



EatHealthy

I eat (and drink) the best foods for my body every day.

21 ACTIVITY

MyPlate Mosaic

GRADE LEVEL:
Primary

TIME:
30 minutes

GROUPING STRUCTURE:
Independent

SUBJECTS:
**Health
Science
English Language Arts –
listening and speaking**

Objective
Students will recognize the food groups.

Materials/Preparation

Classroom Materials

- Glue
- Red, green, yellow, blue, and purple construction paper (one half piece of each color/student)
- White construction paper (one sheet/student)
- A salad (or other large) bowl.



Downloadable Materials

www.nestleusa.com/healthysteps

- Healthy Steps for Healthy Lives MyPlate poster or handout
- Food Cards



Opening the Activity

1. Introduce the Healthy Steps for Healthy Lives MyPlate poster.

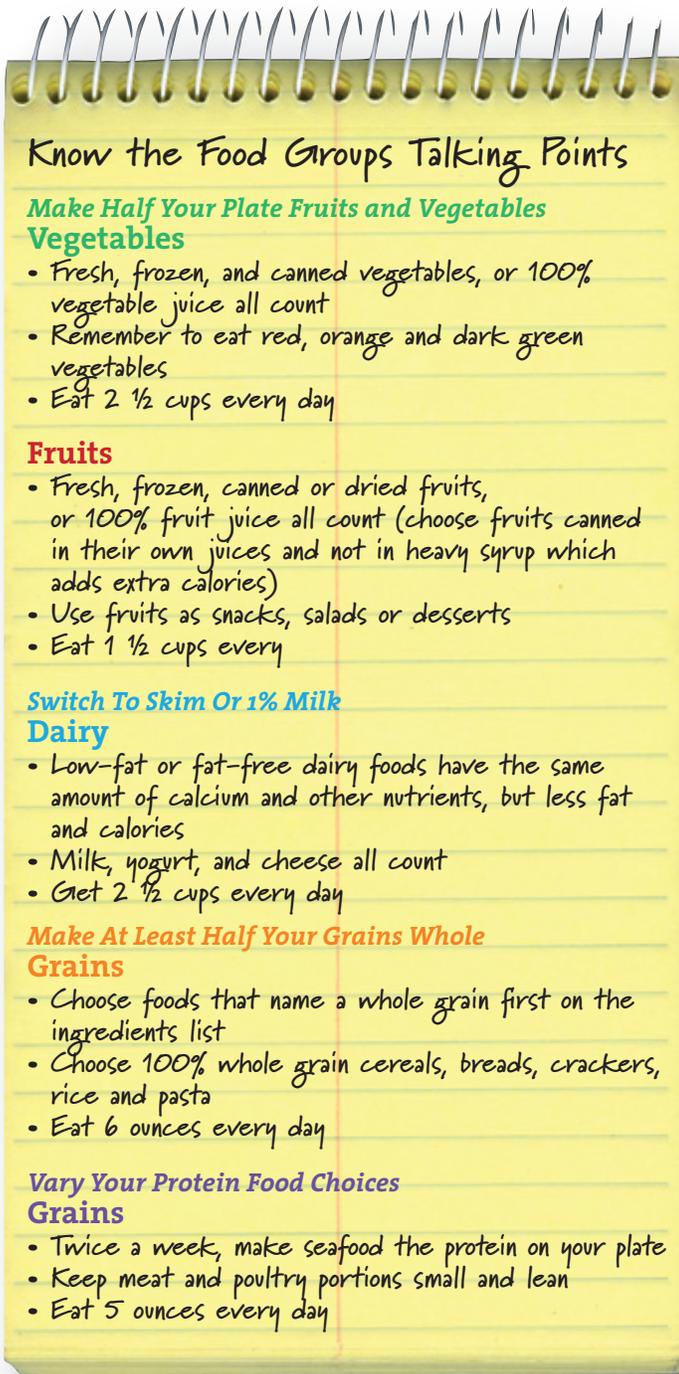
- The poster is a tool to help us learn how to think, eat, and move healthy.
- There are pictures, symbols, and messages that tell us about nutrition (which means eating healthy) and physical activity (which means moving healthy).

2. Introduce the MyPlate icon.

- MyPlate illustrates the five food groups using something we see at mealtimes, a place setting.
- MyPlate tells us, "Before you eat, think about what and how much food goes on your plate or in your cup or bowl."
- MyPlate shows us how to build a healthy plate by choosing foods from the five food groups.
- MyPlate reminds us that we need to eat foods from all food groups every day at every meal.

3. Introduce the five food groups.

- The food groups are represented by different colored portions on the plate and in the cup.
- In the cup: the blue portion is for Dairy.
- On the plate: orange is for Grains; green is for Vegetables, red is for Fruits, and purple is for Protein.



Know the Food Groups Talking Points

Make Half Your Plate Fruits and Vegetables Vegetables

- Fresh, frozen, and canned vegetables, or 100% vegetable juice all count
- Remember to eat red, orange and dark green vegetables
- Eat 2 ½ cups every day

Fruits

- Fresh, frozen, canned or dried fruits, or 100% fruit juice all count (choose fruits canned in their own juices and not in heavy syrup which adds extra calories)
- Use fruits as snacks, salads or desserts
- Eat 1 ½ cups every

Switch To Skim Or 1% Milk Dairy

- Low-fat or fat-free dairy foods have the same amount of calcium and other nutrients, but less fat and calories
- Milk, yogurt, and cheese all count
- Eat 2 ½ cups every day

Make At Least Half Your Grains Whole Grains

- Choose foods that name a whole grain first on the ingredients list
- Choose 100% whole grain cereals, breads, crackers, rice and pasta
- Eat 6 ounces every day

Vary Your Protein Food Choices Grains

- Twice a week, make seafood the protein on your plate
- Keep meat and poultry portions small and lean
- Eat 5 ounces every day

4. Point to each food group and have students name the group out loud.

5. Tell students that they're going to be making MyPlate Mosaics to help them remember the food groups. A mosaic is a piece of art made by arranging small pieces of material (e.g., glass, stone, or tile). To make their MyPlate Mosaics, they will be using small pieces of construction paper.



Leading the Activity

6. Discuss each food group using the Know the Food Groups Talking Points and the Healthy Steps for Healthy Lives MyPlate poster.

7. Students create MyPlate Mosaics.

- Give each student a piece of white construction paper and a half sheet of each color.
- Write their name on the back of the paper.
- Write "My Healthy Plate" at the top of the paper on the front.
- Tear off one piece of paper, about the size of a sticky note, from any color and set it aside for later in the activity.
- Tear small pieces of construction paper and glue them onto the white paper to make the plate and cup on MyPlate.
- Be sure to make the food group sections of the plate match the sizes on MyPlate.





Closing the Activity

8. Conduct Tossed Summary Salad closing activity.

- Have students write the following information on the piece of construction paper that they set aside earlier in the activity:
 - The name of the food group represented by the color of their paper.
 - One food that belongs in the group.
 - One important message to remember about the food group.
- Have students stand in a circle. Pass around the empty bowl and have students place their slip of construction paper into the bowl.
- Once everyone has placed their slip of paper into the bowl, toss the bowl to mix the slips of paper making a Tossed Summary Salad.
- Pass the bowl around again and have students take out a piece of the “salad” (one that they did not put in).
- Students share the information on the piece of “salad” that they took from the bowl.
- Once everyone has a turn, collect the pieces of “salad” and save them to review and reinforce the concepts at another time.

9. Ask students why a salad is a healthy food choice.

- Ideal responses: Salads are usually made from Vegetables; You can make a salad with foods from every food group.



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continued



Modifications

MyPlate Mosaics are just one example of how to integrate visual art into learning about eating healthy. Give students several choices for creating MyPlate Art in a variety of mediums (e.g., clay, tempera paints, oil pastels, watercolor, inks, pencils, chalks, or paper mache). When the projects are complete, host a MyPlate Art Show. Have the “artists” stand beside their pieces and explain MyPlate to the Art Show attendees (e.g., parents, other students, school staff).

