



MyPlate Sample Lesson: Music

Learning Outcome: Identify the five **MyPlate** food groups and be able to name foods in each

Supplies: **MyPlate** poster or graphic

1. Pass out the lyrics to the song ***Alive with 5 Food Groups***
2. Play the song <https://fns-prod.azureedge.net/sites/default/files/tn/alivewithfive.mp3> for the class — the song introduces the five food groups and gives examples of foods in each.
3. After students have had a chance to listen to it once, divide them into groups (ideally five students in each group). Tell them they will work together to create a dance routine to the song. Their challenge is to represent five different foods — one from each food group on MyPlate (for example, they can act as a chicken for protein, or take the shape of a plant or fruit as a group), and develop movements that express how healthy choices can make them feel.
4. Use the MyPlate poster as a reference. Ask students to use their five senses when thinking about how it feels to be healthy. Encourage them to use all parts of their bodies — legs, arms, fingers, toes, elbows, knees, heads, even facial expressions! Play the song two more times to let students create and practice their routines.
5. Have each group perform its dance routine with the song *Alive With 5 Food Groups*. Ask audience members to watch carefully and then guess what foods and healthy feelings were represented in the dance.

