

## Before the Field Trip (PreK - 2)

The following activities are suggestions to help you prepare students for the upcoming field trip and to help establish background knowledge.



## Supermarket Tours

### Activate knowledge

Engage students in a discussion about their experiences in a grocery store.

**Ask:** Do you like going to the grocery store?

What do you like about going there? Do you help pick out foods for your family?

What are the different kinds of foods you can find at a grocery store?

Challenge students to predict what they think they will experience.

**Students will investigate the following topics and more in the various departments:**

- The five basic food groups
- Portion/serving size
- MyPlate guidelines
- Making food choices
- Various equipment and worker roles at a supermarket

### Introduce MyPlate to students

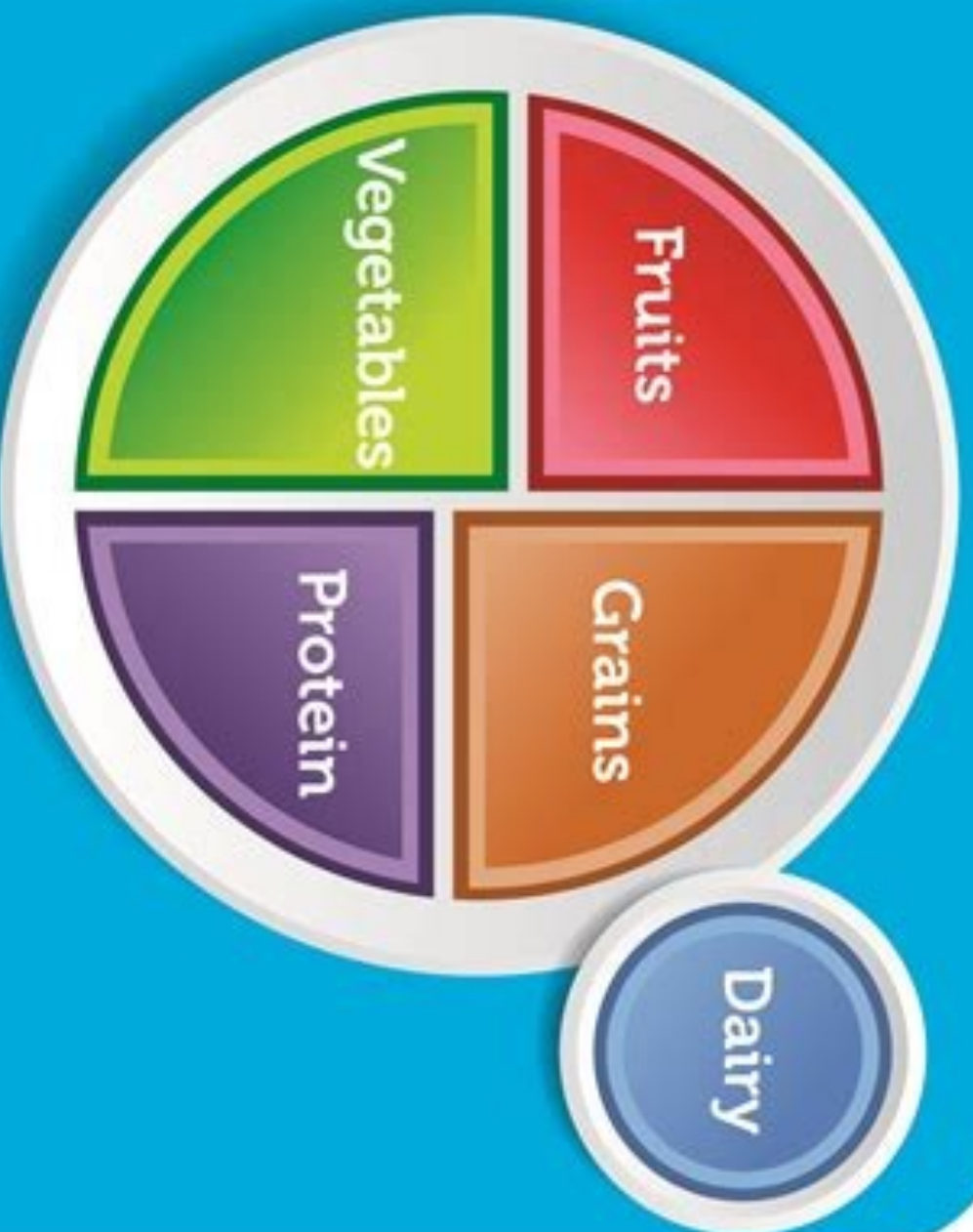
Display the MyPlate visual and ask students what they notice.

Students may notice that some colored sections are bigger than others or that the red/fruits and green/vegetables take up half of the plate.

Explain that each section represents one of the five food groups.

Reinforce that it is important to eat foods from each of the food groups to get all of the nutrients our bodies need. Briefly discuss each food group and the types of foods that are part of each group.

Use the *Make MyPlate Your Plate* activity sheet to get a general sense of where students are at in their baseline understanding of the food groups and MyPlate.



Choose **MyPlate**.gov

# Make MyPlate Your Plate

Name \_\_\_\_\_

Draw or write each of the following food names in their right spot on the MyPlate below.



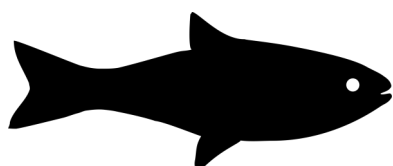
cheese



apple



carrot



fish

