



# KINDERGARTEN

## Farm to School Lesson Plan

**Topic:** Food and Nutrition—Building a Healthy Meal (suggested month: **December**)

**Monthly Essential Question:** What are the five parts of a healthy plate?

**Content Areas Addressed:** Science, Health

### Standards Addressed:

- With prompting and support, ask and answer questions about key details in a text. (CCSS.ELA-LITERACY.RL.K.1)
- With prompting and support, retell familiar stories, including key details. (CCSS.ELA-LITERACY.RL.K.2)
- With prompting and support, identify characters, settings, and major events in a story. (CCSS.ELA-LITERACY.RL.K.3)
- Add drawings or other visual displays to descriptions as desired to provide additional detail. (CCSS.ELA-LITERACY.SL.K.5)

**Key Terms:** MyPlate      **Materials Needed:** Food and Nutrition PowerPoint      Sampling food and supplies  
Food groups      Building a Healthy Meal—coloring page      Coloring utensils

**Introduction: (5 min)** \*Introduce the essential question—What are the five parts of a healthy plate? Ask students to share their initial thoughts with the class and record answers. “Today we are going to be discussing the five parts of a healthy plate. Just like sorting objects by size or shape, we can sort foods into different groups. There are five food groups that make up a healthy plate.”

**Development: (20 min)** “To help us remember these groups we use a MyPlate diagram. Let’s watch a video about MyPlate.” Watch “MyPlate Food Groups” video. “MyPlate represents what our plates should look like at every meal to keep us healthy. “Let’s go through the five food groups in a little more detail as a class.” Go through slides naming each food group (fruits, vegetables, grains, protein, dairy) and give a few example of each. “Remember, at every meal we should fill half our plate fruits and vegetables.” Pass out coloring utensils and the “Building a Healthy Meal” coloring page, explain the activity and walk students through the following steps to complete the activity:

1. Draw a favorite FRUIT in the top left quarter.
2. Draw a favorite VEGETABLE in the bottom left quarter.
3. Draw a healthy GRAIN in the top right quarter.
4. Draw a healthy PROTEIN in the bottom right quarter.
5. Draw a healthy DAIRY product in the upper right circle.

Show students an example of a completed coloring page.

**Sampling & Closure: (5 min)** Conduct local fruit or veggie tasting. Instruct each student to take a ‘polite bite’ (eat at least one bite and only say polite things). \*Revisit the essential question—What are the five parts of a healthy plate? Select students to help you list the five food groups. (fruits, vegetables, grains, protein, dairy). “We should fill our plates with a rainbow of different foods at every meal! Eating a variety of healthy foods and following the MyPlate guide is important to be healthy kindergarteners now and for the rest of our lives.”



# Building a Healthy Meal

