

The Power of Zero



We are pleased you'll be participating in The Power of Zero field trip 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 as well as discuss ways to fight hunger and food waste. Discuss what students might experience on the field trip. Highlights may include the following, and more:

- Talk about what foods are healthy choices
- Talk about portion size and serving size
- Sample some healthy foods
- Learn to make a balanced meal and healthy choices
- Talk about what the store does to help people
- Talk about what the store does to reduce food waste

Discuss the kinds of items that people shop for in a grocery store. Ask students to name their favorite items found in 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.

Work with students to make K-W-L chart about hunger and food waste:

<u>What we know:</u>	<u>What we want to know:</u>	<u>What we learned:</u>
Some people do not get enough food to	What happens to food that does not sell?	
Some people use scraps of leftover food to make compost.	What can I do to help fight hunger and food waste?	



Choose **MyPlate**.gov

Name: _____ Date: _____



Make a MyPlate meal by drawing foods or writing food names on the plate below for each food group.

