

5210+ Day Two Lesson- Serving Sizes, MyPlate, and Nutrient Benefits

Objectives:

Students will be able to identify what a serving size looks like.

Students will be able to recall some of the nutritional benefits of various types of fruits and vegetables

Students will be able to recognize the five different food groups and what proportion their plate should look like.

Common Core Standards:

CCSS.ELA-LITERACY.SL.4.1 B-C

Follow agreed upon rules for discussion, pose and respond to specific questions to clarify or follow up on information, and make comments that contribute to the discussion and link to the remarks of others. Review the key ideas expressed and explain their own ideas and understanding in light of the discussion. CCSS.ELA-LITERACY.SL.5.2

Summarize key points a speaker makes and explain how each claim is supported by reasoning and evidence

CCSS.ELA-LITERACY.L.4.4.A

Use context as a clue to the meaning of a word or phrase.

CCSS.ELA-LITERACY.L.5.B-C

Form and use the perfect verb tenses. Use verb tense to convey various times, sequences, states, and conditions.

Serving Sizes, what does 1 cup look like? (Refer to MyPlate poster with each food group)

Fruit- one medium piece or the size of a tennis ball- you need 2-3 servings daily.

Orange fruit provides- beta carotene which helps vitamin A production. These are both important for developing and maintain healthy eyes and vision. Fruit also has vitamin C, helps heal wounds and heal colds.

Vegetables- 1 cup or one lightbulb sized piece(s). You need 2-3 servings a day

Dark Green veggies provide iron which helps move oxygen around in your blood. Oxygen is necessary all over the body, so its very important to make sure you are getting enough iron to move that oxygen around.

Grains- 1 slice of bread, 1 cup of cereal, or the size of a CD or mouse

Whole grains provide fiber, which helps you digest and move waste while also help keeping you feeling fuller for longer. They also help reduce cholesterol (a type of fat) in your blood, this means they are heart healthy.

Protein- 3 ounces, or a deck of cards. You need 2 servings a day

Protein has protein which helps rebuild and grow muscles, it's important to eat protein after exercising to help your body grow stronger.

Dairy- 1 cup of milk, 1 cheese stick, or two dominoes

Dairy provides calcium, super important for building and maintain strong bones. You can get calcium from many different types of milk so don't worry if you are lactose intolerant. Milk is also fortified with vitamin D, this helps your body process calcium, your body couldn't do it as well without Vitamin D.

Fats- a di

Not a food group, but its important to know that not all fats are bad. Fish, avocados, and nuts all have good fats which help manage the bad fats in your body.

MyPlate Activity- Balance is key! See how more of less all of the food groups are the same size. It is important to have all the groups represented in your diet so you can have balanced and healthy nutritional benefits.

Students will work in groups of 4-5 trying to figure out whether the MyPlate bag in front of them has a complete meal. Bags will have assorted items from plastic fruits to pictures of one of the food groups. If a group finds that they have a food group missing they will then have to work with the group next to them to ensure they have a complete meal with all of the food groups represented.