

The MyPlate Shuffle

MyPlate reminds us to eat a variety of foods each day and to make healthy choices about those foods. This lesson introduces students to the different food groups and the types of foods in each. Students will learn about these different food groups and the types of foods that go into them by way of a stretch-break dance that they can do anytime.

SUBJECTS



SCIENCE



NUTRITION

GRADE LEVEL

3

TIME

30 min

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Objectives

- Students will identify the MyPlate groups and categorize foods into each group
- Students will explain key nutrient(s) from a certain food group and explain nutrients' relationship to overall health
- Students will develop questions about the importance of physical activity and healthy eating and relate these ideas to the book "Gregory the Terrible Eater," by Mitchell Sharmat

Materials & Preparation

- MyPlate: choosemyplate.gov
- Cut out images of food from grocery store ads. Place them into a box or bag. You will draw the images from this bag or box during the lesson activity.
- Read "Gregory the Terrible Eater" by Mitchell Sharmat. Use direct discussion and higher-level questioning with the standards in mind.

Common Core Standards

- RL.3.1. Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.
- RL.3.6. Distinguish their own point of view from that of the narrator or those of the characters.
- RL.3.7. Explain how specific aspects of a text's illustrations contribute to what is conveyed by the words in a story (e.g., create mood, emphasize aspects of a character or setting).

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Lesson Introduction

1. Draw a large image of the MyPlate on the blackboard or whiteboard, large enough that you can write the food group names into each section of the plate.
2. Ask the students, one at a time, to name foods that they ate yesterday or today. As they name them, write those foods into the appropriate food groups. You may find that some foods are combination foods, such as pizza (milk, grains, vegetables and possibly meat).

Body of Lesson

3. Explain that scientists who study nutrition have put together MyPlate to guide us in making healthy food choices. Based on their research, they believe that we need to eat different types of foods every day to stay healthy. To help us make a variety of healthy choices, MyPlate divides foods into the following groups (point to these on the plate drawn on the board as you name them): grains, vegetables, fruits, dairy and protein.
4. In addition to eating different foods, scientists also tell us it is important to move and stay active for 60 or more minutes every day. When you stay physically active, your body just works better: muscles and bones are stronger, your energy level is higher and many times you even feel happier. In today's lesson, we will get at least 10-15 of those minutes.
5. Explain to students that they are going to learn a dance called the food group shuffle to help them remember the different food groups and the types of foods that go into each.
6. Have students push desks apart and form a circle. Next, tell them that when they pull a picture of a food out of your bag (or box), they should do the appropriate food group dance move. These dance moves are:
 - Grains – five jumping jacks
 - Vegetables – twist and wave hands in the air
 - Fruits – hop on one foot
 - Dairy – twirl around one time
 - Protein – run in place

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7. Practice these moves with students until they know the different moves for each food group.
8. To play the MyPlate shuffle, draw pictures of the food out of the bag. Show students the picture and name the food. Students should then respond with the appropriate dance move. (Combination foods mean that students will need to do more than one move. If possible, though, try not to include these foods unless you come up with a system that tells students which food group they should honor first). Some students will make mistakes along the way, but will catch on by watching others if you provide feedback.
9. The food group shuffle is an activity you can play anytime to get students up and moving. Feel free to add music if you find a beat that gets them moving!

Extension

- Have students create their own healthy meal with their parents on the MyPlate sheet! Download online:
choosemyplate.gov/print-materials-ordering.html

