

Before the Field Trip (Grades 3 - 6)



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

Activate knowledge

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

Ask: Do you help you family shop? What do you like about shopping?
What don't you like? How does your family decide what to buy and eat?
Do you help plan what is on your plate at mealtime?

Have students predict what they think they might experience on the Kids Crew Supermarket Tour.

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

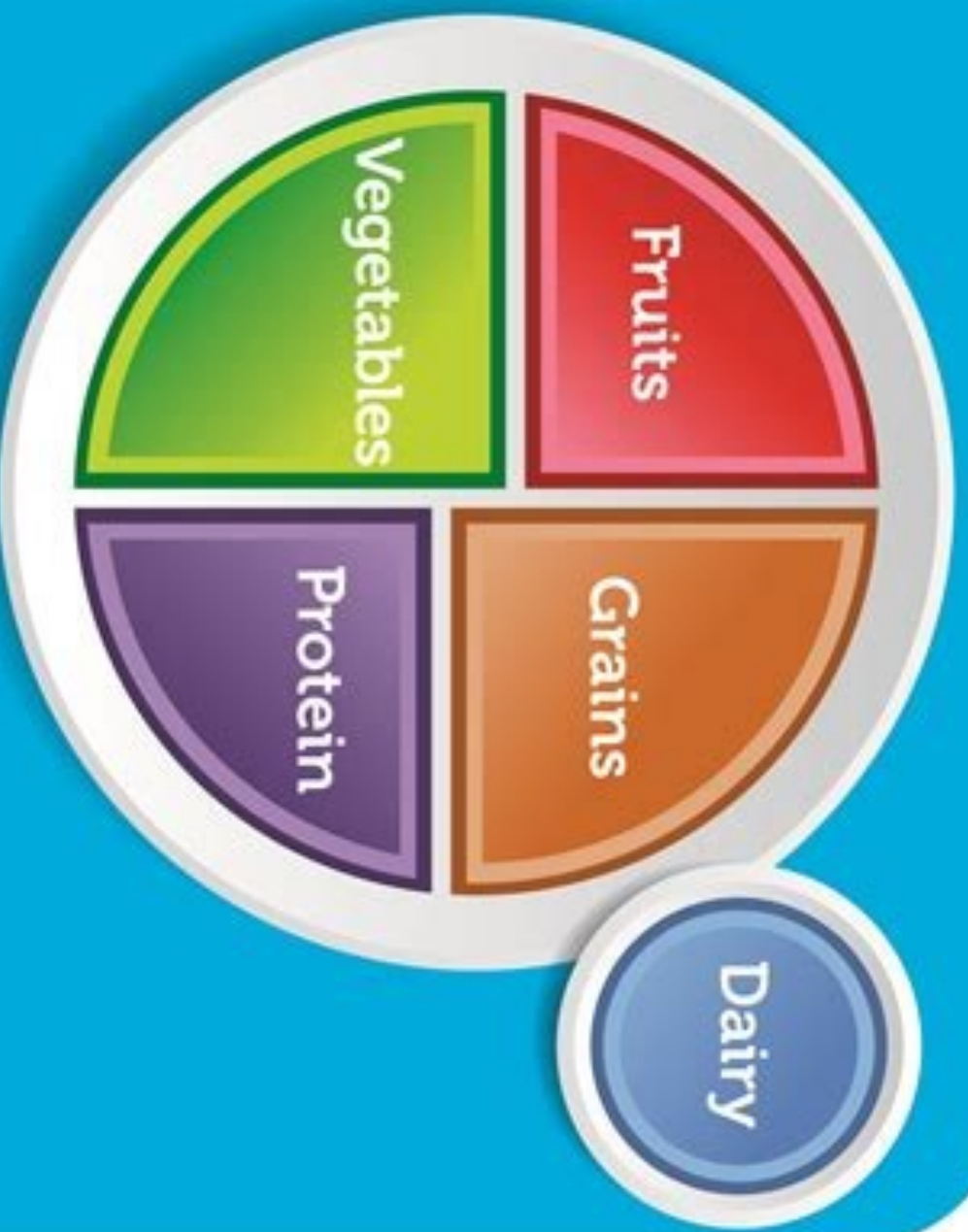
Display the MyPlate visual and ask students what they notice.

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 *MyPlate Mapping* activity sheet to get a general sense of where students are at in their baseline understanding of the food groups, MyPlate, and making food choices.



Choose **MyPlate**.gov

MyPlate Mapping

Name _____

Label each of the 5 sections on the blank MyPlate with the appropriate food groups:

dairy

grains

vegetables

fruit

protein

Then, sketch or write-in foods you normally would eat at meal (breakfast, lunch or dinner) in each section. If you don't normally eat one of the food groups, just leave it blank.

