



Kid Healthy Ideas™

We are pleased you'll be participating in the Kid Healthy Ideas™ program! The following activities are suggestions to provide background knowledge and prepare students for the upcoming field trip.

Before the Trip: Activate Knowledge

Tell students that the class will be visiting a local grocery store to learn about eating properly and other healthy activities. Discuss what students might experience on the field trip. Highlights may include the following, and more:

- Ideas for keeping ourselves and our Earth healthy.
- Guess the mystery fruit and/or vegetable using some of their senses.
- Sample some healthy foods.
- Learn to make a balanced meal.

Discuss the kinds of items that people shop for in a grocery store. Ask students what some of their favorite items are when they go to the grocery store.

Then display the MyPlate visual. Ask students: **What do you notice about the plate?** Students might notice that some colored sections are bigger than others or that the Fruits and Vegetables groups make up half of the plate. Explain that each color represents one of the five food groups and then have students name the food groups aloud. Help students understand that eating foods from each of the food groups will help them eat healthfully each day.

Introduce the following terms before going on the field trip. Discuss each word and provide an example or picture if possible:

Balanced Meal – a meal that contains all of the food groups on MyPlate

Dehydrated – not having enough water to be healthy

Lean – less fat

Natural ingredient – something that does not contain human-made colors, flavorings, additives or preservatives

Nutrients – things that plants and animals need to be healthy and grow

Organic – grown without the use of human-made chemicals

Serving Size – a measured amount of food or drink, such as a slice of bread or a cup of milk

Allow students time to complete the MyPlate worksheet.



Name: _____

Date: _____

MyPlate

Make a MyPlate meal by drawing and coloring foods on the plate below for each food group.

The image shows a large circular plate divided into four equal quadrants. The top-left quadrant is labeled "Fruits", the top-right is "Grains", the bottom-left is "Vegetables", and the bottom-right is "Protein". To the right of the main plate is a smaller circle labeled "Dairy". To the left of the plate is a vertical fork. Surrounding the plate are several food icons: a chicken drumstick (top left), a broccoli floret (top center), a strawberry (top right), a slice of bread (far right), a wedge of Swiss cheese (bottom left), an apple (bottom center), an egg (bottom right), and a carrot (far right).