



Be Nice to Your Brain (🧠 A Brain Facts Story)
(4th Grade – 9-10 yrs.)
Worksheet: Shopping List



STORY CONNECTION-SLIDE 13 (Approx Time: 25-30 mins)

We know that foods designated as “healthy” contain some of these nutrients.

- **Whole fruits** — like apples, berries, oranges, mango, and bananas
- **Veggies** — like broccoli, sweet potatoes, beets, okra, spinach, peppers, and jicama
- **Whole grains** — like brown rice, millet, oatmeal, bulgur, and whole-wheat bread
- **Proteins** — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu
- **Low-fat or fat-free dairy** — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt
- There are also **Oils** — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts

Right now, we can think of “MyPlate” as the foods that we need to eat to give our brain the energy and the nutrients it needs to be healthy.

Materials needed:

- Shopping List template (included below- optional)
- Paper
- Pencils
- Food recommendations chart (included below)
- Grocery story advertisements (optional)

Preparation needed:

- Determine the number of meals to be planned
- Determine how student(s) will work (independently, partners, or small group)
- Determine how student(s) will access grocery ads (paper/internet/myplate.gov resources)
- Print Shopping List (1 per student)
 - Student(s) can create their own using paper and dividing it into five sections.

Instructions:

1. In this activity, student(s) will create a shopping list that includes all the My Plate categories. They will base their shopping list on healthy meals they might like to eat.
2. Tell student(s) that they are going to be meal planning for several meals.

3. Review the My Plate food categories and have student(s) share some examples of each category. The categories are:
 - Fruits
 - Vegetables
 - Grains
 - Protein
 - Dairy
4. Review the recommendations from MyPlate.gov <https://www.myplate.gov/> of the number of servings for each of the food groups listed.
5. Pass out the Shopping List template. (Optional: Students move to pairs or groups at this time).
6. Have student(s) use grocery store advertisements to give them ideas about a variety of foods to incorporate into their meals.
7. Allow student(s) to work for an allotted amount of time. Answer questions as needed.
8. When time is over or all student(s) have completed their list, have student(s) share the meals(s) they are most excited about as far as variety, originality, and healthiness of their foods.
9. In closing, remind student(s) that there are no “good” or “bad” foods, but there are foods that give our bodies more of what it needs than others. Incorporating a variety of nutrient-rich foods into our diets is good for our bodies and our brains. Visiting MyPlate.gov can help with this process.

Fruit Image Credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSdFACJP7WaVWaqz1Ai1G2yT5FS5tZfTH1crwyafZ4elwvNEX4d&s>

Vegetables Image Credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRNTCiKCy5Z7hhLs7JHTVTKx2WhaeKEc-NYDTS96mKvS5EwbXc&s>

Grains Image Credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQFFZz1ZbkuXcPCVfo5UWpLD6HgLjrzkNBzehl8jtWIRH49bCeA&s>

Protein Image Credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQNh2K6kUI8fcgDhKqPmEL9rNLLULv4LtmYHmqNuW6oNKZOWIMB&s>

Dairy Image Credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQmYouZZ9t8 -ArZP834x9bJbvPPBbm0Z6NFoZ4HYLmvU9G35BH&s>

Children and Adolescents Ages 9 Through 13

In the late childhood and early adolescence stage, females require about 1,400 to 2,200 calories per day and males require about 1,600 to 2,600 calories per day.

Table 3-2





Healthy U.S.-Style Dietary Pattern for Children and Adolescents Ages 9 Through 13, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components

CALORIE LEVEL OF PATTERN ^a	1,400	1,600	1,800	2,000	2,200	2,400	2,600
FOOD GROUP OR SUBGROUP^b	Daily Amount of Food From Each Group (Vegetable and protein foods subgroup amounts are per week.)						
Vegetables (cup eq/day)	1 ½	2	2 ½	2 ½	3	3	3 ½
	Vegetable Subgroups in Weekly Amounts						
Dark-Green Vegetables (cup eq/wk)	1	1 ½	1 ½	1 ½	2	2	2 ½
Red & Orange Vegetables (cup eq/wk)	3	4	5 ½	5 ½	6	6	7
Beans, Peas, Lentils (cup eq/wk)	½	1	1 ½	1 ½	2	2	2 ½
Starchy Vegetables (cup eq/wk)	3 ½	4	5	5	6	6	7
Other Vegetables (cup eq/wk)	2 ½	3 ½	4	4	5	5	5 ½
Fruits (cup eq/day)	1 ½	1 ½	1 ½	2	2	2	2
Grains (ounce eq/day)	5	5	6	6	7	8	9
Whole Grains (ounce eq/day)	2 ½	3	3	3	3 ½	4	4 ½
Refined Grains (ounce eq/day)	2 ½	2	3	3	3 ½	4	4 ½
Dairy (cup eq/day)	3	3	3	3	3	3	3
Protein Foods (ounce eq/day)	4	5	5	5 ½	6	6 ½	6 ½
	Protein Foods Subgroups in Weekly Amounts						
Meats, Poultry, Eggs (ounce eq/wk)	19	23	23	26	28	31	31
Seafood (ounce eq/wk) ^c	6	8	8	8	9	10	10
Nuts, Seeds, Soy Products (ounce eq/wk)	3	4	4	5	5	5	5
Oils (grams/day)	17	22	24	27	29	31	34
Limit on Calories for Other Uses (kcal/day)^d	50	100	140	240	250	320	350
Limit on Calories for Other Uses (%/day)	4%	6%	8%	12%	11%	13%	13%

<https://www.dietaryguidelines.gov/>

Meal Planning Shopping List

Name: _____

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Fruits 					
Vegetables 					
Grains 					
Protein 					
Diary 