

# Health and Nutrition

## Summary

We will discuss give examples and talk about proper portion sizes based on MyPlate. Then students will create their own MyPlate, using cut outs from food magazines.

## Main Core Tie

Health Education - 3rd Grade

[Strand 5 : NUTRITION \(N\) Standard 3.N.2:](#)

## Time Frame

1 class periods of 45 minutes each

## Group Size

Small Groups

## Life Skills

Thinking & Reasoning

## Materials

- MyPlate
- Food Magazine
- Scissors
- Glue
- MyPlate coloring pages
- Crayons

## Background for Teachers

You will discuss and talk about MyPlate, and the portions that we are suppose to intake and the proper quantity according to the food groups. You will also discuss how each food group is important. You will then have the students look through the food magazines and find what foods appeal to them, they will then cut them out and place them on their own food pyramid in the proper food group section. Ask for some volunteers to discuss what they decided to put into their food groups.

## Intended Learning Outcomes

- To encourage students to start healthy eating habits.
- To have the students know their food groups and portion sizes in a visual and audio way.

## Instructional Procedures

- Show students colored MyPlate.
- Ask if any one has general knowledge of MyPlate.
- Describe each food group
- Discuss food that they know can go in each food group.
- Talk about portion sizes.
- Physically show with measuring cup how much the portion size is.
- Have students get into small groups.
- Have studnets look through food magazine and find foods for their own plate.

Have students cut and glue foods to proper area of MyPlate.

Discuss with the class what some students decided to put in their food groups.

Have it be a homework assignment to show parents and family what they learned about the food groups.

### Authors

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