



# Introduce Key Words and Concepts

**What you'll need:** Key vocabulary and concepts list, images to represent each key vocabulary word/concept

**What to do:** Discuss what kids might experience on their field trip to Hen House. During the discussion share an online image that represents each vocabulary word or concept below. Give students time to make connections between the word/concept and the image by talking about examples or students' experiences related to the word or concept.



**Healthy** means you are in good health. When you are healthy you are not sick.



**Organic** means grown without the use of chemicals. Organic farming practices reduce soil erosion and use less energy. They also help keep rural communities healthy by not introducing chemicals into the soil or water supply.



A **community** is a group of people that live in the same place. People usually have the same interests in a community and want to support each other. We have a school community.



**Local** is a term that describes something nearby. Local foods or products come from nearby farmers versus food that has traveled very long distances to get to you, probably from another country. Buying local foods supports the people in your community.



**Nutrients** are substances that plants and animals need to be healthy and grow. Important nutrients to humans include vitamin C, calcium, omega-3, and anti-oxidants like beta carotene. Certain foods are rich in different nutrients, so it is important to eat a variety of foods to get all of the vitamins and minerals we need to stay healthy.



**Protein** is one of the five food groups. This group includes meat, chicken, fish, beans and peas, eggs, soy, nuts, and seeds. You should choose lean meats that don't have a lot of fat. Beans and peas are unique foods that are also part of the vegetable group.



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



When food is **raw**, it 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.



Birds, such as chickens, turkeys, ducks, and geese, which are raised on a farm are **poultry**.



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



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



# The Food Groups

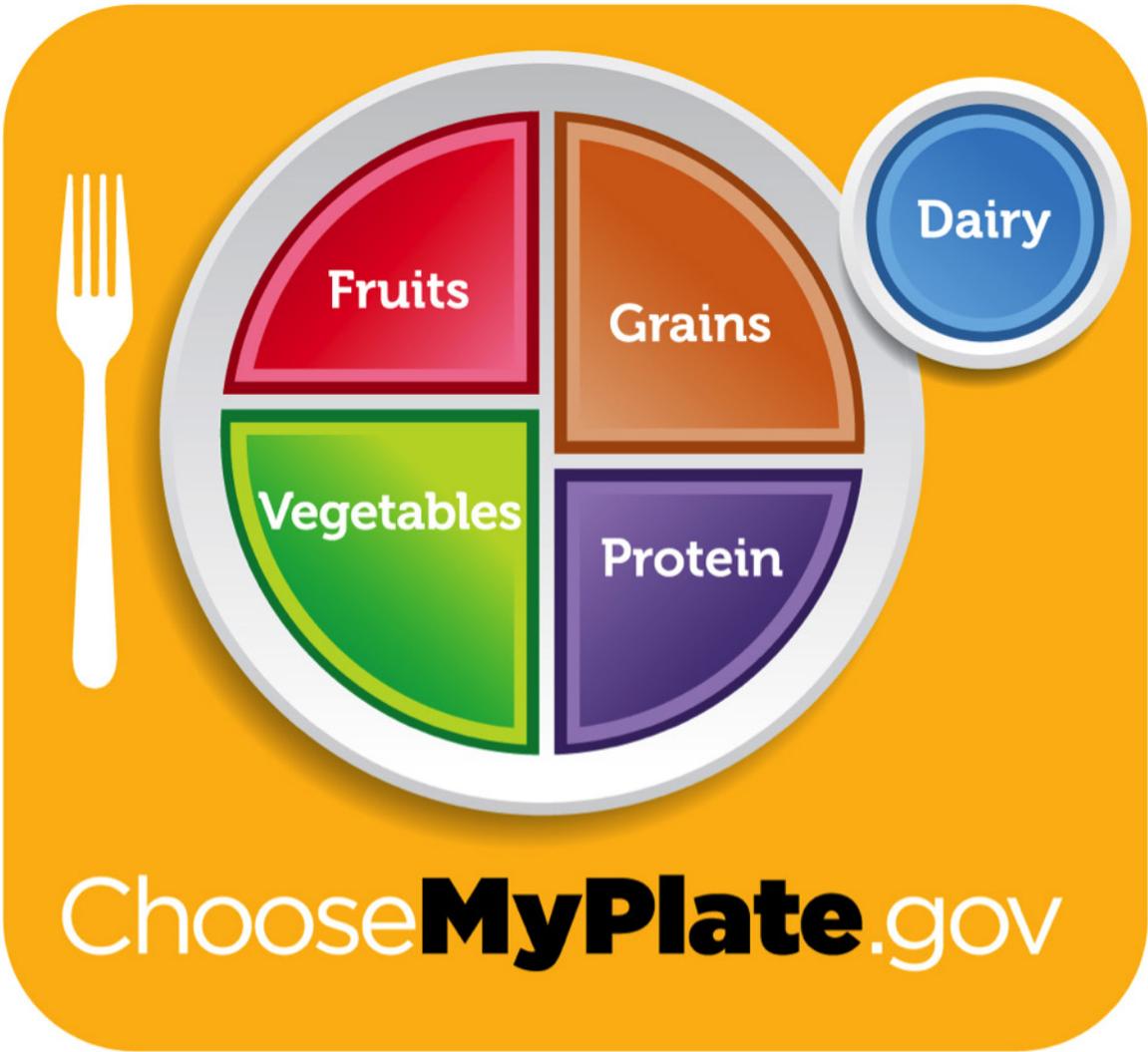
**Activity Objective:** Introduce students to the five food groups using MyPlate

**What you'll need:** MyPlate visual, 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. Explain that all foods are part of a group: Fruits, Vegetables, Protein, Grains, or Dairy. Foods are placed in groups so we know we are eating a variety of healthy foods with different nutrients. Provide examples of foods that fall into a single group, such as apples in the Fruit Group and turkey in the Protein Group.

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 the plate. Explain that each color represents one of the five food groups. Using photographs of different foods, have students take turns attaching the food to the plate in the appropriate group.

Explain to students that some foods are part of more than one group. Ask students if they can think of a food that might be part of the Dairy, Protein, Vegetable, and Grain groups – such as pizza or tacos.



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