



## Nutrients Sample Lesson: Kindergarten



Learning Outcome: Learn the importance of eating fruits and vegetables of every color

Supplies: **MyPlate** poster and crayons

Student Handout: **Student Workbook** and crayons

1. Display the **MyPlate** poster for students to see
2. Review and name the five food groups on **MyPlate**
3. Ask students to name different fruits and vegetables and list their responses
  - a. Go down the list and ask students what color each fruit or vegetable is
  - b. Point out to students that the fruits and vegetables are lots of different colors and could make a beautiful rainbow
4. Ask students why they think it is good to eat fruits and vegetables of many colors? (*They can make your plate/meal look pretty. Eating different-colored fruits and vegetables can help your body get what it needs to be healthy.*)
5. Pass out a **Student Workbook** to each student
6. Go through Lesson 3 on pages 17, 18 and 19. Follow the instructions on pages 17 and 18 to help students write the letter that each fruit/vegetable starts with and color the fruits and vegetables. On page 19, students will count and write the numbers of fruits and vegetables on each plate.

