



MyPlate Sample Lesson: 5th Grade

Learning Outcome: Identify the five **MyPlate** food groups and be able to give many examples from each

Supplies: **MyPlate** poster

Student Handout: ***MyPlate, MySelf***

1. Display the **MyPlate** poster for your students to see and review each food group as a class
2. Explain that this icon shows the five different food groups: **Fruits, Vegetables, Grains, Protein, and Dairy**, and serves as a visual reminder to eat foods from all five food groups. By eating a variety of foods from each of the food groups, we can make sure we are feeding our bodies what we need to have energy, play hard, learn, grow, and stay healthy.
3. Next, pass out a ***MyPlate, MySelf*** handout to each student.
4. Explain to students they will create 5 days of healthy dinner meals that they would enjoy eating using **MyPlate** as a guide. Each dinner should include all five food groups.
5. Give students 15 minutes to create their 5-day dinner menu planner on the back side of the handout. They can use the resources and checklist on the front side of the handout for ideas.
6. After they complete the plan for five dinners, have them follow directions to complete My Physical Activity Plan and My MyPlate Goal.

