



# Introduce Key Words and Concepts

**What you'll need:** Key vocabulary and concepts list, paper and pencils

**What to do:** Discuss the following key vocabulary and concept words as a group. Then assign student partners one or two words from the list. Ask partners to write a sentence using the assigned words and provide some examples of each. Then have students share their sentences with the rest of the class.

**Natural** means “coming from nature.” When something is natural it doesn't have extra ingredients added to it and it hasn't been changed much from its original state.

**Lean** means “having little or no fat.”

**Fortified** or **enriched** means “something was added to a food, for example, to make it better, or more nutritious.”

**Processed** means “changed in a way from its natural state.” Processed foods are often packaged so they are easy to prepare or make.

**International** means “involving two or more countries.”

**Domestic** means “made in your own country.”

A **vitamin** is a substance found in food that helps your body be healthy.

**Fiber** is found in food that helps you digest other foods.

**Organic** means “grown without the use of chemicals.”

**Portion size** is the amount of food we eat. Eating the right amount or portion of something is important for being healthy.

**Nutrients** are substances that plants and animals need to be healthy and grow. Certain foods are rich in different nutrients.



---

**Protein** is found in foods such as meat, chicken, fish, beans and peas, eggs, soy, nuts, and seeds. It helps your body be healthy.

---

**Produce** are foods that have been grown, such as fruits and vegetables.

---

**Raw** means “hasn’t been cooked.”

---

A **whole grain** contains all the parts of the grain, including the germ, endosperm, and bran. Wheat, oats, barley are all grains, and used in some of the foods we eat, such as cereal and bread. Rice is also considered a grain.

---

**Poultry** means “birds that are raised on a farm.”

---

A **balanced meal** is one that has a healthy amount of foods from all the food groups.



# The Food Groups

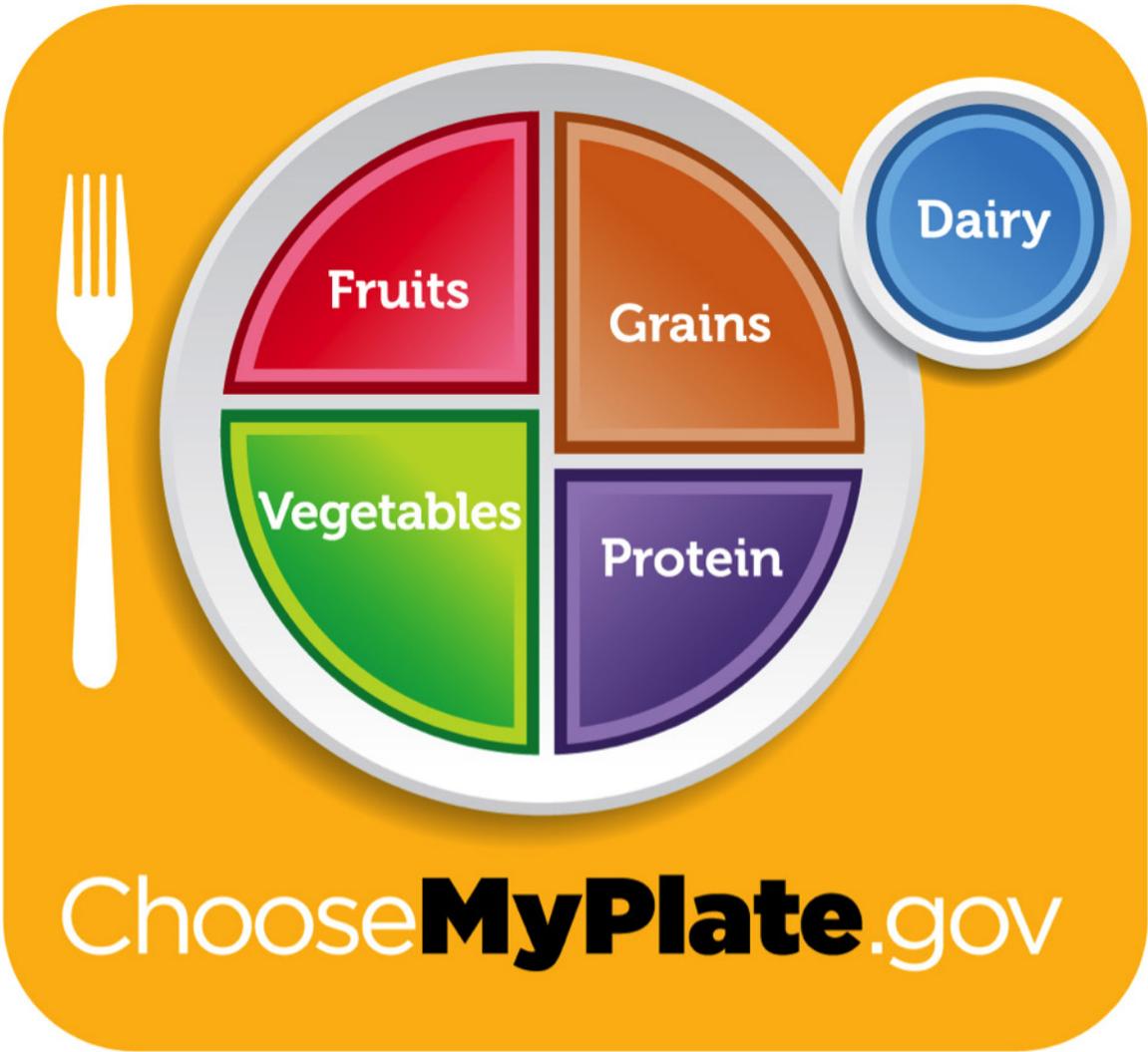
**Activity Objective:** Introduce students to the proper portions people need from the five food groups using MyPlate

**What you'll need:** MyPlate illustration, images of different meals, paper and pencils for students to draw or write down ideas

**What to do:** Begin by asking students: “What does it mean to “eat healthy?” After taking a few responses from students, explain that eating healthy means eating a variety of foods that gives us energy and makes us feel good. Have students think about their favorite meal. Ask: Do you eat your favorite meal at breakfast, lunch, or dinner? What is in this meal? And why is it your favorite? Have students think about these questions and then call on a few volunteers to share their answers.

Next display the MyPlate visual, saying that it reminds us of the amount of fruits, vegetables, protein, grains, and dairy we need each day to stay healthy. Point out to students that the red/fruits section is smaller than the green/vegetables section. This lets us know that we should eat more vegetables than fruit. Have students think about their favorite meals. Ask: Which food groups are part of your favorite meal? Have them write down each part of their favorite meal and the food group to which it belongs.

Using photographs of different meals, such as meat lasagna with salad and juice or a traditional Middle Eastern meal with kabobs, rice, vegetables, and pita bread, have students take turns naming the food groups represented in each meal. Students should call out each part of the meal and the food group, for example students would say the meat in the lasagna is part of the Protein Group, the cheese in the lasagna is part of the Dairy Group, the salad is part of the Vegetable Group, and the juice is part of the Fruit Group.



Choose **MyPlate**.gov