



Eat Right – What Does That Mean? (🌍 A Physical Health Story)
(5th Grade – 10-11 yrs.)
Craft: Build a Balanced Meal

 **STORY CONNECTION – SLIDE 12 (Approx Time: 35-40 mins)**

The current understanding by scientists is that to keep your body and your brain healthy you should eat from the 5 food groups every day. Using a “plate” as a guide, $\frac{1}{2}$ of what you eat each day should be fruits and vegetables, $\frac{1}{4}$ of what you eat each day should be grains, $\frac{1}{4}$ of what you eat each day should be proteins and you should have a serving of dairy each day. Serving sizes will vary, but there is a good portion control guide that uses your hand (which varies) to gauge the size of your portions.

Materials needed:

- MyPlate website:
 - <https://www.myplate.gov/>
- MyPlate quiz (optional)
 - https://www.myplate.gov/form/myplate-quiz#question_1
- Recommended serving size resource: (also included below)
 - <https://goodfoodgoodmove.yourtexasbenefits.com/plan-meals/whats-your-plate>
- MyPlate poster link: also included below
 - https://myplate-prod.azureedge.us/sites/default/files/2022-01/SSwMP%20Mini-Poster_English_Final2022.pdf
- Equipment to display websites
- Paper plates or paper
- Scissors
- Crayons, markers, colored pencils
- Grocery story flyers (optional)
- Glue sticks (optional)

Preparation needed:

- Determine if student(s) will take the MyPlate quiz online.
 - If so, secure devices for student(s).
 - If not, the quiz can be taken as a group (demonstration) to give them an idea of the content.
 - If not, skip over step 4.
- Create an example for student(s) to see or be ready to create it along with the student(s) as a demonstration.
- Determine if students will use paper plates.
 - If so, secure 1 per student.
 - If not, secure blank paper (1 per student).

- Determine if student(s) will use ads/magazines to gather food pictures.
 - If so, gather materials and make a plan for how student(s) will get/share these materials.
 - If not, have coloring materials for student(s) to draw.

Instructions:

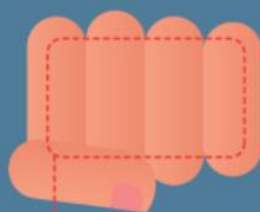
1. In this activity, student(s) will build a meal based on the MyPlate way of eating. They will also review the five food groups and learn about portion sizes to help them build a nutritious meal that will benefit their body and brain.
2. Review the five food groups with the student(s). The groups and some food examples are:
 - Fruits – apple, bananas, berries, grapes, kiwi, orange, peach, pineapple
 - Vegetables – broccoli, carrots, green beans, lettuce, peas, potatoes, sweet potatoes
 - Proteins – poultry, nuts, fish, pork, eggs, beans, tofu, peanut butter
 - Grains – bread, bagel, cereal, pasta, oats, tortilla, grains, barley, rice, crackers
 - Dairy – cheese, yogurt, milk, and milk products (ice cream)
3. Next, discuss portion sizes.

Note: They know from the analyzing labels activity that portion sizes matter when determining the amount of nutrients are in foods.
4. *Optional:* Take the MyPlate Quiz.
 - The questions ask student(s) about general eating habits and then give them a ranking on MyPlate and suggestions for adding the necessary foods to their diets.
5. Show the student(s) the Start Simple with MyPlate information below and discuss each part of the plate.
6. Next, explain to the student(s) they will build their own meal based on the MyPlate recommendations by using grocery store ads, drawings, or clip art, they will create a meal that they would like to eat AND meets the MyPlate recommendations. They will cut out and glue the foods to the paper plate or simply draw the foods onto the plates.
7. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
8. Pass out the paper plates or paper for them to draw and cut out a plate.
9. Help the student(s) divide their plates appropriately.
10. Remind them about foods from all the food groups and portion sizes.
11. Explain to student(s) how they will get materials to make their meal.
12. Give student(s) an allotted amount of time to work on their plates.

NOTE: As time permits, the MyPlate.gov website is a great resource for student(s) to explore and learn more about healthy nutrition choices.
13. When time is over or all student(s) have completed their meals,
 - have some of them share their plates.
 - the rest of the group can check for completeness and accuracy.
 - If a student makes a mistake, discuss how a different choice can be made.
14. In closing, review with student(s) that to keep their body and your brain healthy they should eat from the 5 food groups every day. Using a “plate” as a guide, $\frac{1}{2}$ of what they eat should be fruits and vegetables, $\frac{1}{4}$ should be grains, $\frac{1}{4}$ should be proteins, and they should have a serving of dairy. Using their hand is a great way to gauge portion sizes. Getting the right kinds and amounts of food each day will keep their body and brain happy and healthy.

Know Your Portion Sizes.

Portion control guide



Limit pasta servings to 1/2 cup — about the size of your fist.



Look at your fingertip. That's about a teaspoon, or how much butter to put on your toast.



Your thumb, from knuckle to tip, is about the size of a tablespoon. Double it for a single serving of peanut butter.



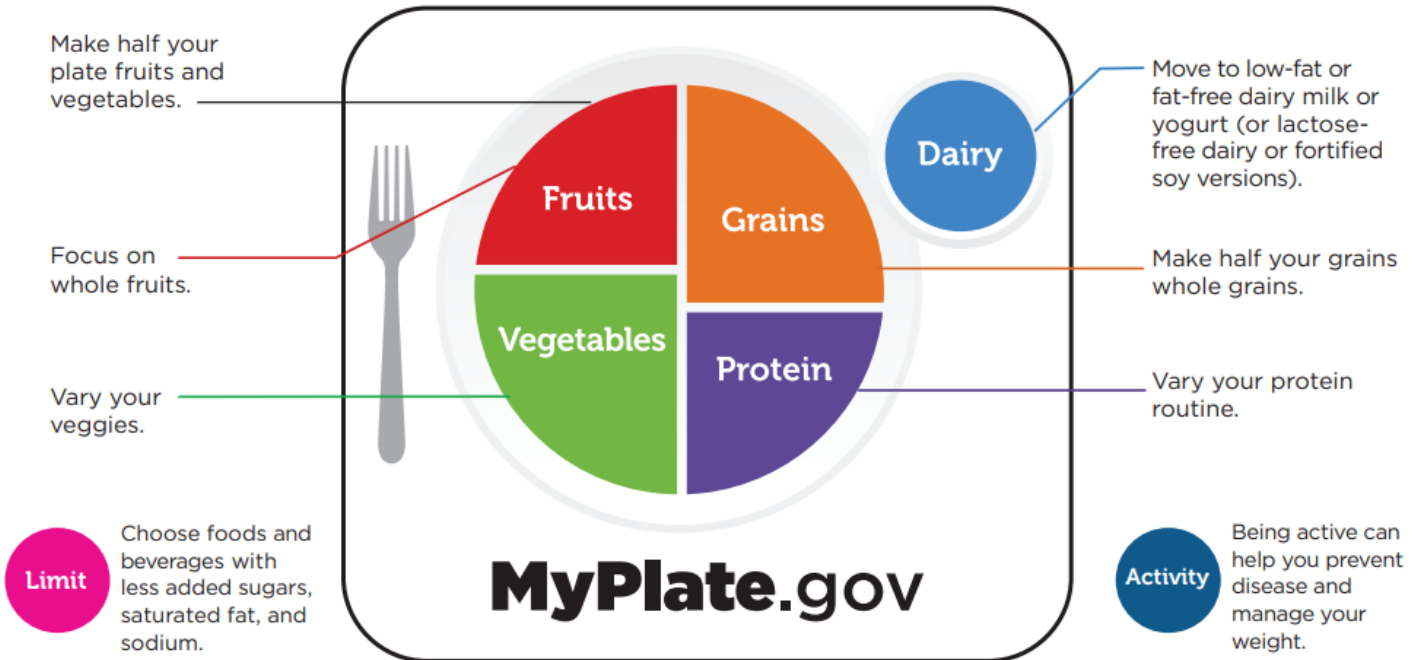
A fist is about one cup, or a double serving of ice cream.



Limit meat to 3oz. — about the size of your palm.

Start *simple* with **MyPlate**

Healthy eating is important at every life stage,
with benefits that add up over time, bite by bite. Small changes matter.





Focus on whole fruits like fresh, frozen, canned, or dried.

Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.

Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.

Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."

Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

Daily Food Group Targets — Based on a 2,000 Calorie Plan
 Visit [MyPlate.gov/MyPlatePlan](https://www.MyPlate.gov/MyPlatePlan) for a personalized plan.

2 cups

1 cup counts as:

- 1 small apple
- 1 large banana
- 1 cup grapes
- 1 cup sliced mango
- ½ cup raisins
- 1 cup 100% fruit juice

2½ cups

1 cup counts as:

- 2 cups raw spinach
- 1 cup cooked collard, kale, or turnip greens
- 1 small avocado
- 1 large sweet potato
- 1 cup cooked beans, peas, or lentils
- 1 cup cut cauliflower

6 ounces

1 ounce counts as:

- 1 slice of bread
- ½ cup cooked oatmeal
- 1 small tortilla
- ½ cup cooked brown rice
- ½ cup cooked couscous
- ½ cup cooked grits

5½ ounces

1 ounce counts as:

- 1 ounce cooked lean chicken, pork, or beef
- 1 ounce tuna fish
- ¼ cup cooked beans, peas, or lentils
- 1 Tbsp peanut butter
- 2 Tbsp hummus
- 1 egg

3 cups

1 cup counts as:

- 1 cup dairy milk or yogurt
- 1 cup lactose-free dairy milk or yogurt
- 1 cup fortified soy milk or yogurt
- 1½ ounces hard cheese
- 1 cup kefir



Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.



Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day Adults ≥ 150 min/week