



Potluck Plate

THIS IS A: Student Assignment ✓ Classroom Activity

SYNOPSIS:

Students will review the USDA's MyPlate as a guideline for healthy eating. Students will then use their art skills and fill in a blank MyPlate using cut out foods from magazines.

OBJECTIVES:

- Students will be able to list the five foods groups
- Students will be able to recognize MyPlate

RECOMMENDED GRADE LEVEL: K, 1ST, 2ND

REQUIRED MATERIALS:

- **MyPlate** handout (also can be downloaded from www.choosemyplate.gov)
- Magazines with pictures of different foods and/or stencils of different types of foods
- Scissors
- Glue

SET-UP TIME: None

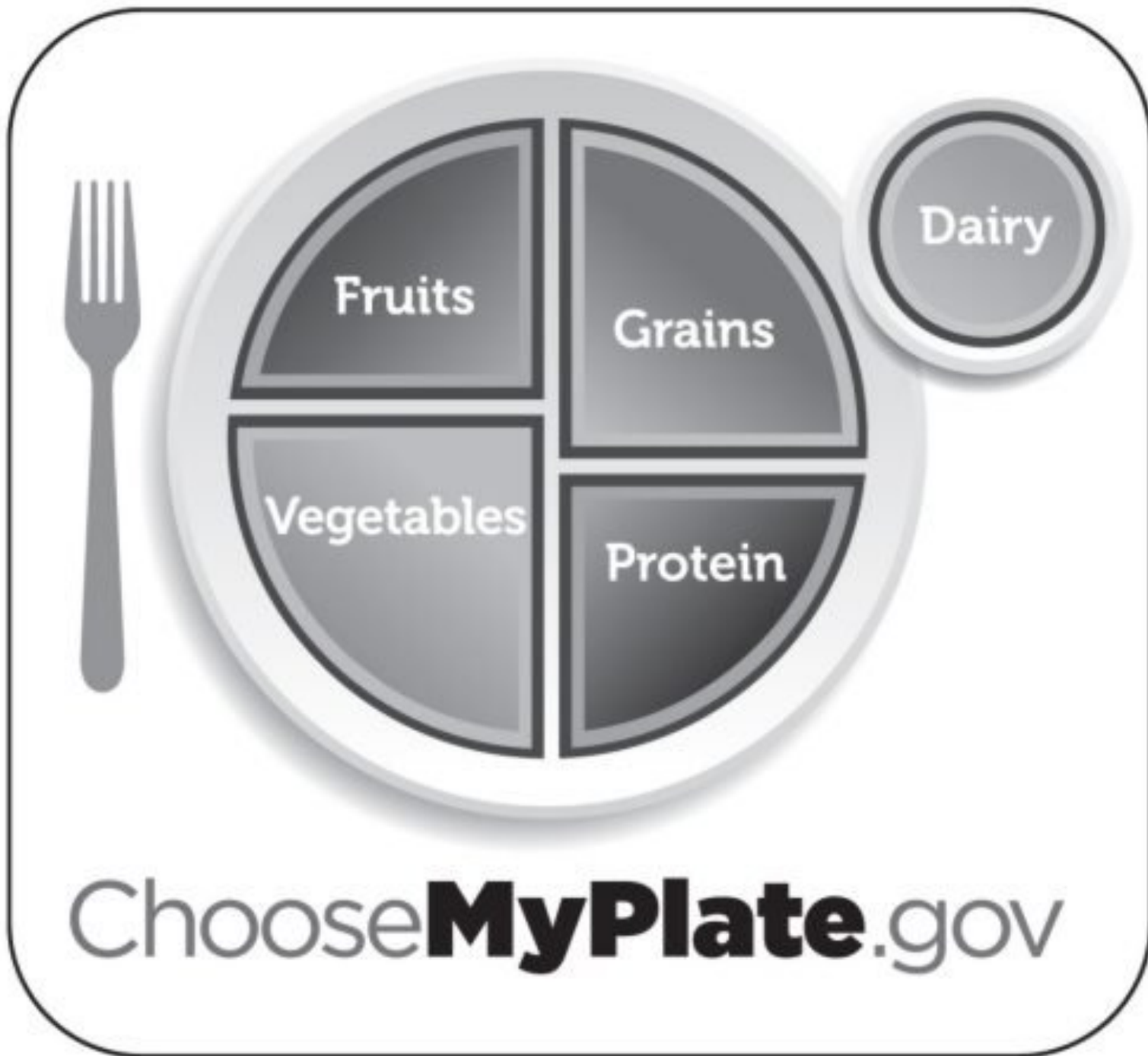
CLASS TIME: 15-30 minutes

TEACHING STEPS:

1. Distribute blank MyPlate to students.
2. Briefly talk about the 5 different food groups and examples of foods from each group.
3. Have children cut out/tear/trace pictures of foods from magazines and place them on the MyPlate picture.

EXTENSION:

Laminate for students to take home and use as a placemat for meals.



Choose **MyPlate**.gov