

MyPlate: Make Half Your Plate Fruits and Vegetables!

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This lesson is appropriate for upper grades of elementary school.

Estimated time: 45 mins

Introduction: This is a lesson that shows students the MyPlate guidelines and emphasizes that half of the plate should be vegetables and fruit. Teacher can ask class the following questions to start:

- 1) How many of you have heard of the MyPlate picture that shows how much of each type of food we should eat?
- 2) How many of you eat fruits and vegetables every day?
- 3) How many of you eat fruits and vegetables at almost every meal?

Lesson Objective/Outcome: Students should become familiar with “My Plate”, the U.S. Department of Agriculture’s nutrition program and teaching tool. By exploring whole foods, they will gain an understanding of good nutrition, food groups, well-balanced meals, and the importance of eating a variety of colors of fruits and vegetables in a healthy eating pattern. Students should be able to identify fruits and vegetables and the appropriate serving sizes of each (about 1/4 of the plate fruits; about ¼ of the plate veggies = ½ plate fruit and vegetables), and be empowered to make good food choices.

Lesson activities:

- 1) View PowerPoint on MyPlate about the importance of fruits and vegetables
 - a. Handout/Online Worksheet: “Fruits and Vegetables” chart. Teacher’s choice: Either print out the attached Google Sheet entitled “Fruits and Vegetables” for each student and have students write answers down in each column according to directions on the worksheet, or students can bring up Google Sheet online and double click on each different colored textbox to enter in their answers.
 - b. Half Your Plate Slides: Decide which breakfast, lunch and dinner photo demonstrate having half of the plate with fruits and vegetables.
 - c. Let’s Practice: Group discussion: Students are given a few minutes to look at graphic with empty fruit and vegetable sections of the MyPlate picture. Then, each student thinks of one fruit and one or more vegetables to add to the plate to make it complete. Students should be encouraged to “add” a fruit or vegetable they have never tried before, and to also consider the colors of the fruits and vegetables they are having. Students can announce their answers one-by-one.
 - d. Closing Activity: View YouTube Video on last slide: Fruits and Veggies USDA Video Contest Entry

Facilitator preparation notes

- 1) Review note section on PowerPoint slides (at bottom of slide) with additional supporting information to read to class about each slide.

Material and equipment list

- 1) A computer that can play PowerPoint Presentation
- 2) Internet access (will need to play YouTube video embedded in last slide).
- 3) Google Slides if teacher chooses to use editable online Google slide worksheet or they can print copies of handout for each student.

Takeaways and handouts for students

- 1) Fruits and Vegetable Chart (for students to fill out).

Lesson: See PowerPoint

Fruits and Vegetables

Directions: Think of as many fruits and vegetables as you can. Write them in the correct column according to their color.

Red	Orange and Yellow	Blue and Purple	Green	White