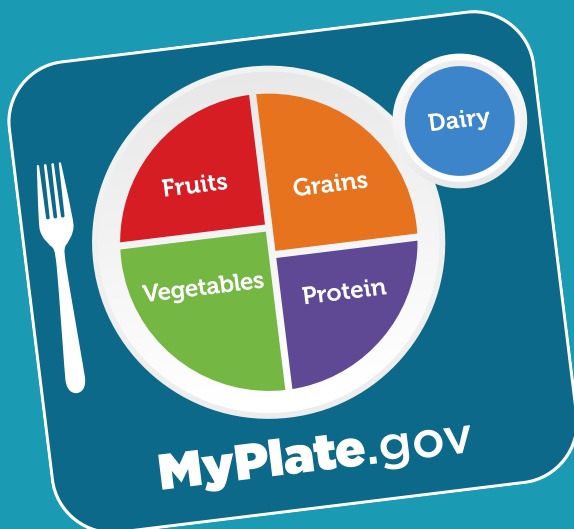




Nutrition Education for Kindergarten



**Six Inquiry-Based
Lessons That Meet
Educational Standards**



January 2023 • FNS-475

**Expanded
Edition**



Team Nutrition is an initiative of USDA's Food and Nutrition Service to support the Child Nutrition Programs. Team Nutrition provides training and technical assistance for school nutrition directors and staff, nutrition education for children and their families, and school and community support for healthy eating and physical activity. The goal of Team Nutrition is to improve children's lifelong eating and physical activity habits by using the principles of the Dietary Guidelines for Americans and **MyPlate**. Learn more at our website: TeamNutrition.USDA.gov.

United States Department of Agriculture

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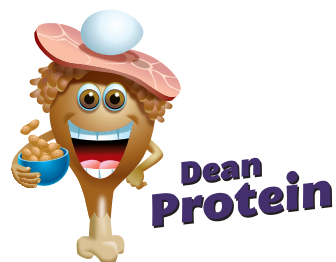
Letter to Teachers



Reggie
Veggie



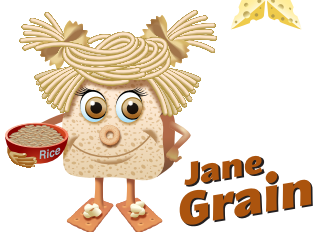
Farrah
Fruit



Dean
Protein



Mary
Dairy



Jane
Grain



MyPlate
Kate MyPlate
Nate

Dear Teacher,

Welcome to **Discover MyPlate**—an exciting educational journey through the world of nutrition and health—developed under the United States Department of Agriculture’s (USDA) Team Nutrition initiative. These fun and inquiry-based lessons foster the development of healthy food choices and physically active lifestyles during a critical developmental and learning period for children—kindergarten.

Discover MyPlate includes six lessons that integrate nutrition education into Math, Science, English Language Arts, and Health. You can meet core education standards (listed on pp. 10–15) through these ready-to-go and interactive lessons that help children become food-smart as they practice counting, reading, writing, and more. Fun characters and developmentally appropriate activities engage children in:

- Exploring healthy choices from each of the **MyPlate** food groups.
- Discovering the colorful variety of fruits and vegetables and how they grow.
- Identifying feelings of hunger and fullness.
- Selecting balanced meals and healthy snacks.
- Experiencing the fun and importance of being physically active.

These lessons are designed to help change eating and physical activity behaviors through role-playing, observational learning, positive tasting experiences, and skill-building.

Pick and choose from a variety of lessons that meet your needs and your students' interests. It's an education that will last a lifetime!

Sincerely,

Your Friends at Team Nutrition

★Teacher Tips★

Lessons feature opportunities for students to:

1. **Engage:** Students will be introduced to new concepts through curiosity-promoting activities that test for, and connect to, prior knowledge.
2. **Explore:** Children gain new experiences through hands-on activities that allow for exploration, experimentation, and observation.
3. **Explain:** Learners explain their understanding of a new concept while teachers convey information, provide feedback, and clarify misunderstandings.
4. **Elaborate:** Students relate and apply what they are learning to their own lives and real world situations, and synthesize it across subjects and with other concepts.
5. **Evaluate/Assess:** Teachers and learners check for understanding through a variety of assessments, both formative and summative.