

Lesson 1

Activity 1: Fruit and Vegetable Sorting [WB, p. 5]

Fruits: banana, strawberry, apple, grapes

Vegetables: bell pepper, broccoli, leaf lettuce, carrot

Activity 2: Grains and Dairy Sorting [WB, p. 7]

Grains: macaroni pasta, popcorn, whole-wheat bread, rice, whole-grain breakfast cereal

Dairy: fat-free milk, cheese, low-fat yogurt, string cheese

Activity 3: Protein Foods Sorting [WB, p. 9]

Protein Foods: egg, chicken leg, tuna fish, ham, kidney beans, peanuts

Activity 4: Wash Your Hands! [WB, p. 11]

1. Wet hands and get soap.
2. Lather with soap under running water for 20 seconds and rinse well.
3. Dry hands.
4. Eat.

(**S words:** strawberries, salad, sandwich, shirt, soap, soapsuds, stool, sink, shoes, shoelaces, shorts)

Activity 5: Foods I Like [WB, p. 12]

I like to eat low-fat yogurt.

I like to eat tomatoes in a salad.

I like to eat bananas at school.

I like to eat _____.



Lesson 2

Activity 1: MyPlate Placemat [WB, p. 13]

Results will vary. Children will draw a picture on their placemats of one food from each food group within the corresponding place on the **MyPlate** icon.

Activity 2: Kate's Lunch Plate [WB, p. 15]

Kate's lunch should have one food from each of the food groups:

Fruits: apple, pineapple

Vegetables: broccoli, salad

Grains: rice, noodles

Protein Foods: chicken, meatballs

Dairy: milk

Activity 3: What Do We Need? [WB, p. 16]

Food group missing in each row:

Row 1 – Grains

Row 2 – Dairy

Row 3 – Vegetable

Row 4 – Protein Food

Row 5 – Fruit



Appendix F: Answer Key

Use With
Student Workbook

Lesson 3

Activity 1: Bananas for Fruit! [WB, p. 17]

Row 1 – P for pineapple; B for banana

Row 2 – A for apple; S for strawberries

Row 3 – G for grapes; O for orange

Row 4 – W for watermelon; K for kiwi

Activity 2: Vote for Veggies [WB, p. 18]

Row 1 – C for carrot; C for corn; M for mushrooms

Row 2 – P for pepper; L for lettuce; P for peas

Row 3 – T for tomatoes; B for beans; B for broccoli

Activity 3: Snack Count [WB, p. 19]

Row 1 – 4 tomatoes; 6 blackberries

Row 2 – 5 carrots; 3 broccoli

Row 3 – 8 orange slices; 4 asparagus stems

Row 4 – 11 beans; 7 snap peas



Lesson 4

Activity 1: Time to Grow! [WB, p. 20]

Pictures are in the correct sequence. Number them 1 through 9 from top to bottom, left to right.

Activity 2: 1, 2, 3, 4 – Grow, Fruit and Veggies, Grow! [WB, p. 21]

15 carrots growing underground

5 sweet potatoes growing underground

6 apples growing on a tree

8 asparagus growing out of the ground

10 spinach plants growing out of the ground

12 broccoli plants growing out of the ground

Activity 3: Time for Strawberries [WB, p. 22]

1. girl planting strawberry seed in ground with her mother, letter **l**
2. strawberry plant growing out of ground with flowers, letter **i**
3. strawberry plant growing out of ground with strawberries, letter **k**
4. mother and girl eating strawberries at the table after harvest, letter **e**

I like strawberries.



Lesson 5

Activity 1: What a Day! [WB, p. 23]

1. waking up in bed
2. washing hands with soap at the sink
3. eating a healthy breakfast with whole-wheat toast, egg, orange slices, and milk
4. sitting in class at desk

Activity 2: Where Is the Fruit? [WB, p. 24]

The missing fruit is **MELON**

M is for monkey

E is for eggs

L is for lion

O is for owl

N is for nest

Activity 3: Breakfast Time! [WB; p. 25]

Results will vary.

Lesson 6

Activity 1: Run, Jump, Play! [WB, p. 26]

Pictures showing physical activity:

- throwing a ball
- playing soccer
- dancing ballet
- riding a bicycle
- karate
- jumping rope
- baseball
- playing on the jungle gym
- doing cartwheels

Pictures not showing physical activity:

- drawing
- playing computer games
- watching TV

Activity 2: Field Day Fun! [WB; p. 27]

Follow letters that spell **MYPLATE**.

