

Lessons at-a-Glance

	Learning Objectives	Learning Activities
Lesson 1 Meet the Five Food Group Friends (p. 16) This lesson utilizes... ✓ Emergent Readers ✓ Food Cards ✓ Parent Handout ✓ Poster ✓ Profile Cards ✓ Recipe Card ✓ Song ✓ Student Workbook	Students will be able to... ▪ Name the five MyPlate food groups and be able to identify food choices within each group. ▪ Describe the importance of eating foods from all five food groups. ▪ Demonstrate proper handwashing techniques and identify the importance of washing hands before and after preparing food and eating.	▪ Introduction • Warm Up — 20 minutes • Reach for the Sky song — 10 minutes ▪ Whole Group Activities • Book Club — time will vary • Food Club — two 60-minute sessions • Food Cards — 10 minutes • Cafeteria Connections — two 20-minute activities ▪ Small Group Activities • Literacy Center — time will vary • Student Workbook activities [pp. 5-12] — time will vary • Dramatic Play — 15 minutes ▪ Reflection & Assessment — 10 minutes ▪ Extra Helpings — two 20-minute activities
Lesson 2 Discover MyPlate! (p. 28) This lesson utilizes... ✓ Emergent Reader ✓ Food Cards ✓ Parent Handout ✓ Poster ✓ Profile Cards ✓ Song ✓ Student Workbook	Students will be able to... ▪ Name the five MyPlate food groups and be able to identify food choices within each group. ▪ Describe the importance of eating foods from all five food groups for good health. ▪ Identify the MyPlate icon and explain that it serves as a reminder to eat foods from all five food groups.	▪ Introduction • Warm Up — 20 minutes • Reach for the Sky song — 5 minutes ▪ Whole Group Activities • Book Club — time will vary • Cafeteria Connection — 30 minutes ▪ Small Group Activities • Literacy Center — time will vary • Student Workbook activities [pp. 13-16] — time will vary • Food Cards — 15 minutes • Dramatic Play — 15 minutes ▪ Reflection & Assessment — 5 minutes ▪ Extra Helpings — one 20-minute activity, one 10-minute activity
Lesson 3 Eat Your Colors! (p. 34) This lesson utilizes... ✓ Emergent Readers ✓ Food Cards ✓ Parent Handout ✓ Poster ✓ Profile Cards ✓ Recipe Card ✓ Song ✓ Student Workbook	Students will be able to... ▪ Explain the importance of eating fruits and vegetables of every color for good health (i.e., eating a variety of fruits and vegetables). ▪ Identify food choices within the Fruit Group and Vegetable Group.	▪ Introduction • Warm Up — 20 minutes • Reach for the Sky song — 5 minutes ▪ Whole Group Activities • Book Club — time will vary • Super Senses — 15 minutes • Food Club — 25 minutes • Cafeteria Connection — 30 minutes ▪ Small Group Activities • Literacy Center — time will vary • Student Workbook activities [pp. 17-19] — time will vary • Food Cards — 15 minutes • Dramatic Play — two 15-minute sessions ▪ Reflection & Assessment — 15 minutes ▪ Extra Helpings — two 20-minute activities

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Lesson 4 Planting the Seeds for Healthier Eating (p. 44) This lesson utilizes... ✓ Emergent Reader ✓ Food Cards ✓ Poster ✓ Recipe Card ✓ Student Workbook	Students will be able to... ▪ Describe how edible fruits and vegetables grow from a seed to a plant. ▪ Name three things a plant needs to grow.	▪ Introduction • Warm Up — 20 minutes ▪ Whole Group Activities • Book Club — time will vary • Planting Demonstration — 25 minutes • Cafeteria Connections — two 30-minute activities ▪ Small Group Activities • Literacy Center — time will vary • Student Workbook activities [pp. 20-22] — time will vary • Food Cards — 15 minutes • Dramatic Play — 15 minutes ▪ Reflection & Assessment — 20 minutes ▪ Extra Helpings — one 40-minute activity, one field trip (time will vary)
Lesson 5 Starting Our Day With MyPlate (p. 54) This lesson utilizes... ✓ Emergent Reader ✓ Food Cards ✓ Parent Handout ✓ Profile Cards ✓ Recipe Card ✓ Student Workbook	Students will be able to... ▪ Explain the importance of eating breakfast every day. ▪ Describe feelings of full and hungry.	▪ Introduction • Warm Up — 20 minutes ▪ Whole Group Activities • Book Club — time will vary • Food Club — 25 minutes • Cafeteria Connection — 20 minutes ▪ Small Group Activities • Literacy Center — time will vary • Student Workbook activities [pp. 23-25] — time will vary • Dramatic Play — one 20-minute activity, one 15-minute activity ▪ Reflection & Assessment — 20 minutes ▪ Extra Helpings — 20 minutes
Lesson 6 Let's Play, Let's Party! (p. 62) This lesson utilizes... ✓ Emergent Readers ✓ Food Cards ✓ Parent Handout ✓ Profile Cards ✓ Recipe Card ✓ Song ✓ Student Workbook	Students will be able to... ▪ Name two reasons why it's important to be physically active every day. ▪ Explain that eating foods from the five food groups helps the body be physically active. ▪ Identify three different ways to be physically active each day. ▪ Make a healthy snack based on MyPlate.	▪ Introduction • Warm Up — 20 minutes ▪ Whole Group Activities • Book Club — time will vary • Discover MyPlate Celebration — time will vary • Food Club — 25 minutes • Cafeteria Connection — 20 minutes ▪ Small Group Activities • Literacy Center — time will vary • Student Workbook activities [pp. 26-27] — time will vary • Food Cards — 20 minutes • Dramatic Play — 15 minutes ▪ Reflection & Assessment — 20 minutes

