



I Eat Right Lesson Plan (IER3)

What Does A Healthy Meal Look Like?

Focus:

Today, let's review the “**I Eat Right**” LifeStar Healthy Habit and teach the kids what a healthy meal/plate looks like. The Healthy Habit is: **I will make half my plate fruits and vegetables at every meal.**

- [Younger and Older Kids] If kids seem rowdy do a quick physical activity followed by a centering activity. Any mindfulness activity works. Ex: Wiggling or running in place for 30 seconds followed by 5 deep breaths.

Note for Teacher/Coach:

When using this lesson, be sure to review the five food groups, define what they are and why they are important (such as the nutrients they provide). For example, we need fruits and vegetables to provide vitamins and minerals which help heal cuts, help us see, keep our skin healthy, and help with digestion (see IER #2 Five Food Groups). Re-emphasize to the kids that each food group contains different kinds of nutrients, so it's important to eat a variety of food groups at each meal to get all the nutrients your body needs to grow strong and healthy. Emphasize whole grains instead of refined ones, and nuts, beans and eggs as part of the protein family.

Check-in: Who remembers the healthy habit from last time? How did you try to put that habit into practice? Was it hard or easy? How can you continue that habit?

Remind the kids that our goal as a group today is to learn what a healthy meal looks like. We also want to be active today.



1. Engage/hook/activate (5 minutes)

Ask the kids:

- ★ Who can remember the Five food groups that we discovered in another lesson? Have students list them out and respond with: Yes, those are correct!

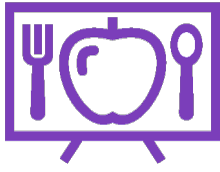
- ★ Let's do a quick review of what those food groups are and why they are important.
 - ★ Answer: **Vegetables, Fruits, and Grains** (define grains – items made with wheat/ wheat is ground into flour). Examples would include breads, pastas, cereals, oats, and rice – also grains. **Protein** such as nuts, beans, eggs, chicken, fish or meat; and don't forget the **Dairy** (milk, cheese or yogurt).

[Younger Kids]

- For all food groups ask: What is one of the food groups we talked about in the food group lesson? How does it help us? What are some examples?

[Older Kids]

- For all food groups below ask: What is one of the food groups we talked about in the food groups lesson?
- Then, if needed, prompt with the question how does it help us? And what are some examples?



2. Teach (10 minutes):

Use the visual of My Plate (last page) and talk about what makes this plate healthy.

- ★ Say: This visual of MyPlate shows us what a healthy meal should look like.
- ★ A healthy meal/plate includes foods from all or most of the five food groups.

[What's MyPlate All About?](#)

www.ChooseMyPlate.gov/myplate-graphic-resources for more resources.

Ask the kids:

- ★ How much of the plate should be fruits and vegetables? (Answer: 1/2)
- ★ What food groups should we try to have on the other half of the plate? ¼ of our plate should be grains; ¼ of our plate should be proteins. Don't forget the dairy, milk, cheese or yogurt.
- ★ Explain to the kids the difference between whole grains (usually dark color, such as whole grain breads, brown rice) and refined grains (usually white, such as white rice, white bread. Encourage kids to choose whole grains that are dark brown in color most often).
- ★ What did you have for dinner last night?
- ★ Use their answers to turn their meal into a Healthy Eating Plate
- ★ Remind the kids of the five food groups, grains, protein, dairy, veggies and fruits. Review what a healthy plate/meal includes. Review that it's important to eat a variety of food groups with each meal, each group contains different kinds of nutrients to help your body grow strong.

[Younger and Older Kids]

- Ask kids to create their own example of a healthy meal using the MyPlate food group categories
- Example Meal: Chicken for protein, green beans for the vegetable, watermelon for the fruit, brown rice for the grains, and a glass of milk for the dairy.



3. “I Am Active!” time (30 minutes)

Tell the students the healthy goal of the day.

- ★ Healthy Goal of the Day: **Our goal during activity time today is to accept all of our teammate’s individual skills and work together to use those as a team.**
- ★ Choose an activity such as running, jumping rope, fast walking, hula-hoop, jumping, playing a game of soccer or any other game.
- ★ **Don’t forget to lead them in an “I Can Do It” cheer before starting.**



4. Wrap-up (5 minutes)

Gather the kids in a group. Ask:

- ★ Who can remind me of our goal?
 - Did we accomplish our goal?
 - Why did we accomplish our goal?
- ★ Then state the **Healthy Habit**.
 - **Healthy Habit:** I will make half my plate fruits and vegetables at every meal
 - Ask: How will you complete this goal? **Let’s find a tiny habit you can work on!!**
 - Examples of tiny habits: “I will help cut up or wash off fruits and veggies ahead of time; I will take bites of each food group at my healthy meal; I will eat two colors of fruit today; I will eat two colors of vegetables tomorrow” **What other tiny habits can you think of to help you eat more fruits and vegetables at every meal?**

Remind them that you talked about what a Healthy Eating Plate looks like and ask:

- ★ What are the five food groups?
- ★ Name a good in each food group.

- ★ **Finish the lesson with a cheer: “I Am Active! I Eat Right! I Can Do It!”**

>> Healthy Habit of the Week: I will make half my plate fruits and vegetables at every meal.

