

Day 1: MyPlate

HEALTHY BEAR SAYS, "CHOOSE MYPLATE"



TYPE OF ACTIVITY: Large group

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will identify the different food groups.
- › Children will list and identify examples of fruits, vegetables, grains, protein, and dairy foods.

MATERIALS:

- › Healthy Bear puppet
- › Large poster of MyPlate
- › Pictures of foods from each food group of MyPlate (grains, vegetables, fruits, dairy, and protein)
- › Tape (optional)



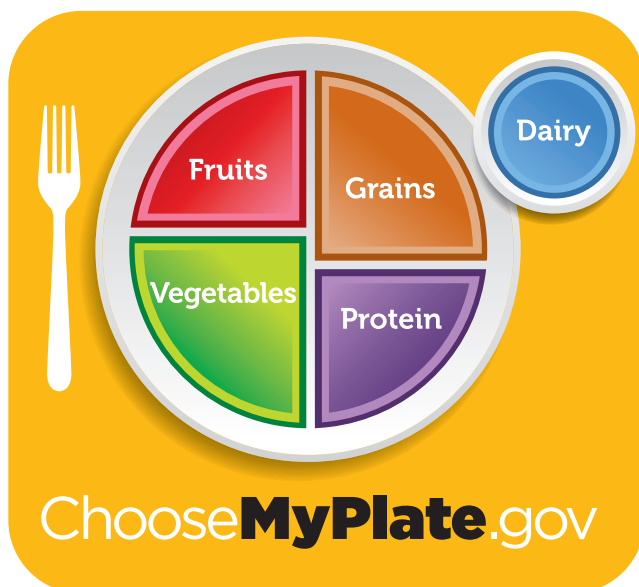
PROCEDURE:

1. Transition the children to group time by saying a special visitor is coming to see them. Tell children that the visitor is here to help them learn about MyPlate.

2. Introduce Healthy Bear to the children. Let Healthy Bear show the children his MyPlate diagram. Suggested phrases:

- This is our special friend, Healthy Bear.*
- Today Healthy Bear wants to show us MyPlate. Has anyone heard of MyPlate?*
- Let's take a look at the picture Healthy Bear has brought. The picture shows us what MyPlate is. This is what Healthy Bear's plate looks like when he is eating, and he is going to help you learn how to make your plates look like this too.*

3. Explain that to keep our bodies healthy it is important to eat a variety of foods. Food gives us energy and helps us build strong muscles. MyPlate helps us choose foods from different groups.



4. Have Healthy Bear discuss the different food groups included on MyPlate. Begin by identifying the fruit group. Show the children a picture of an apple. Ask them what it is. Tell them the apple is a fruit. Invite a child to tape or place the apple on the fruit group. Repeat with other fruit pictures.

Suggested phrases:

- a. *Do you know what this picture is? That's right—it's an apple!*
- b. *What food group is the apple in?*
- c. *What letter does apple start with? An A.*

5. Show the children a picture of a carrot. Ask them what it is. Tell them the carrot is a vegetable. Invite a child to tape or place the carrot on the vegetable group. Repeat with other vegetable pictures.

Suggested phrases:

- a. *Do you know what this picture is? That's right—it's a carrot!*
- b. *Do you know who else eats carrots? Rabbits! But I'm a bear and I like them too.*
- c. *What food group carrots are in?*
- d. *"Vegetable" starts with a "V" sound.*

6. Repeat this procedure with the grain, protein, and dairy groups.

7. Once the children have talked about foods from each group, remind them about the importance of eating foods from each food group.



ADAPTATIONS/EXTENSIONS:

Creative Art/Literacy: Have children draw pictures of favorite foods from each food group. Encourage children to talk about their pictures while you write down what they say.

Math: Have children sort and count plastic food models from each food group on MyPlate.

Dramatic Play: Set up a grocery store with various food items from all food groups (e.g., cereal boxes, plastic food models, canned foods). Include grocery bags, cash registers and play money so children can pretend to shop for food.