

Grades 3–5

Making a family commitment to healthful living

Food for a Day

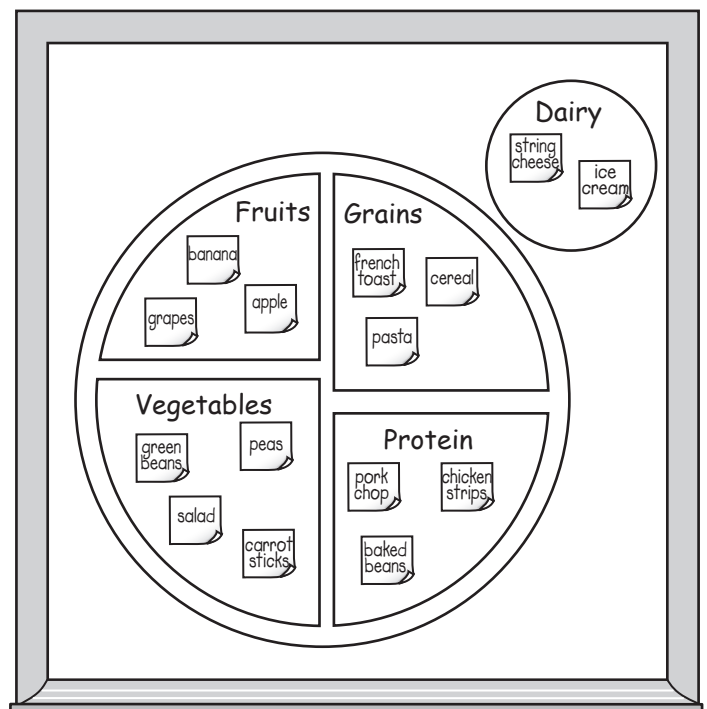
Utilizing and analyzing a food chart

Lead the class in a discussion about the amounts of each food group we need to eat each day. Draw on the board or chart paper the MyPlate symbol, pointing out that a balanced meal is one that includes a variety of foods, and that half of a balanced meal is fruits and vegetables. Then ask each student to write on a small sticky note a favorite food he ate yesterday. In turn, invite each child to place his sticky note on the matching section of the plate. Discuss the results and create a class graph showing the results. To follow up, challenge students to eat balanced meals each day. Give each student multiple copies of the food log to take home and complete for one week. At the completion of the week, have students chart their food choices to determine whether their diets became more healthful. Challenge students to graph the number of balanced meals they ate to reflect their changed eating habits.

Extend the learning: Help student see the many ways they can eat fruits and vegetables. Choose one fruit or vegetable, such as a carrot, and brainstorm different ways to eat it. Consider options for eating it raw, roasted, sauteed, mashed, and so forth. Discuss how the flavors and textures change, contributing to a whole new fruit- or vegetable-eating experience!

Fun Fact:

How can families exercise together? Taking walks, riding bikes, dancing, doing chores, and gardening are all good ways to get active and spend time together.



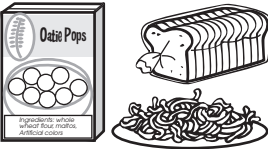
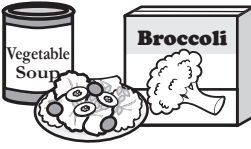

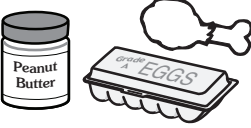
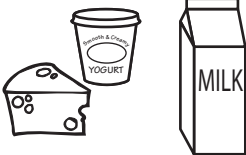
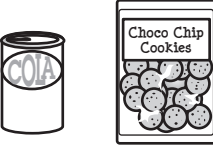
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FOOD FOR A DAY

Date _____

	Breakfast	Lunch	Dinner	Snacks
 <p>Grains</p>				
 <p>Vegetables</p>				
 <p>Fruits</p>				
 <p>Protein Foods</p>				
 <p>Dairy</p>				
 <p>Other</p>				

Was your diet balanced today? Explain. _____

What are your eating goals for tomorrow? _____