

## Day 1: MyPlate

### LET'S MAKE A HEALTHY PLATE!

TYPE OF ACTIVITY: Math

KEY CONCEPT: Eat a variety of foods



#### OBJECTIVES:

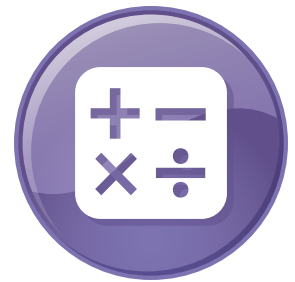
- › Children will identify different foods.
- › Children will sort food models into food groups.

#### MATERIALS:

- › 5 Containers
- › Container labels (see template, next page)
- › Food models from all food groups
- › MyPlate poster

#### PROCEDURE:

1. Spread out the food models so everyone can reach them. Ask children to name the foods.
2. Explain that eating foods from different food groups keeps us healthy. Point to and name each food group on MyPlate. Show children the labeled container for each group. Suggested phrases:
  - a. *Look at the red group. What foods go in the red group? Fruits. Can anyone name some fruits?*
  - b. *Here is a container for fruits.*
3. Encourage children to sort the food models into groups. Discuss the foods and food groups as children sort.

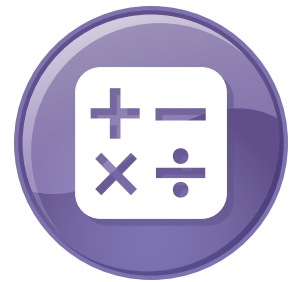


#### ADAPTATIONS/EXTENSIONS:

**Dramatic Play:** Help the children set up a restaurant in the dramatic play area. Include food models from each food group, plates, napkins, silverware, and placemats. Encourage children to be “chefs” who create meals and serve them to the “customers.” Talk to the children about making healthy choices when deciding what to eat.

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LET'S MAKE A HEALTHY PLATE LABELS



Fruits

Grains

Protein

Vegetables

Dairy