

# Choose My Plate

## Summary

This lesson uses My Plate to help students learn how many servings they need from each food group.

## Main Core Tie

Health Education I (7-8)

[Strand 5: NUTRITION \(N\) Standard HI.N.1:](#)

## Additional Core Ties

Health Education I (7-8)

[Strand 5: NUTRITION \(N\) Standard HI.N.2:](#)

## Materials

Dairy Council Food Model Cards

## Background for Teachers

Students have already learned about food groups and serving sizes.

## Intended Learning Outcomes

Students will build a plate for breakfast, lunch, and dinner using their individual guidelines from My plate.

## Instructional Procedures

Use my plate power point to help students determine how many calories they need per day. Explain that the number of servings they get from each food group is related to the number of calories needed per day. If you have access to a computer lab, have students go to [choosemyplate.gov](http://choosemyplate.gov) food tracker and create a profile to get a more accurate estimate of calories needed.

Explain how to divide servings between the three meals. Have posters around the room with the various calories and how the food groups were divided that students can use to fill out worksheet.

Tape food model cards to the wall in their food groups. Review serving sizes with students such as; 2 oz. of cheese is the same as 1 cup of milk, 1 cup of leafy greens is only 1/2 cup of vegetable, etc. Have students move around the room and write the foods they are choosing for each meal on their plate. Have them write the calories on the worksheet as well.

As students finish their plates, have them look at how to build a better plate slide and list 5 suggestions on the back of their worksheet.

Discuss as a class which food groups were lowest in calories, which were highest, how many did not get enough calories for the day, how many went over on calories, etc. Help students to understand healthy foods are low in calories and filling. Explain that

Use the dairy council cards to demonstrate nutrient rich foods and empty calorie foods. Discuss the benefits of eating nutrient rich foods and the consequences of eating empty calorie foods.

## Strategies for Diverse Learners

Have students with similar calorie needs work as partners to build a plate.

Authors

JACKLYN BRANDE