare the food ourselves, eat slowly, eat with someone else, and discuss the food we’re eating.
- Key points of mindful eating: use your senses, be aware, know why you are eating, and enjoy your food.

After passing out the orange pieces, but before eating, have everyone pay attention to the food’s 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.



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| <p><b>Be Colorful</b></p> <ul style="list-style-type: none"> <li>• 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?</li> <li>• 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.</li> <li>• 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.</li> <li>• Raise your hand if you can name one of the five food groups. <ul style="list-style-type: none"> <li>○ The <b>Grains Group</b> gives our bodies <b>energy</b>. These foods all come from plants and are mostly brown or white.</li> <li>○ The <b>Vegetable Group</b> gives our bodies <b>vitamins and minerals</b>, such as Vitamin A to help our eyes stay healthy and Vitamin C to keep us from getting sick. Vegetables are very colorful. Try to eat different colored vegetables every day because each color does something a different job that our bodies needs to be their best.</li> <li>○ The <b>Fruit Group</b> also gives our bodies <b>vitamins and minerals</b> 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.</li> <li>○ The <b>Protein Group</b> gives us <b>protein</b> that we need to grow and keep our bodies (and muscles) strong. Some of these foods come from animals and some come from plants.</li> <li>○ The <b>Dairy Group</b> gives us <b>calcium</b>, which helps make our bones and teeth strong. All the dairy group foods come from cows.</li> </ul> </li> <li>• Throughout the year, we’re going to learn more about all the food groups and the healthy foods we should eat.</li> </ul> | <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 the MyPlate poster and food group posters with pictures of real foods. Point out characteristics of each group, such as colors or that all items come from milk, plants or animals.</p> |
| <p><b>Wrap-Up</b></p>  |   |
| <ul style="list-style-type: none"> <li>• Today we have learned about how to be the best you.</li> <li>• 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.</li> </ul>   |   |
| <p><b>Challenge</b></p>  |   |
| <ul style="list-style-type: none"> <li>• 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 to pick one new healthy habit to try this week!</li> </ul>   |   |
| <p><b>Taste Test Ideas</b></p>   |   |
| <p>If time allows, have students practice mindful eating with mandarin orange slices or with raisins.</p>  |   |
| <p><b>Additional Activities</b></p>  |   |



### Make MyPlate

Using food models or magnetic healthy plate 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 or MyPlate Pocket Chart.

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

### 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. To make the necklaces, string around neck with a sign hanging down with name of food group and a picture. 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.

### 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 is 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"> <li>• Where Does Food Go On MyPlate</li> <li>• MyPlate sticker</li> </ul>   | <ul style="list-style-type: none"> <li>• MyPlate Healthy Habits Journal</li> <li>• MyPlate Word Search</li> </ul> |
| <b>Parent Handouts</b>   |   |
| <ul style="list-style-type: none"> <li>• DG Tip Sheet “Choose MyPlate; 10 tips to a great plate.” (English &amp; Spanish)</li> <li>• Parent letter K-3 2012 (English &amp; Spanish)</li> </ul>   | <ul style="list-style-type: none"> <li>• Today in Nutrition Class – MyPlate (English &amp; Spanish)</li> </ul>    |
| <b>Lesson Roadmap</b>  |   |
| <ul style="list-style-type: none"> <li>• Introduce yourself and nutrition classes <ul style="list-style-type: none"> <li>○ What does “healthy” mean and how do we keep our bodies healthy?</li> </ul> </li> <li>• Be safe</li> <li>• Be active</li> <li>• Be mindful</li> <li>• Be colorful <ul style="list-style-type: none"> <li>○ Introduce MyPlate</li> <li>○ Briefly review the foods in each food group.</li> </ul> </li> <li>• Offer challenge</li> <li>• Handouts</li> </ul> |   |

