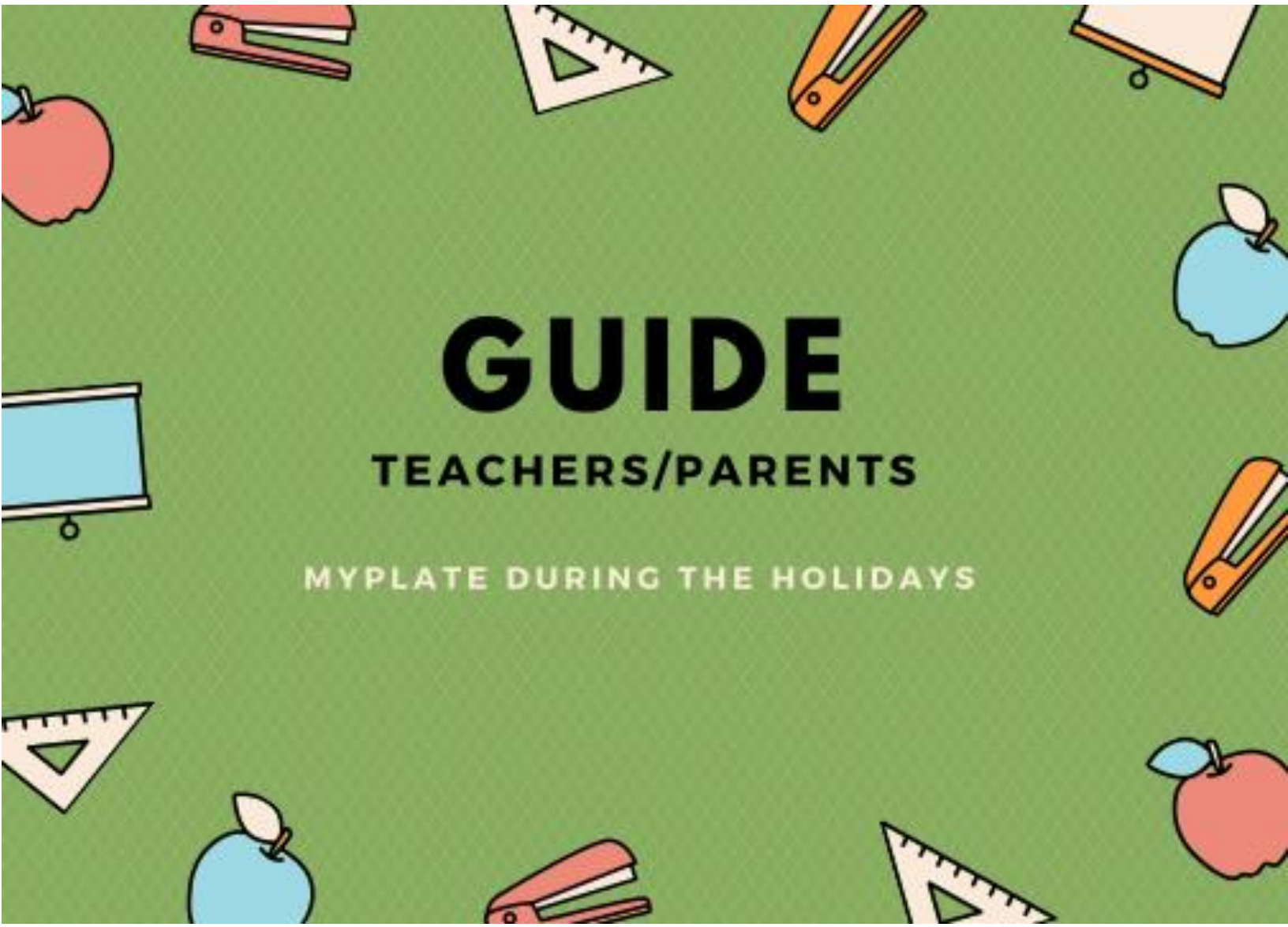
JOSEPH P CORY
FOUNDATION
Anchored in Love.



MyPlate During the Holidays

Learning Objectives

After this lesson, students will be able to:

- Understand the main food groups of fruits, vegetables, protein, grains and dairy, in addition to specific items that fall into each category
- Create and illustrate a meal using the MyPlate template
- Describe holiday foods that are important to their families

Materials

- MyPlate Discussion Questions (page 2)
- MyPlate Coloring Template (page 3)
- Coloring utensils (crayons, colored pencils, markers)

Overview

During this activity, students will 1) engage in a short lesson about MyPlate recommendations and 2) create and illustrate a meal describing the foods they typically eat during the holidays that fulfills the MyPlate recommendations.

Steps

1. Watch this video about MyPlate: https://www.youtube.com/watch?v=Gmh_xMMJ2Pw
2. Have students fill out the "MyPlate Discussion Questions".
3. Distribute a MyPlate template to each student.
4. Students will create their own meal on the "MyPlate" template using foods their family likes to eat during the holidays.
    a. Students should pick foods and draw them on their plate.
    b. Stress to students that half of the plate should be fruits and vegetables.
    c. Their drawing can include fruits and vegetables growing in their garden or have eaten in school cafeterias.

MyPlate Discussion Questions

1. **What is MyPlate?**

2. **What are the 5 categories of foods listed on MyPlate?**

3. **What are examples in each of the categories?** Try to think of foods that your family likes to eat.

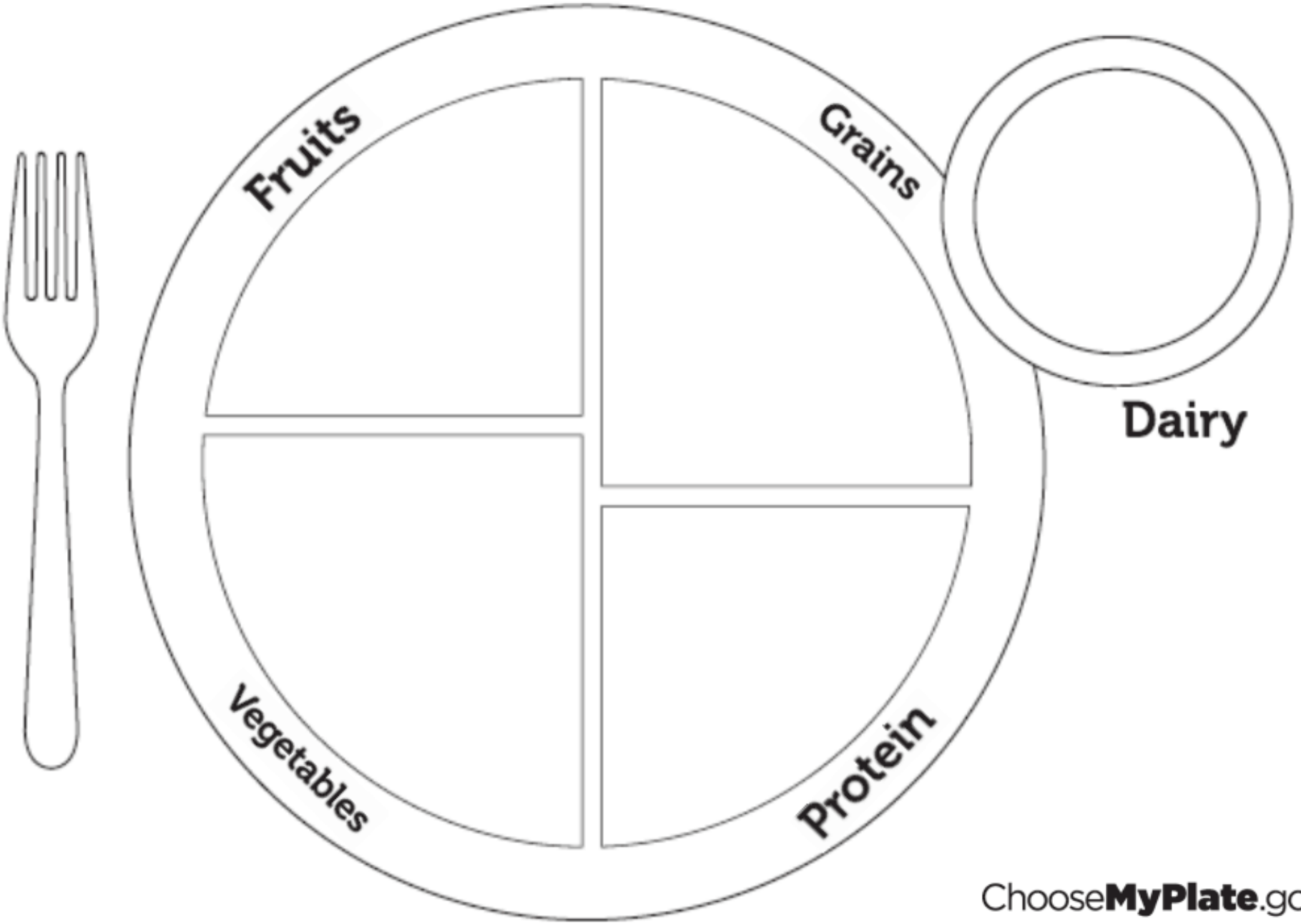
4. We've learned that MyPlate helps people to eat healthy. **Why is healthy eating important?**

5. **What are some traditions you and your family have surrounding food and the holidays?**

Using the template on the next page, draw a meal you would eat with your family during the holidays. Use the MyPlate proportions to build a healthy and delicious meal!

Name _____

Today, I learned how much of each type of food I should be eating!



ChooseMyPlate.gov



Will you tell your family about MyPlate? Yes No

Today I learned: (Write as much as you want, just continue below or on another sheet of paper.)

_____

_____