

Grades K-2

What Is a Balanced Meal?

A Full Plate

Identifying a balanced meal

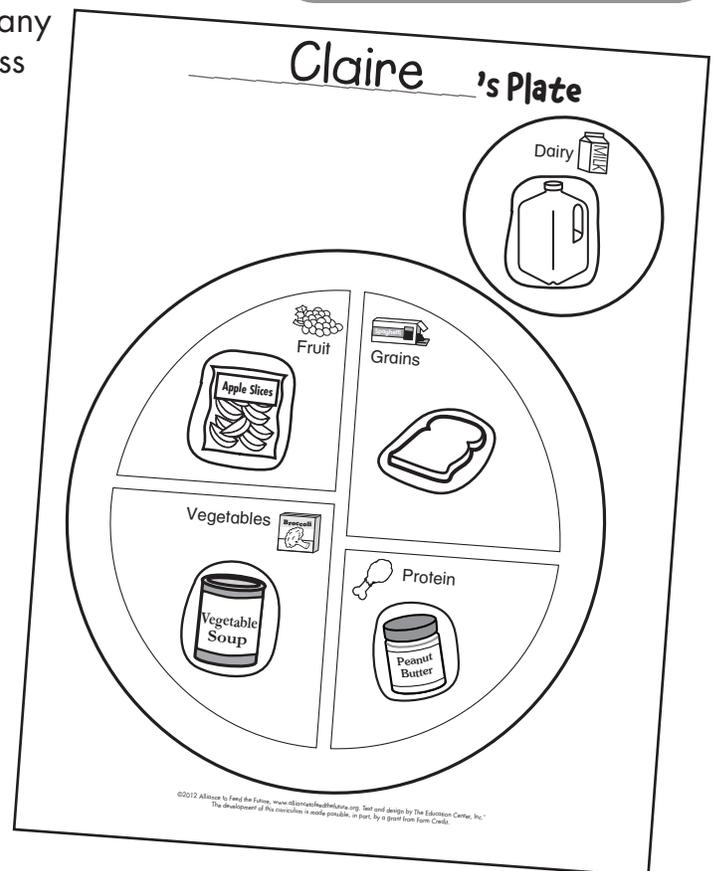
Place copies of the pattern below at a center, along with grocery store ads, glue, and scissors. When a child visits the center, he cuts from the ads pictures of foods that would make a balanced meal. Encourage students to include different types of food, such as fresh, frozen, canned, and packaged. Then he glues the pictures to the corresponding sections of his plate. Invite students to share their plates and discuss the favorite foods they included.

Extend the learning: Have students count how many foods they included on their plates. Create a class graph showing the results.

Define it!

What is a balanced meal?

A balanced meal includes foods from each of the different food groups, proportioned so that half of your plate is fruits and vegetables. The US Department of Agriculture's MyPlate icon provides a handy way to remember this. The exact amount of food varies by person, depending on age, physical activity, and other factors. To learn more visit ChooseMyPlate.gov.



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's Plate

Dairy



Fruit



Grains

Vegetables



Protein