

Day 1: MyPlate

MyPLATE COLLAGE

TYPE OF ACTIVITY: Art

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will identify foods from different MyPlate food groups.
- › Children will improve fine motor skills by cutting and gluing pictures.

MATERIALS:

- › Magazines with pictures of healthy foods from all food groups (fruits, vegetables, grains, protein, dairy)
- › Age-appropriate scissors
- › MyPlate templates (see attached)
- › MyPlate poster
- › Glue sticks



PROCEDURE:

1. Review the concept of eating foods from the different MyPlate food groups. Point out each group, and identify the beginning letter of each group name on the MyPlate poster. Suggested phrases:
 - a. *Today we are going to create a collage of foods from the different food groups.*
 - b. *Can anyone give me an example of a fruit? (Repeat with other food groups.)*
 - c. *What letter does fruit start with?*
2. Ask the children to look through magazines for pictures from the different food groups. Help the children get started by holding up a few pictures you have found in magazines (e.g., a child drinking a glass of milk).
3. Encourage children to cut out pictures for each food group, and glue the pictures to the paper. As children work, talk with them about the foods they choose. Suggested phrases:
 - a. *That glass of milk you found looks good, doesn't it? Do you like milk? Me, too!*
 - b. *Let's try to find a picture of fruit. What kinds of fruits do you like?*

ADAPTATIONS/EXTENSIONS:

Age Adaptation: For younger children, cut out foods before the activity begins, and encourage them to choose pictures from the options presented. Limit the number of choices to make the task easier.

Nutrition: Laminate children's collages and use them as placemats at meal time. While eating, encourage children to talk about the healthy foods offered, and help them decide where foods belong on MyPlate.

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