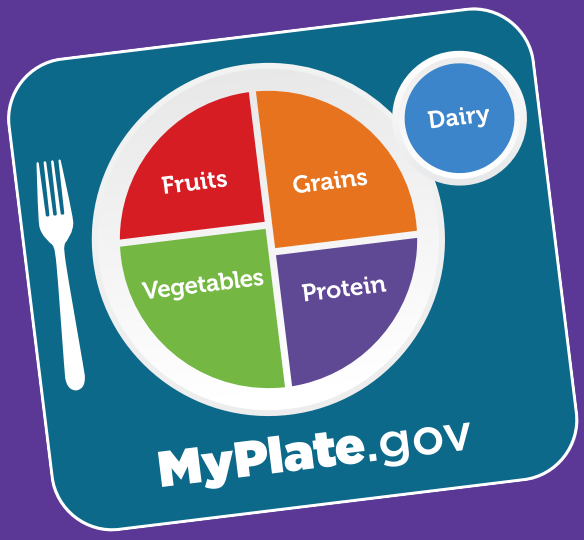
USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE



Discover MyPlate

Nutrition Education for Kindergarten



Student Workbook

January 2023 • FNS-472
TeamNutrition.USDA.gov

Name: _____

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STAR Chart

(Student Achievement Recognition Chart)

Name _____

Lesson 1 • Meet the Five Food Group Friends

Achievement Markers

1. Named the five food groups
2. Named a food that belongs to each food group
3. Demonstrated proper handwashing
4. Named a time when it is important to wash hands

1.	2.
3.	4.

Comments

Lesson 2 • Discover MyPlate

Achievement Markers

1. Named five foods that make a **MyPlate** meal
2. Identified the **MyPlate** icon
3. Explained how the **MyPlate** icon serves as a reminder to eat from all five food groups

1.	2.
3.	

Comments



STAR Chart

(Student Achievement Recognition Chart)

Name _____

Lesson 3 • Eat Your Colors!

Achievement Markers

1. Named a reason why we should eat fruits and vegetables of different colors
2. Named two different-colored fruits
3. Named two different-colored vegetables
4. Tasted a new fruit or vegetable

1. 2. 3. 4.

Comments

Lesson 4 • Planting the Seeds for Healthier Eating

Achievement Markers

1. Planted a bean sprout
2. Identified the sequence in the plant life cycle as a tomato grows from a seed into a plant
3. Named three things a plant needs to grow

1. 2. 3.

Comments

STAR Chart

(Student Achievement Recognition Chart)

Name _____

Lesson 5 • Starting Our Day the MyPlate Way

Achievement Markers

1. Named a reason why it is important to eat breakfast
2. Described feeling hungry or full
3. Ate a breakfast with foods from at least three food groups

1. 2. 3.

Comments

Lesson 6 • Let's Play, Let's Party!

Achievement Markers

1. Named three different ways to be physically active
2. Named two reasons why it is important to be physically active every day
3. Explained that healthy food choices help fuel our bodies to play and be active
4. Prepared (and tasted!) a **MyPlate** snack

1. 2. 3. 4.

Comments

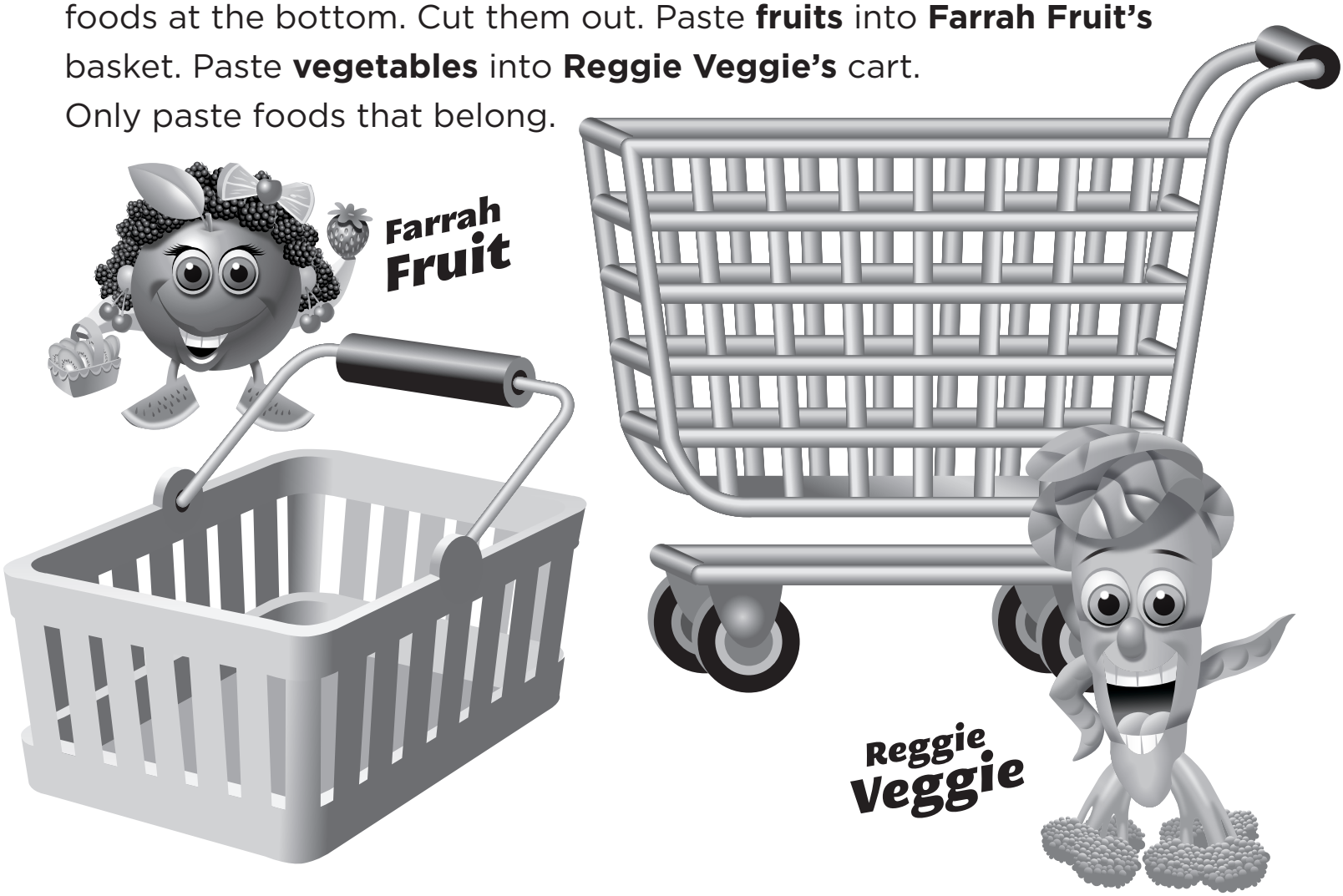

Discover
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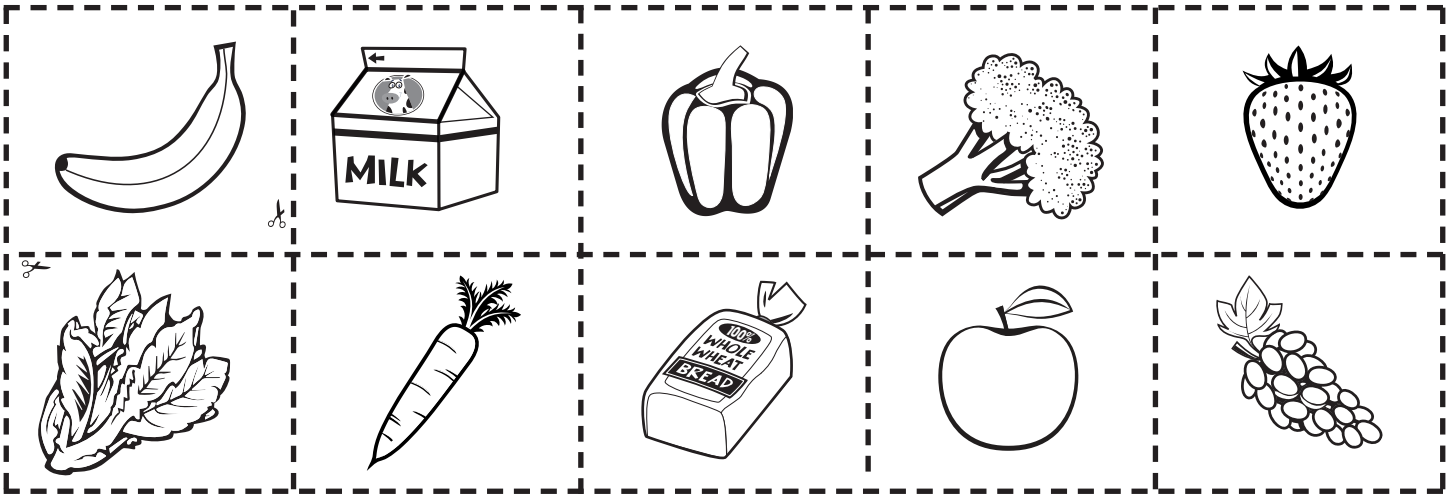
Lesson 1

Fruit and Vegetable Sorting

Activity 1

Help the Food Group Friends sort **fruits** and **vegetables**. Color the foods at the bottom. Cut them out. Paste **fruits** into **Farrah Fruit's** basket. Paste **vegetables** into **Reggie Veggie's** cart.
Only paste foods that belong.





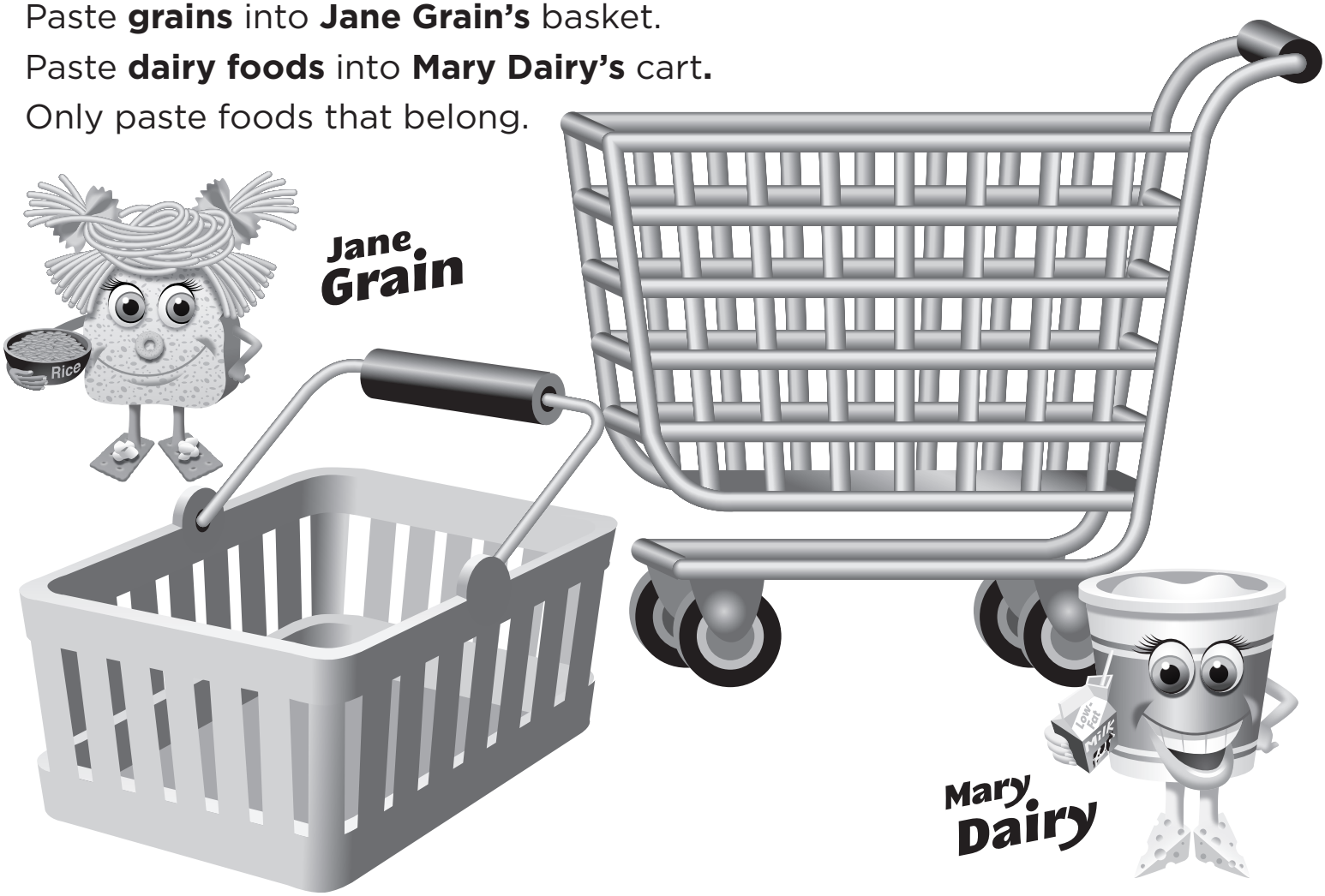

Discover
MyPlate

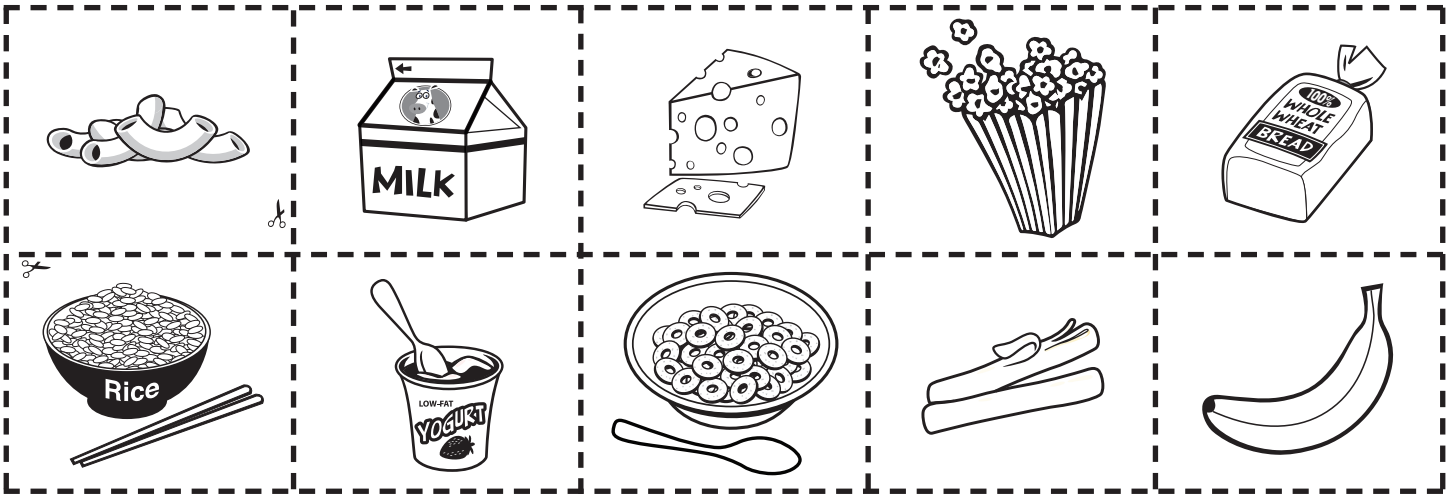
Lesson 1

Grains and Dairy Sorting

Activity 2

Help the Food Group Friends sort **grains** and **dairy foods**.
Color the foods at the bottom. Cut them out.
Paste **grains** into **Jane Grain's** basket.
Paste **dairy foods** into **Mary Dairy's** cart**.**
Only paste foods that belong.






Discover
MyPlate

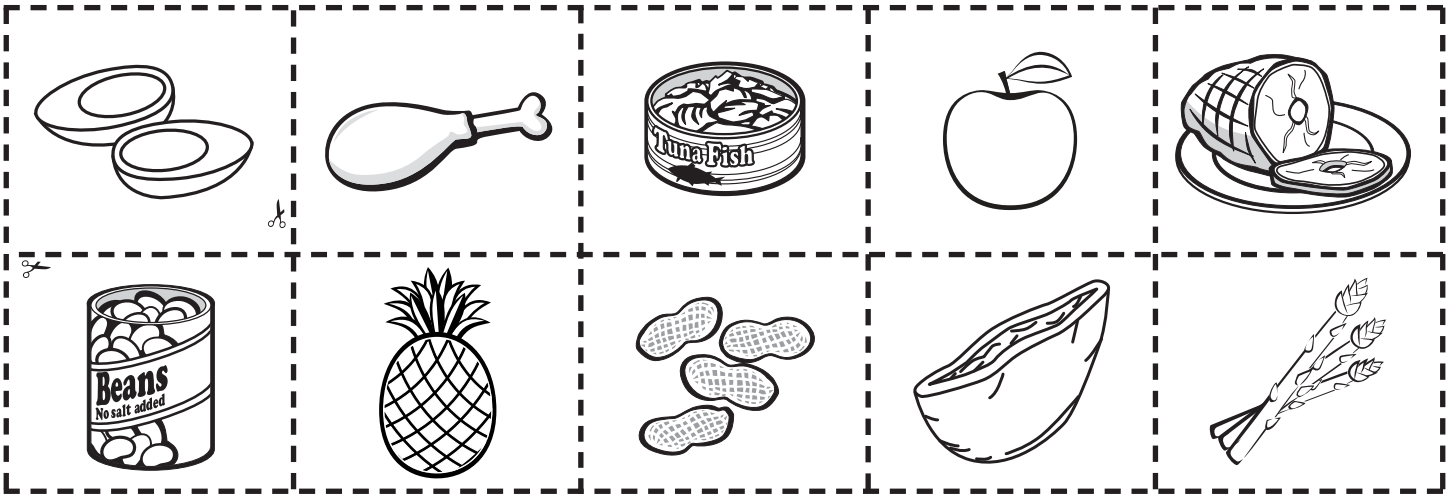
Lesson 1

Protein Foods Sorting

Activity 3

Help **Dean Protein** sort **protein foods**.
Color the foods at the bottom. Cut them out.
Paste **protein foods** into **Dean Protein's** cart.
Only paste foods that belong.





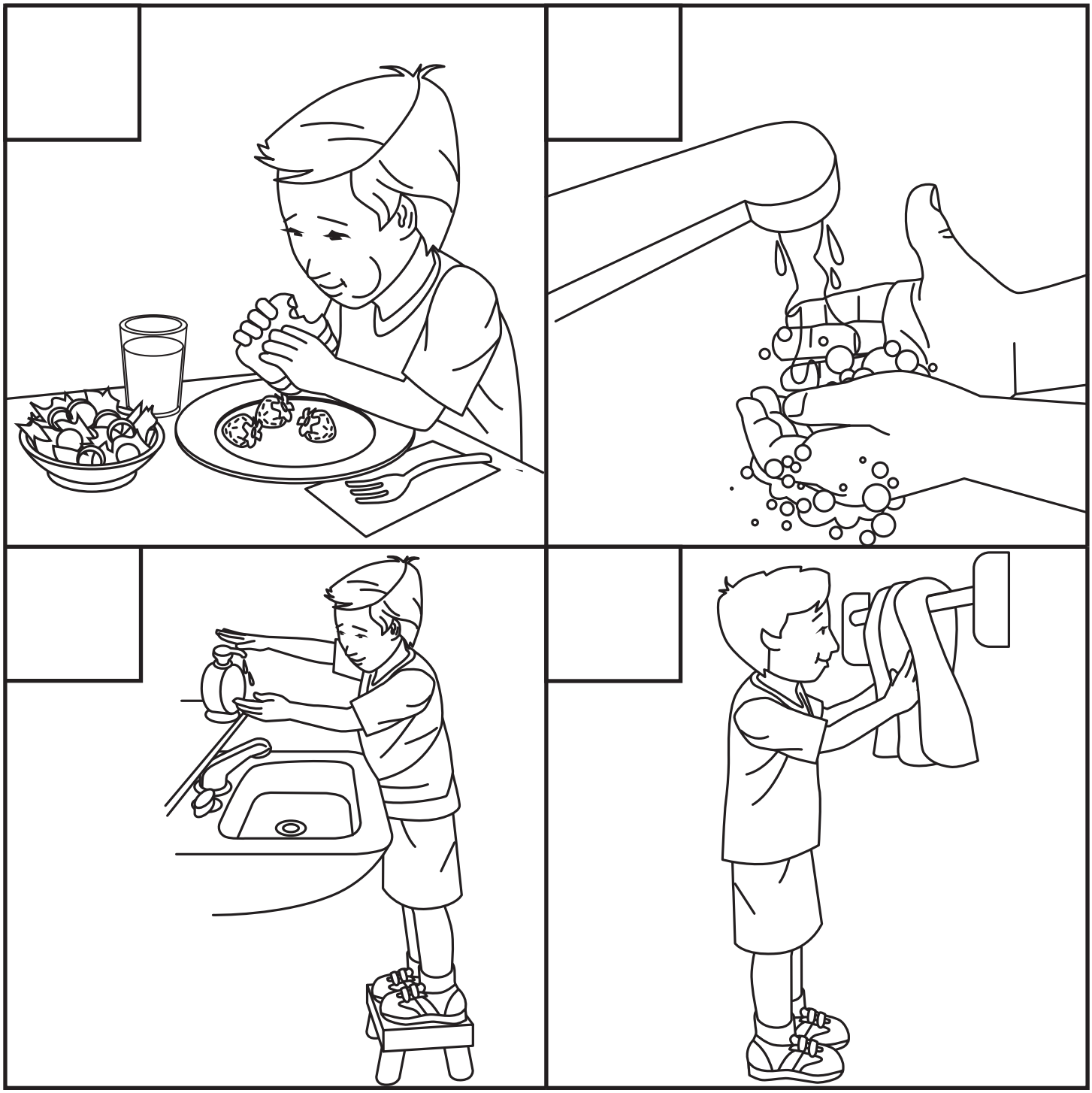

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Lesson 1

Wash Your Hands!

Activity 4

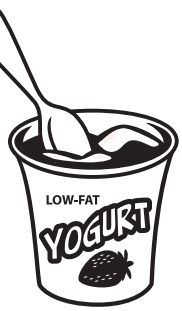
Look at each picture. Show the order. Write **1**, **2**, **3**, or **4** next to each picture. Circle things that start with the letter **S**.



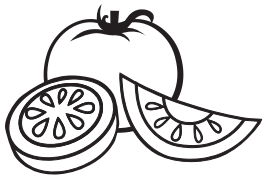
Lesson 1 | Foods I Like

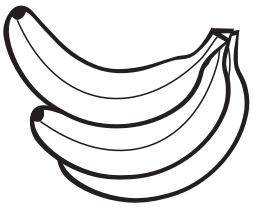
Activity 5

Read each sentence. Color the pictures.
Draw a food you like in the last sentence.

I like to eat 

.

I like to eat  in a  .

I like to eat  at 

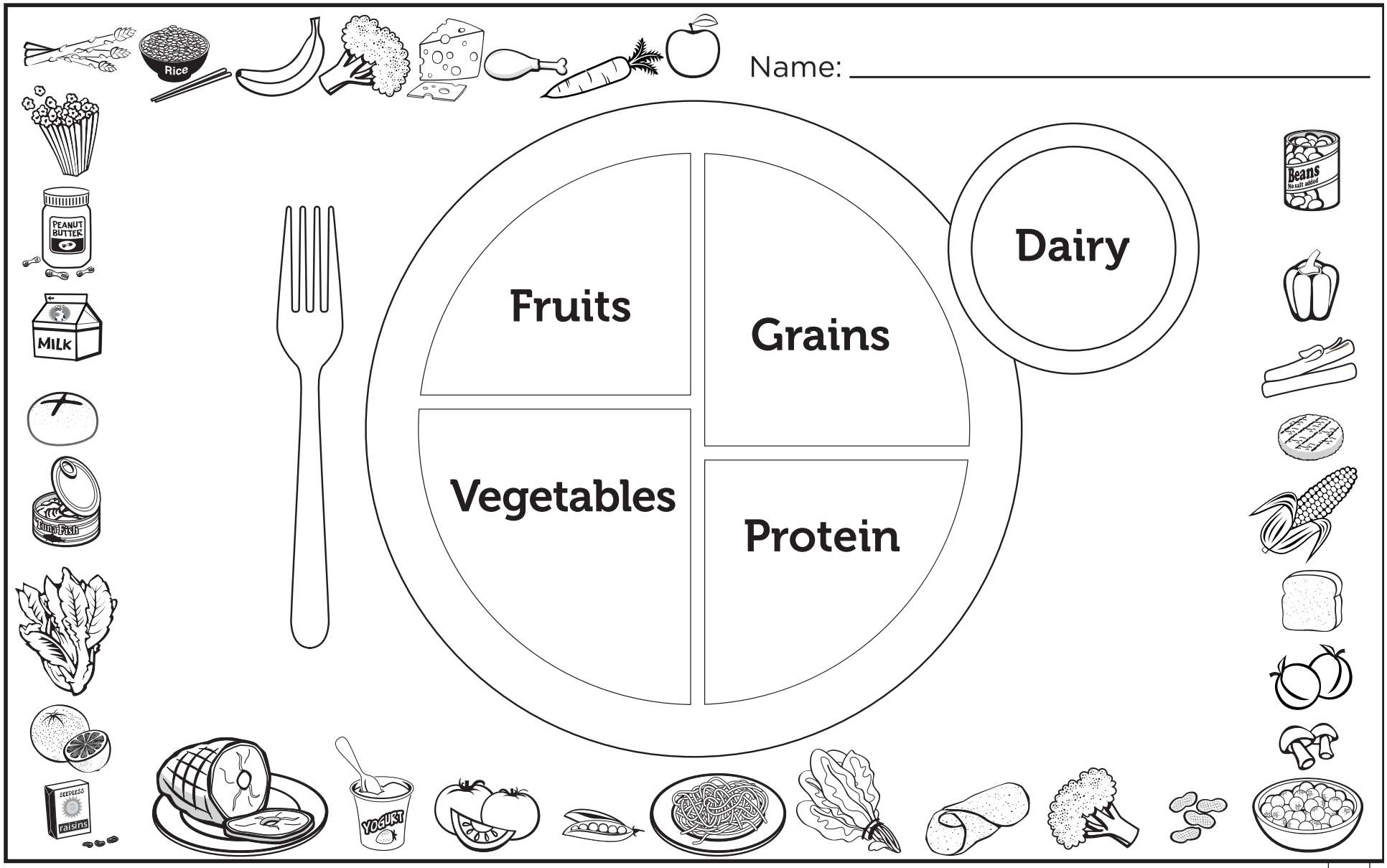
.

I like to eat .

Activity 1

Write your name. Draw a picture of one food from each food group on the **MyPlate**.

Name: _____



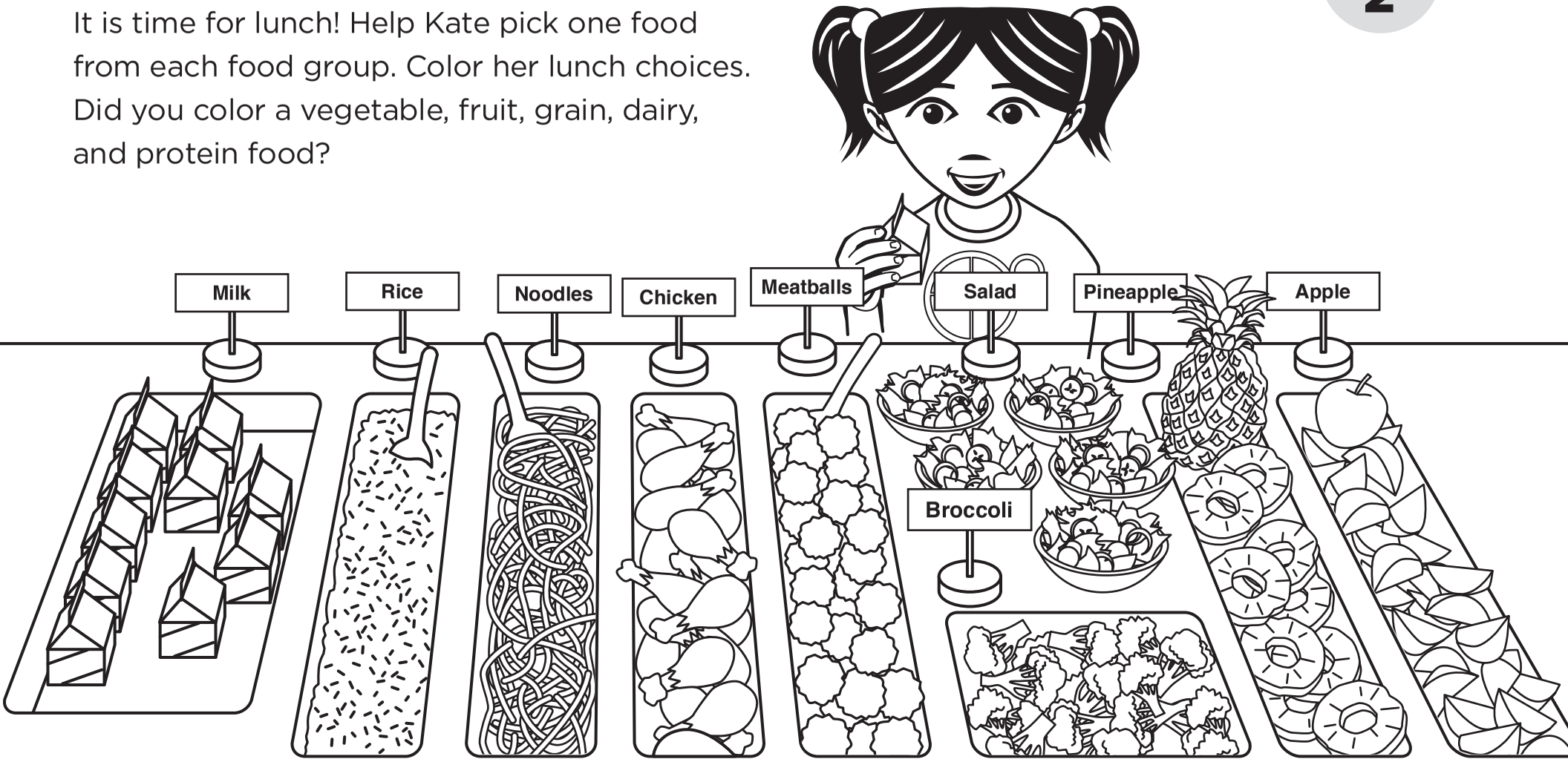

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Lesson 2

Kate's Lunch Plate

Activity 2

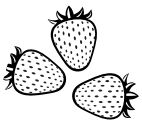
It is time for lunch! Help Kate pick one food from each food group. Color her lunch choices. Did you color a vegetable, fruit, grain, dairy, and protein food?



Lesson 2 | What Do We Need?

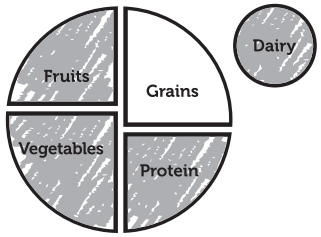
Activity 3

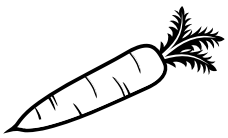
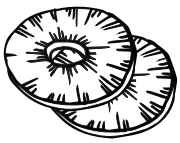
Color in the plate for each food group you see.
What food group is missing?



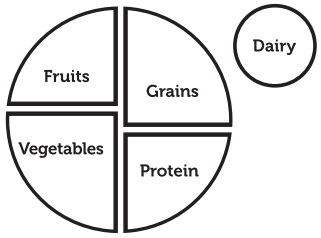






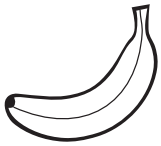
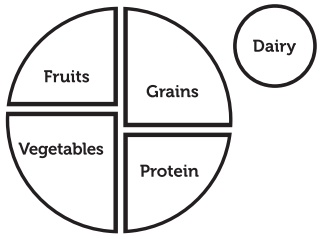


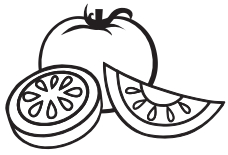
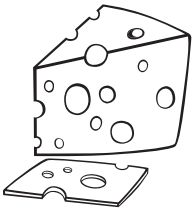


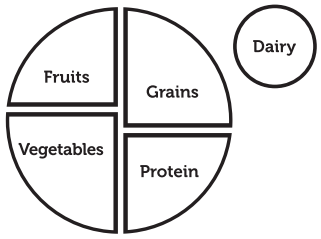


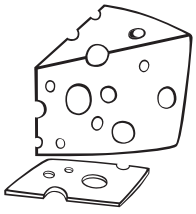
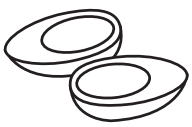


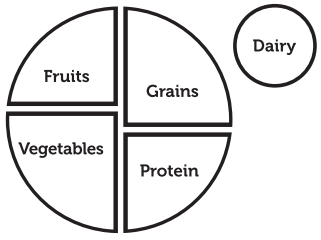


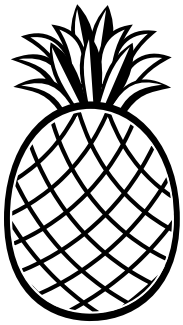



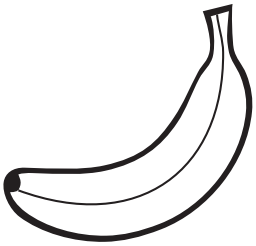
Lesson 3 | Bananas for Fruit!

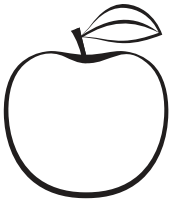
Activity 1

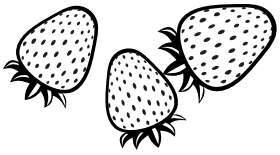
I love fruit! Color the fruits.
What letter does the name of each fruit start with?
Write the letter on the lines next to each fruit.

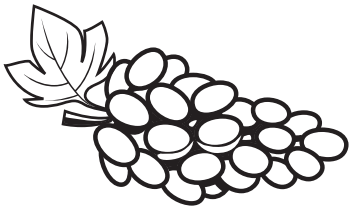


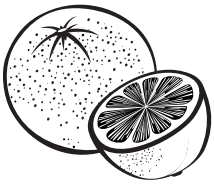


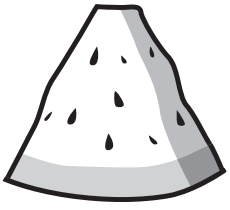


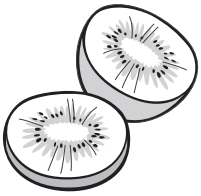










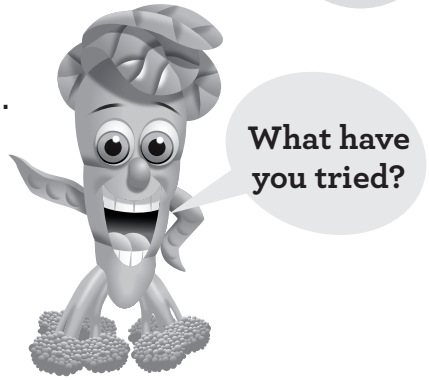


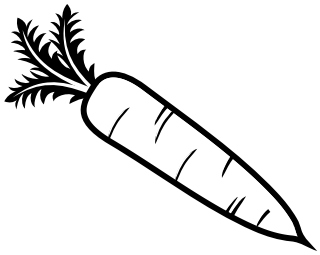
Lesson 3

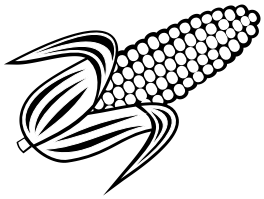
Vote for Veggies!

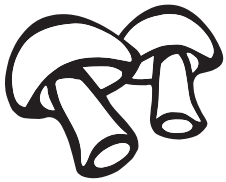
Activity 2

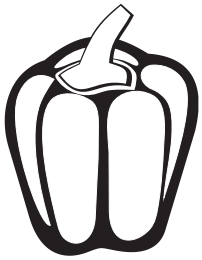
Veggies are my favorite!
Write the first letter of each vegetable on the lines.
Color in the vegetables that start with
the same letter in each row.





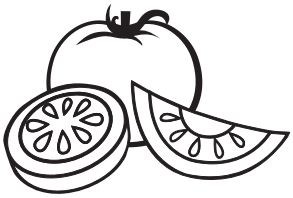


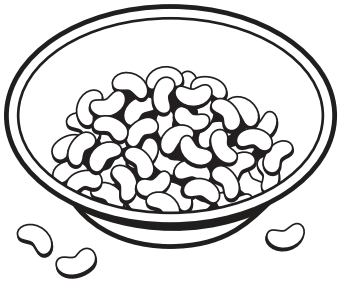


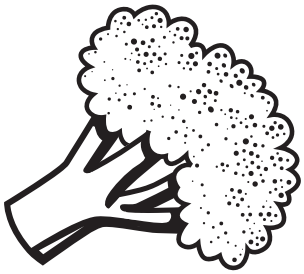








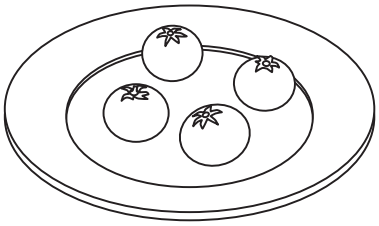




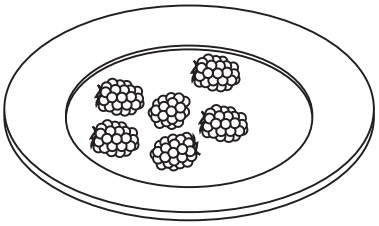
Lesson 3 | Snack Count

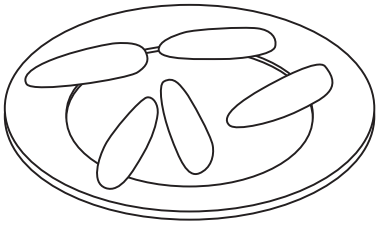
Activity 3

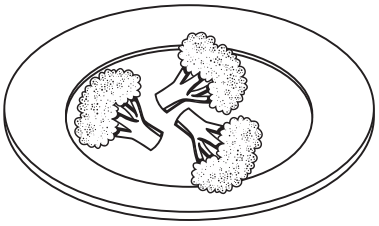
It's snack time! Count the number of fruits and vegetables on each plate. Write the numbers on the lines. Which plate in each row has more? Circle it. Color the fruits and vegetables.

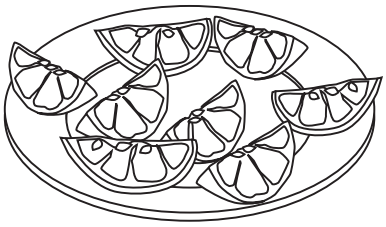


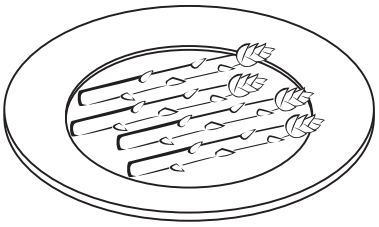
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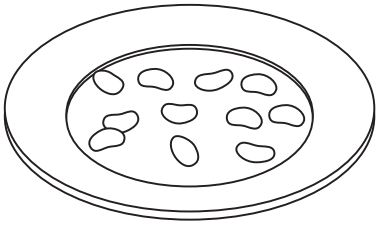


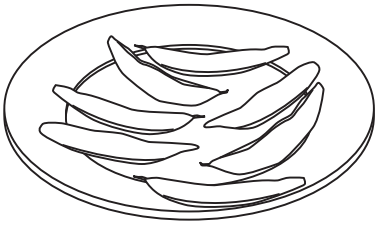












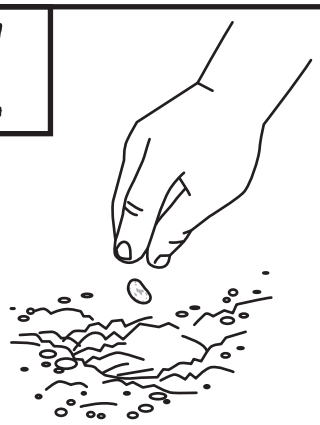
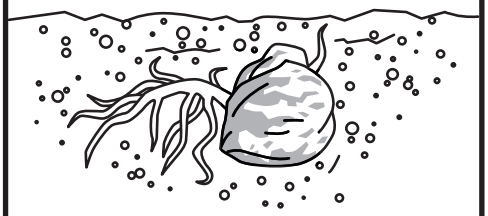
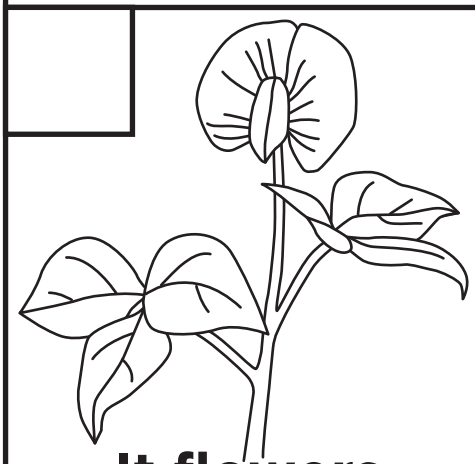
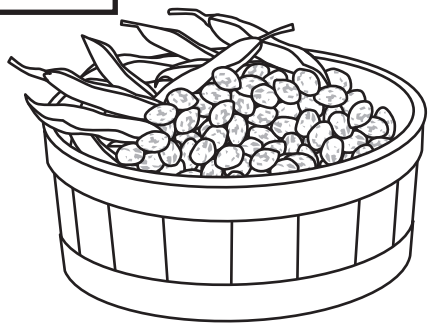
Lesson 4 | Time to Grow!

Activity 1

How do plants grow?

Number the pictures from 1 to 9 going from left to right, top to bottom.

Then read the sentences in order to learn how a bean grows.

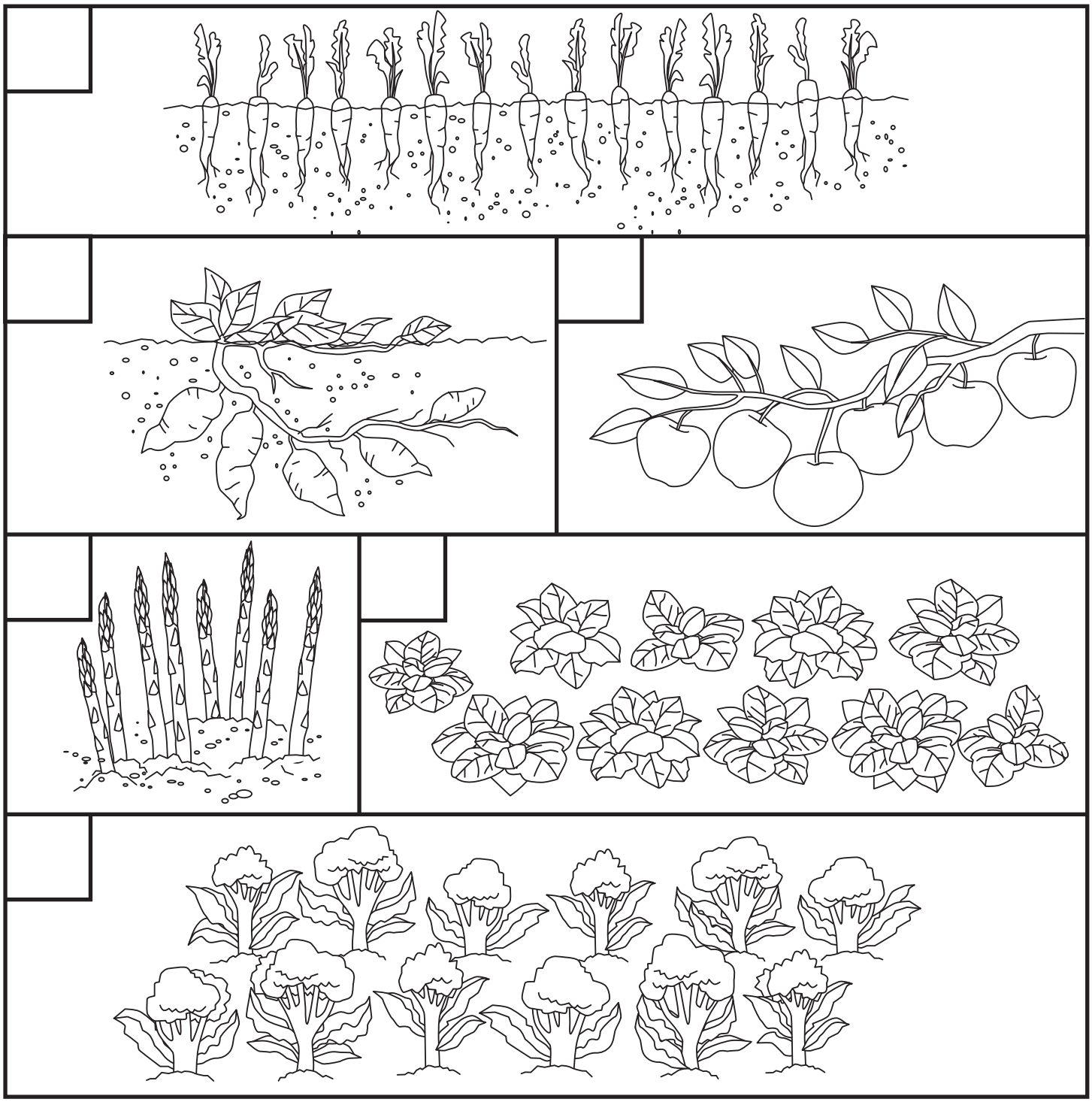
1  **Plant the seed.**	 **Cover with soil.**	 **Water it.**
 **It grows roots.**	 **It grows leaves.**	**It gets taller.** 
 **It flowers.**	 **A bean grows!**	 **Time to eat!**

Lesson 4

1, 2, 3, 4 — Grow, Fruit and Veggies, Grow!

Activity 2

Look at the fruits and vegetables growing!
How many fruits or vegetables are in each picture box?
Count them. Write the number in the square. Color the pictures.

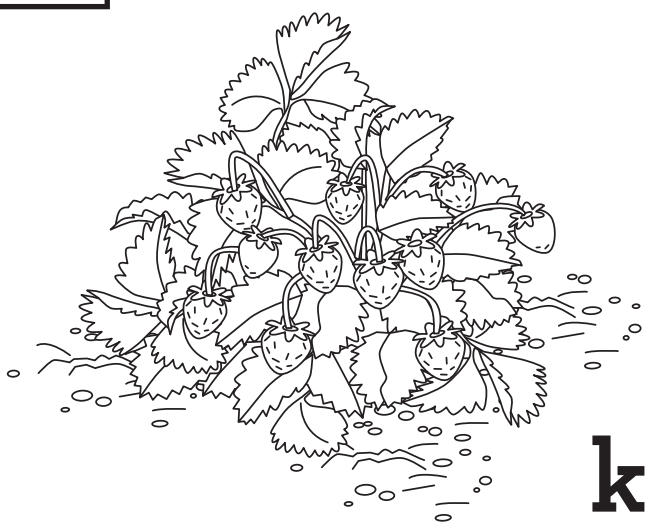


Lesson 4

Time for Strawberries

Activity 3

Look at each picture. Show the order. Write 1, 2, 3, or 4 in the box.
Color each picture. Write the letter from each box below. What does it spell?



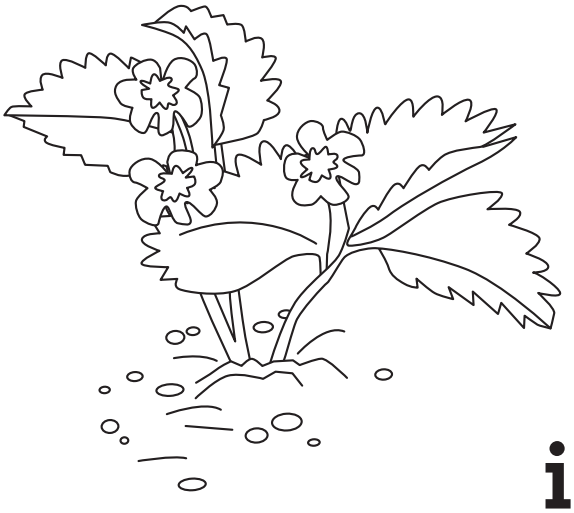
k



l



e



i

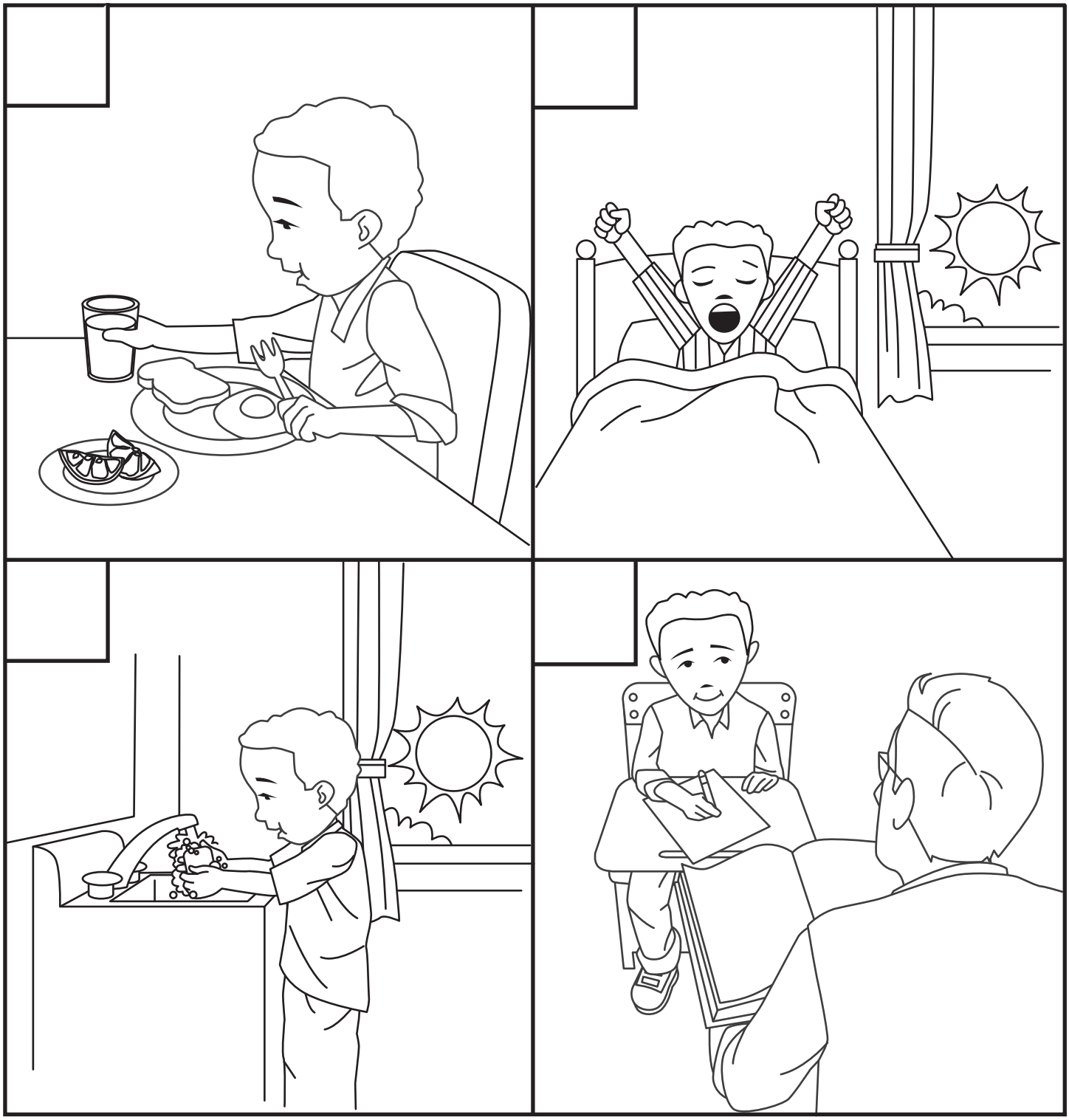
I ___ ___ ___ ___ strawberries.

1 2 3 4

Lesson 5 | What a Day!

Activity 1

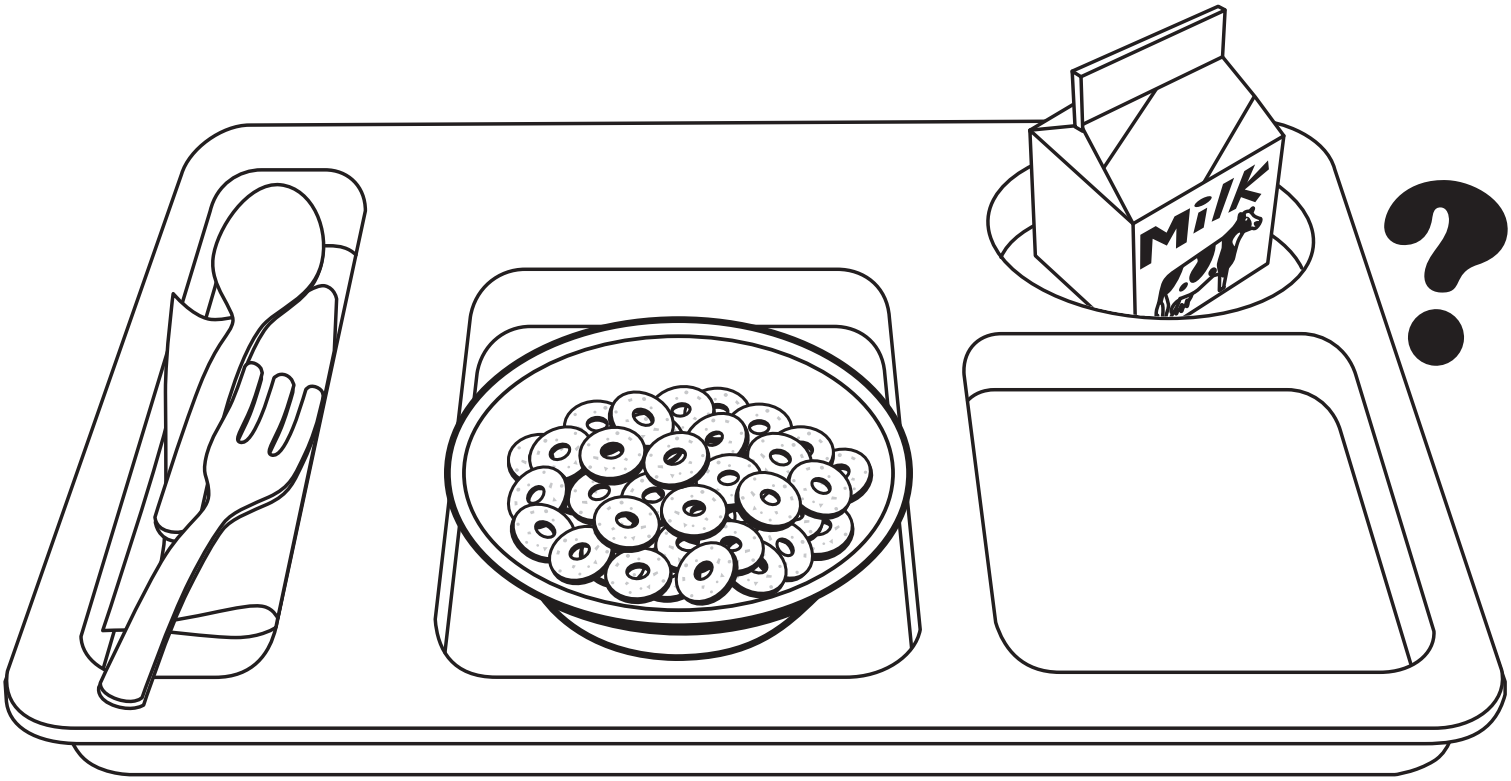
Look at each picture. Show the order.
Write 1, 2, 3, or 4 in the box. Color the pictures.



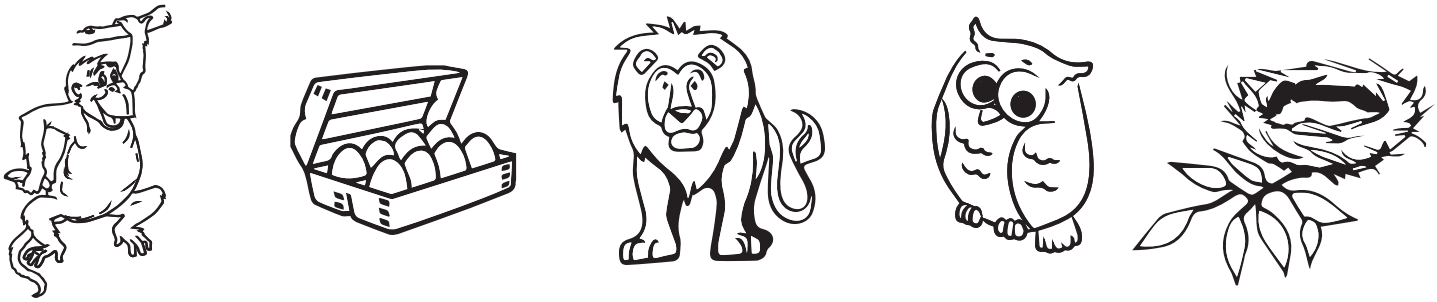
Lesson 5 | Where Is the Fruit?

Activity 2

It is time for breakfast. You have a bowl of cereal and milk. The fruit is missing. What fruit is for breakfast? Look at the pictures. Write the letter that begins each word. The letters spell the word of the missing fruit.



What fruit is for breakfast?



Draw a picture of the missing fruit on the tray.

Lesson 5

Breakfast Time!

Activity 3

1. Pick a **Protein**, **Fruit**, **Grain**, and **Dairy** food to make breakfast. Circle one choice in each group.

2. Circle a vegetable to eat as a snack.



Fruits



Dairy



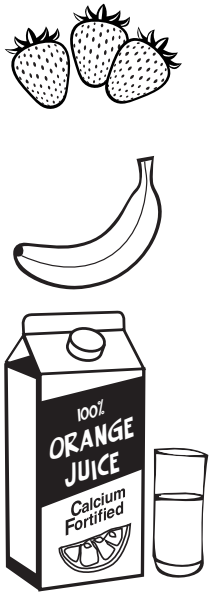
Grains



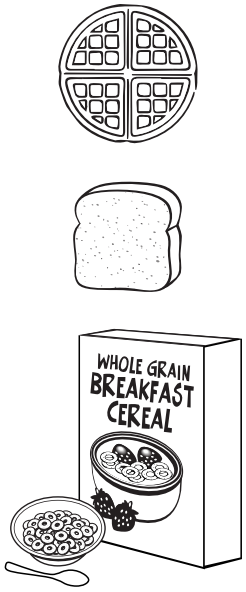
Protein Foods

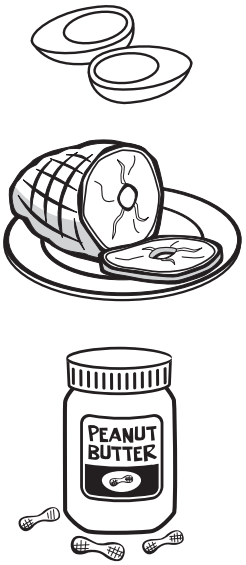


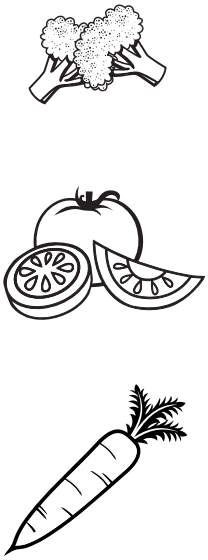
Vegetables



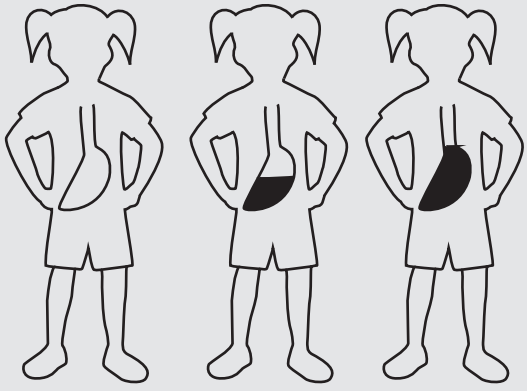




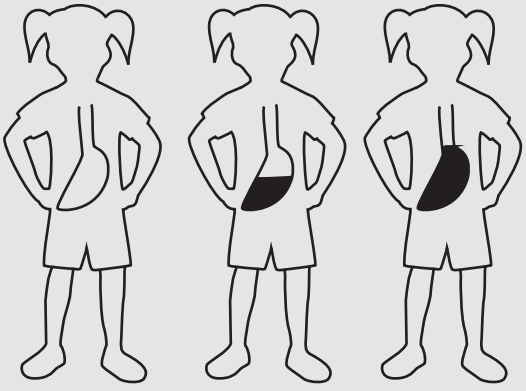




How full does your tummy feel **before** you eat breakfast?



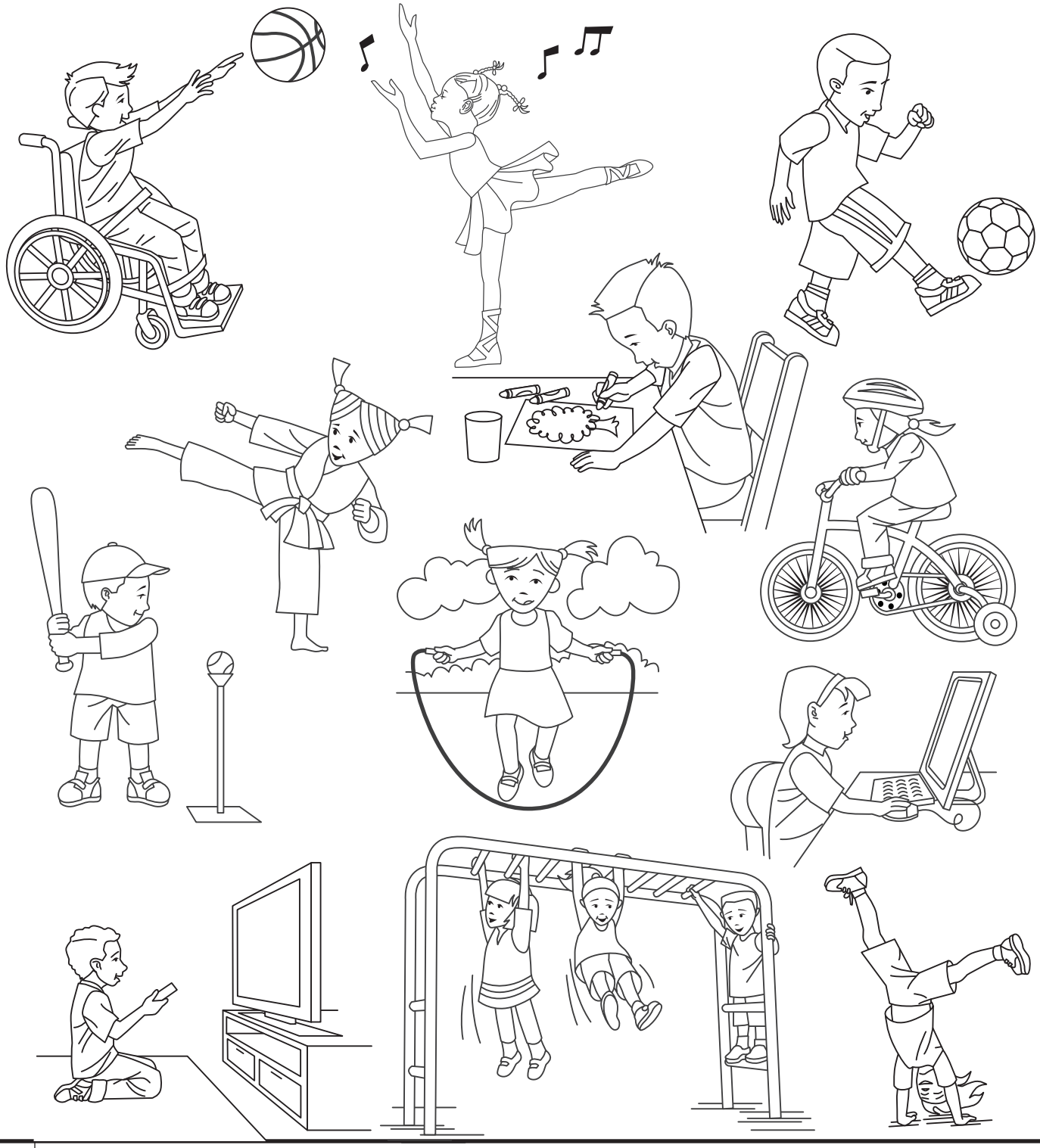
How full does your tummy feel **after** you eat breakfast?



Lesson 6 | Run, Jump, Play!

Activity 1

Color the pictures that show how to be active at play.
Only color activities that make your heart beat faster.
Circle your favorite way to be active when you play.



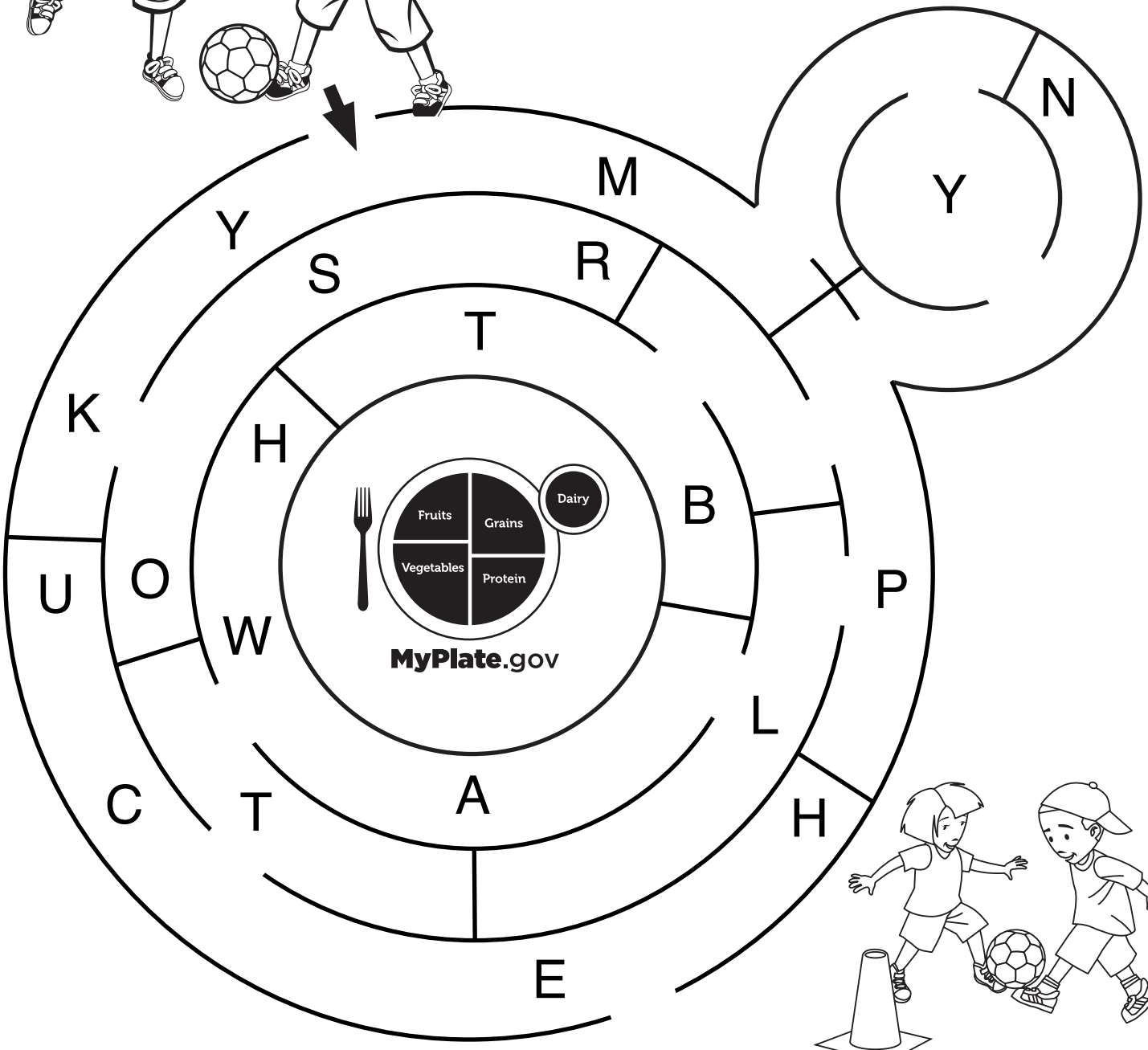
Lesson 6

Field Day Fun!

Activity 2



It is time for soccer.
Help Nate and Kate find the way.
Follow letters that spell **MyPlate**.




Discover
MyPlate





Discover MyPlate Certificate

Good job, _____!

You tried new foods and learned about **MyPlate**.

Keep up the good work.

Choose healthy foods from each food group.

Run, jump, and play every day.

It is fun and good for you!

Teacher's Signature _____

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Fruits

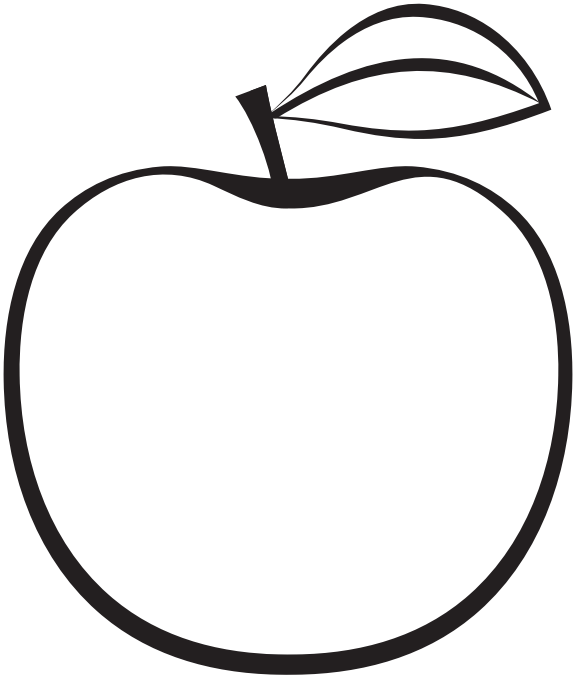


Sight words: **the, is, eat, are, I**

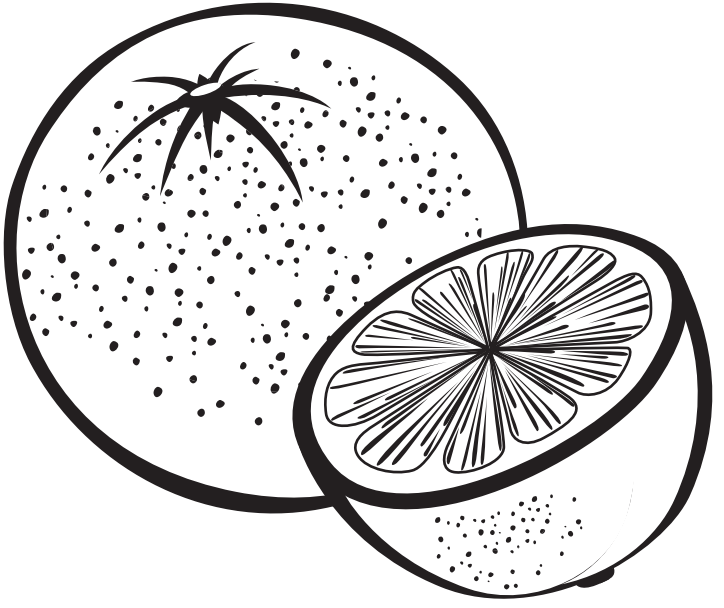
Discover MyPlate

This book belongs to:

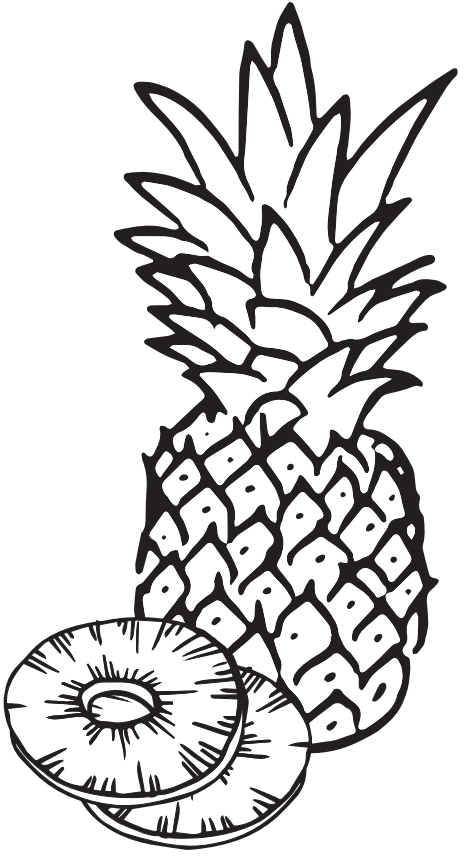
_____



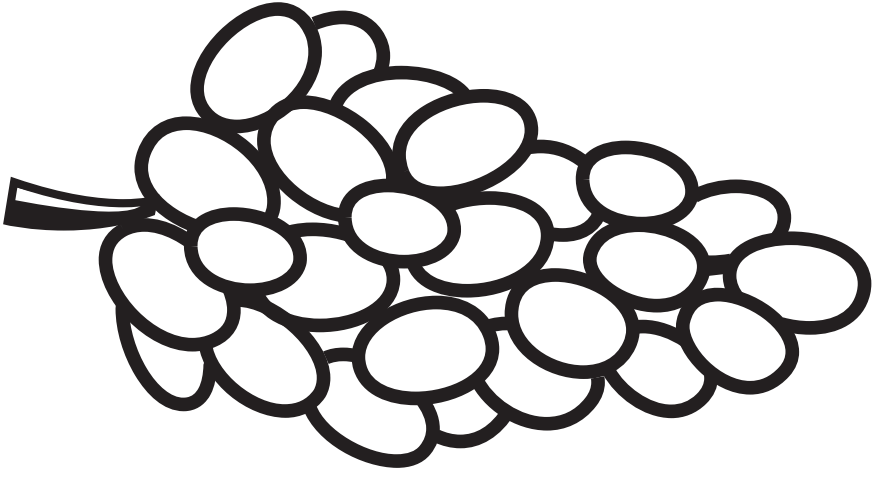
The apple is red.



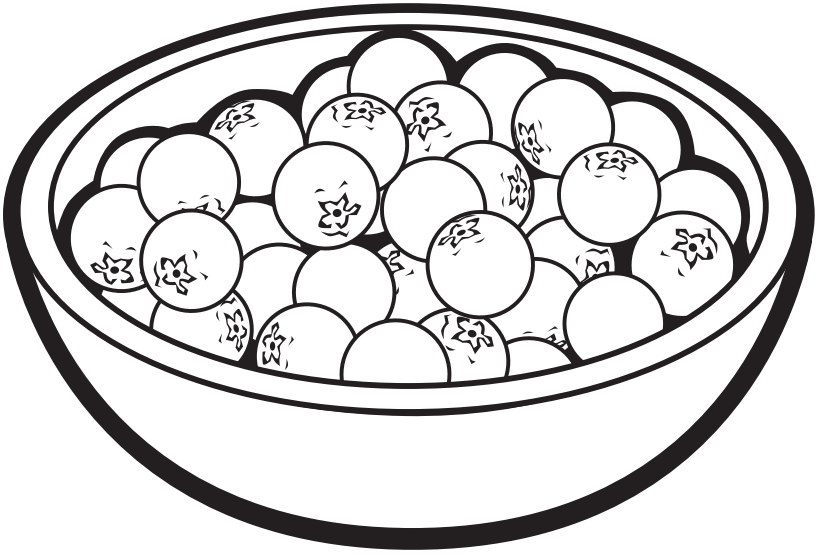
The orange is orange.



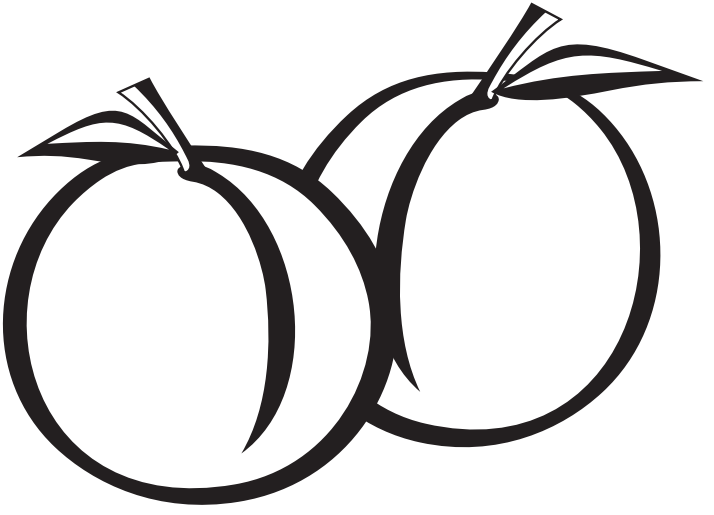
The pineapple is yellow.



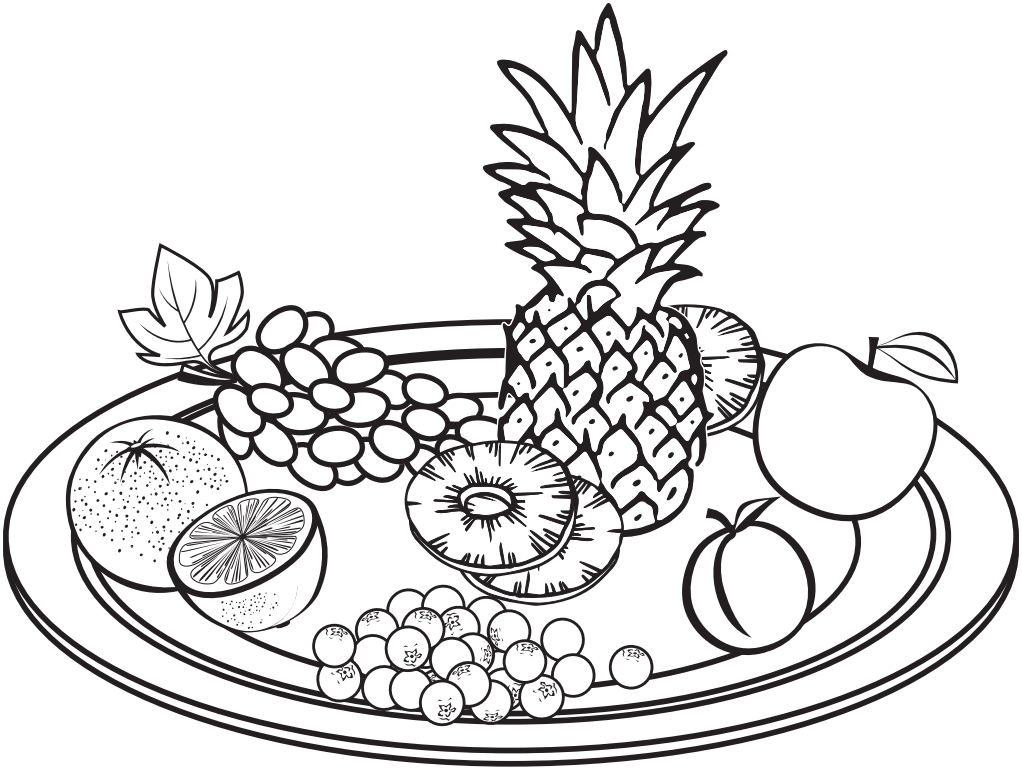
The grapes are green.



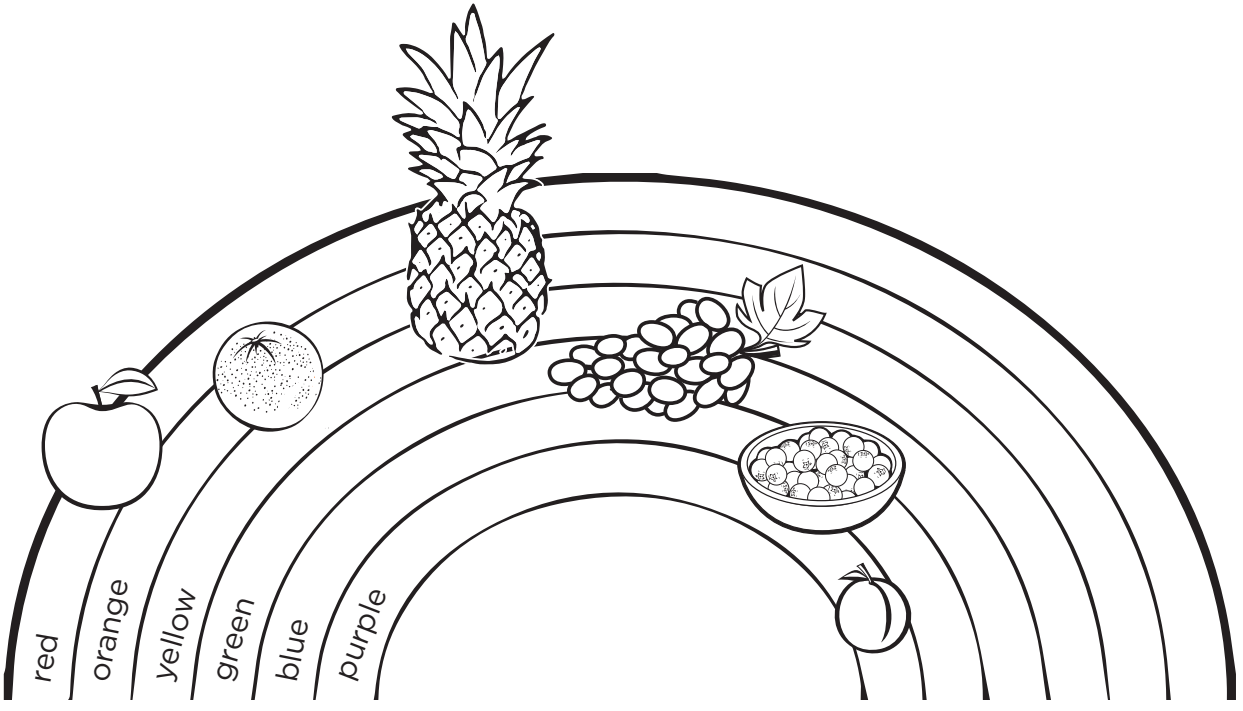
The berries are blue.



The plums are purple.



I eat fruit.



I eat a rainbow. Yum!

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Vegetables

Reggie Veggie

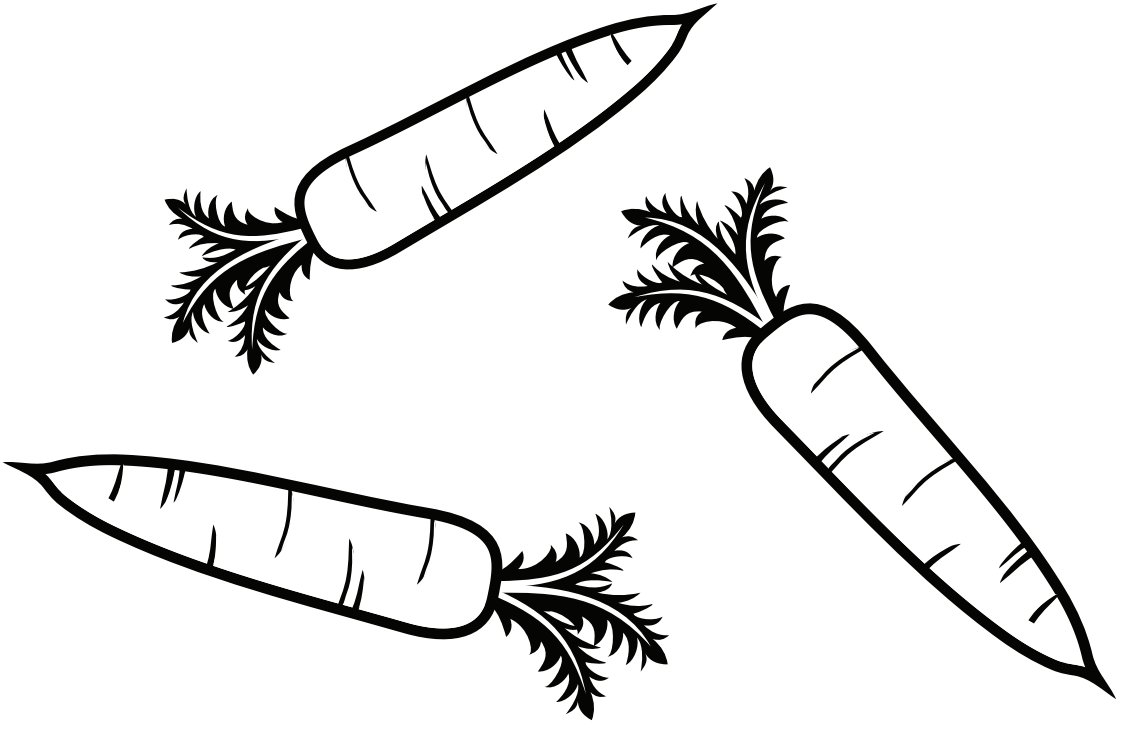


Sight words:
I, have

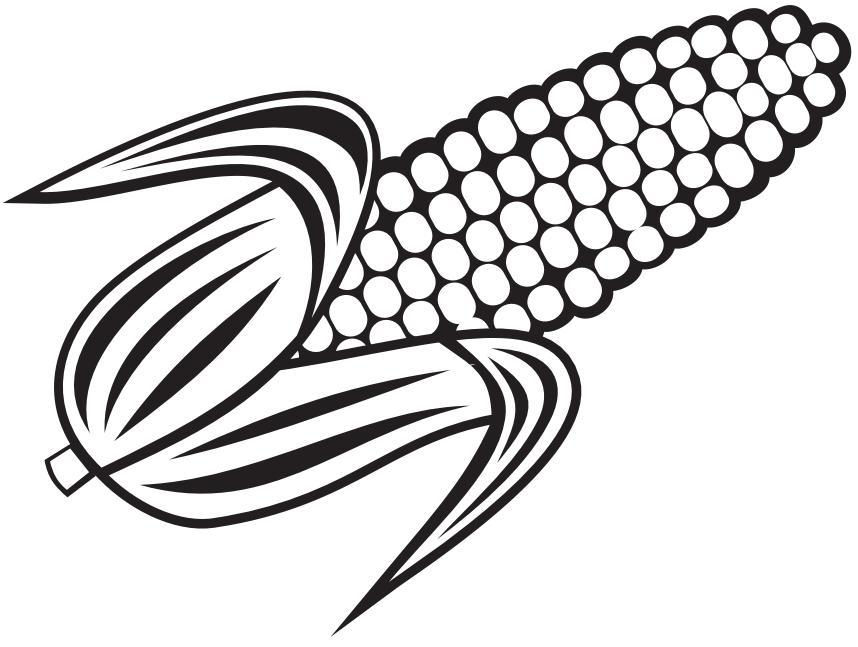
Discover MyPlate

This book belongs to:

_____



I have carrots.



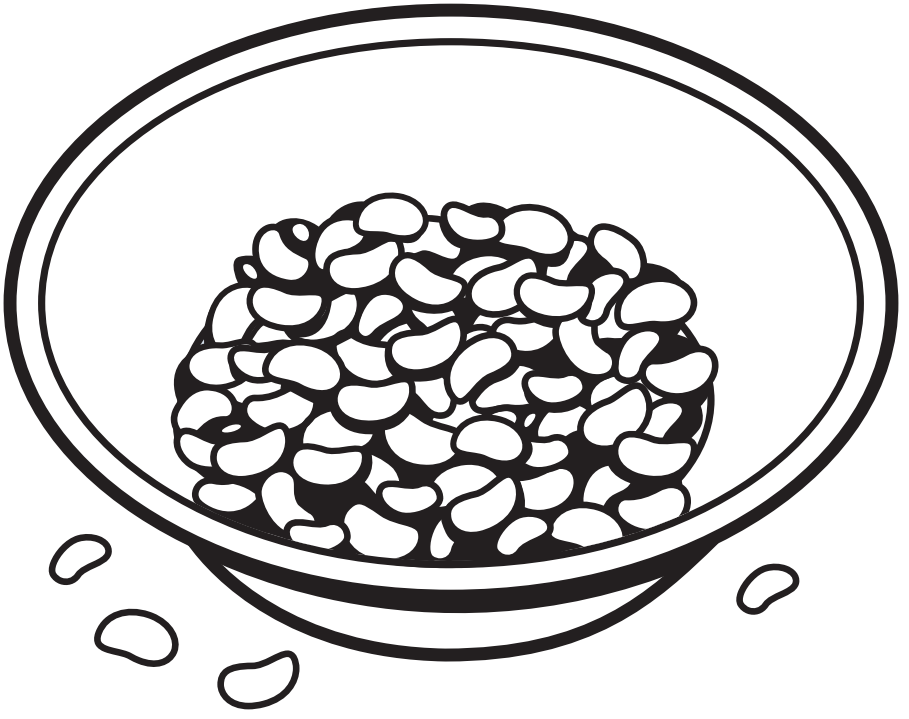
I have corn.



I have peas.



I have tomatoes.



I have beans.



I have broccoli.



I have lettuce.



I have a salad. Yum!

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Grains

Jane Grain

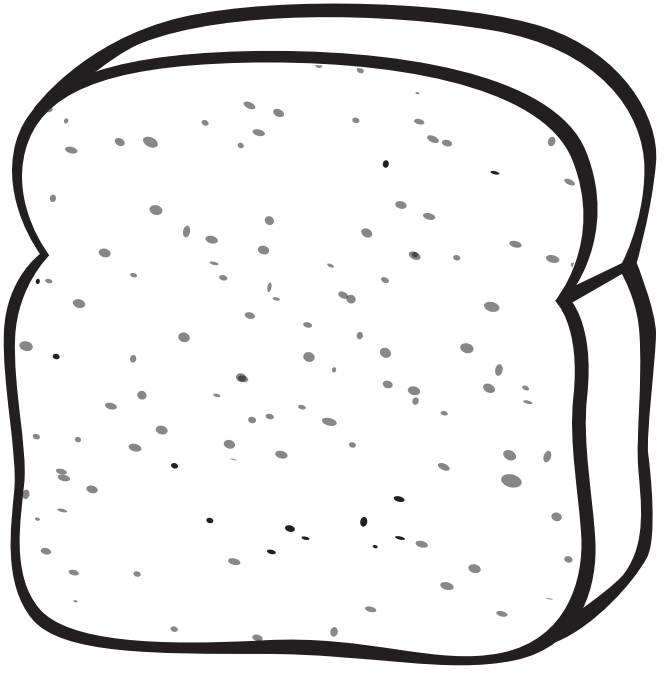


Sight words: **I, like**

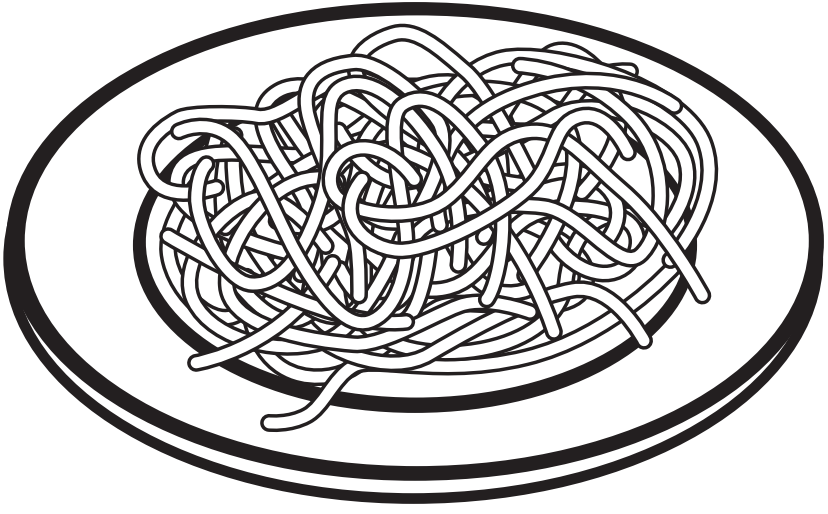
Discover MyPlate

This book belongs to:

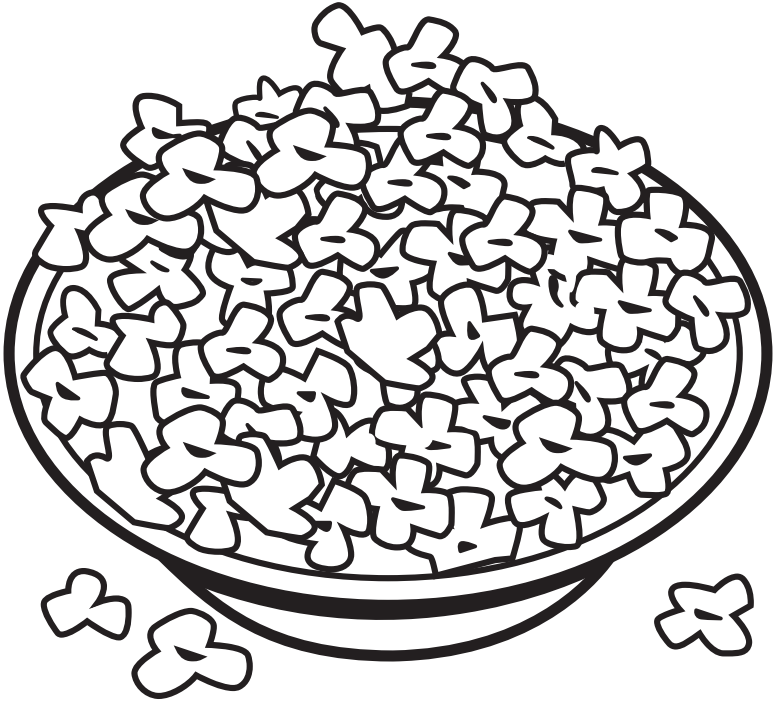
_____



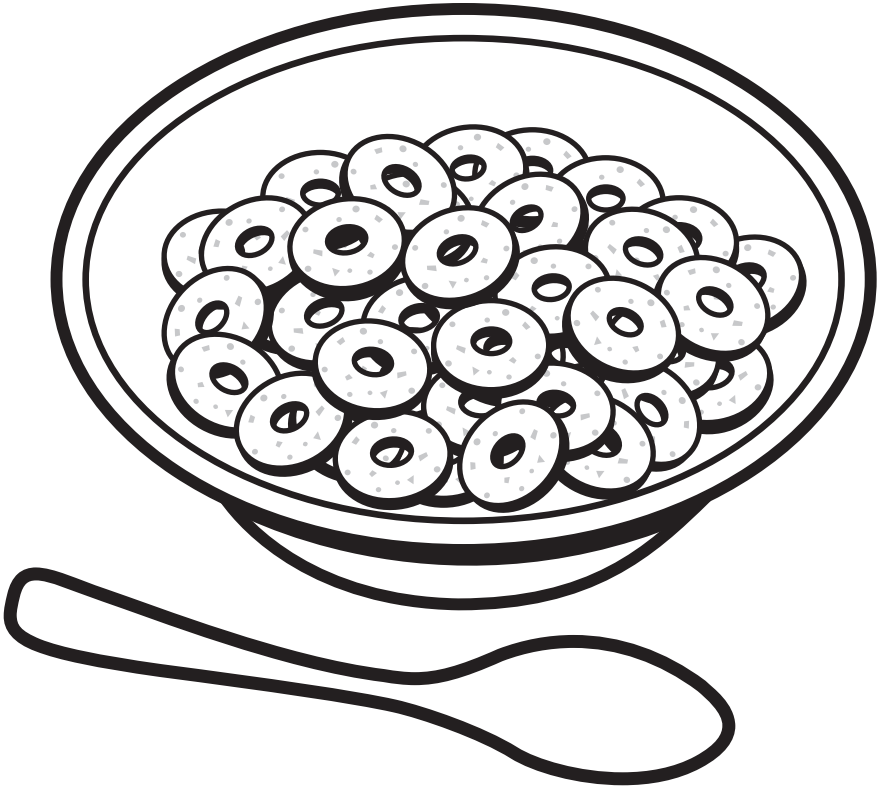
I like bread.



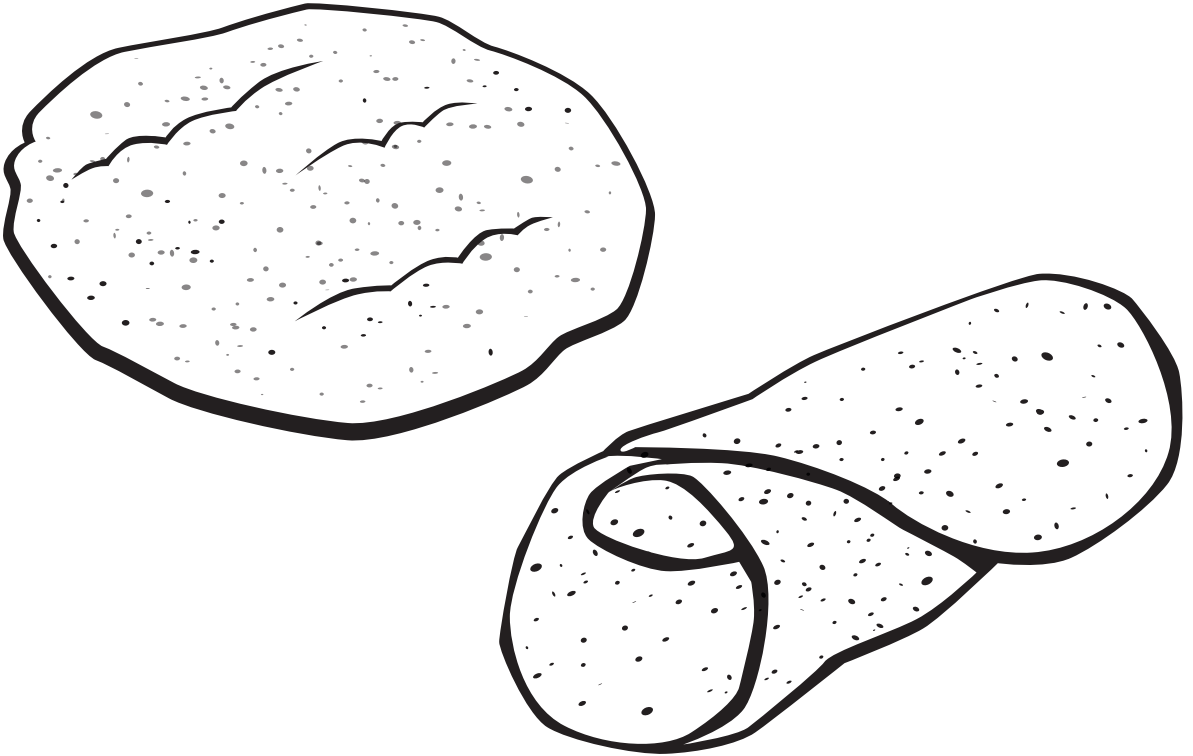
I like pasta.



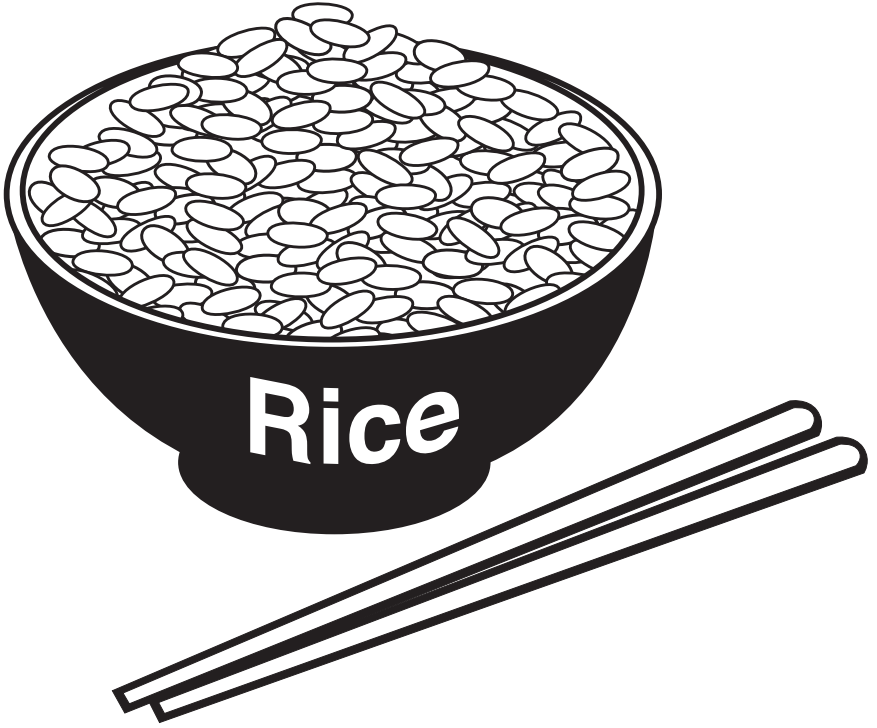
I like popcorn.



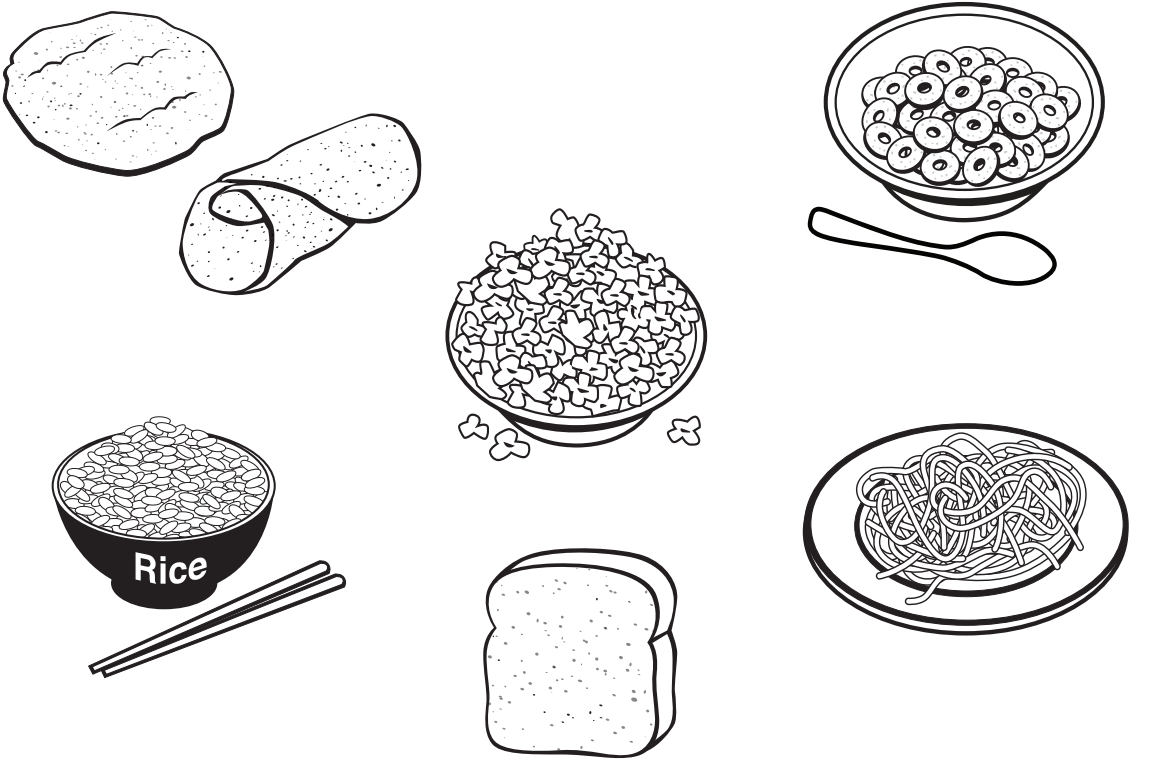
I like cereal.



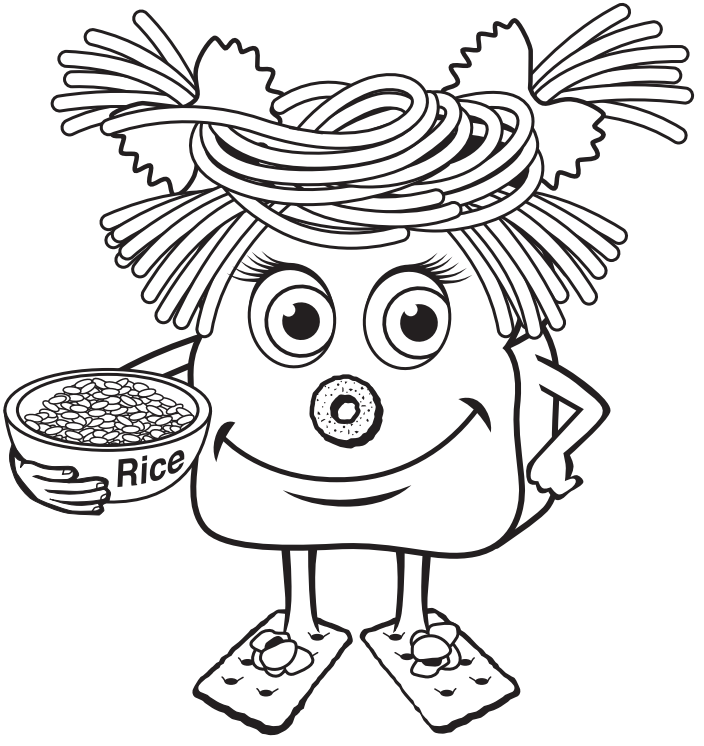
I like tortillas.



I like rice.



I like grains.



Hello, Jane Grain!

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Protein Foods

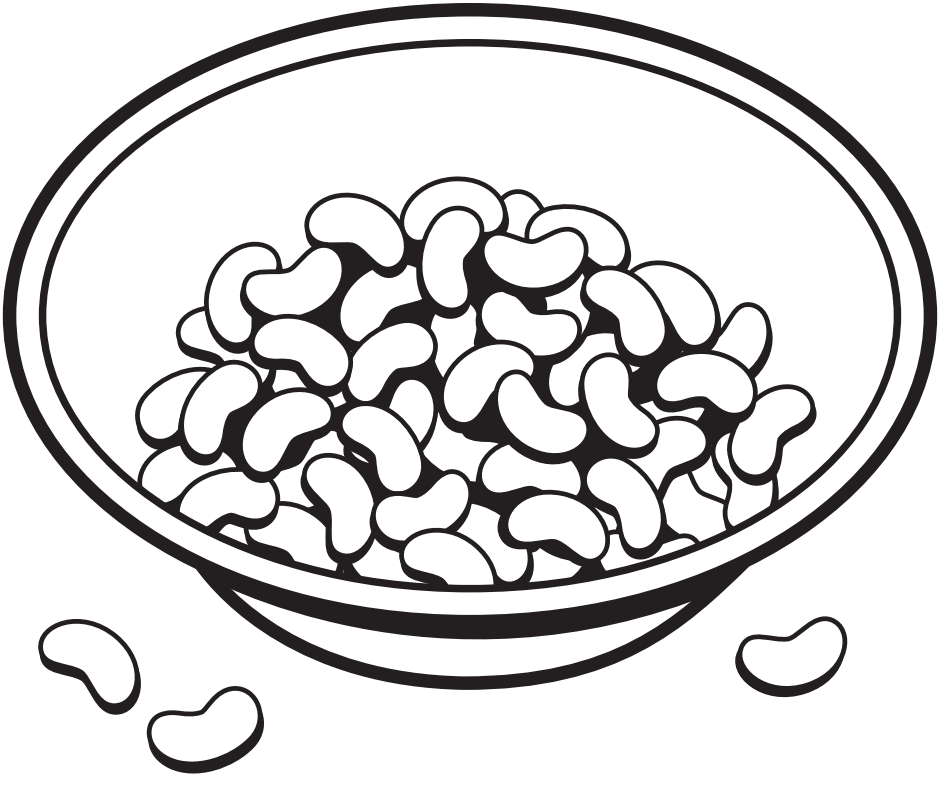


Sight words: **I, see**

Discover MyPlate

This book belongs to:

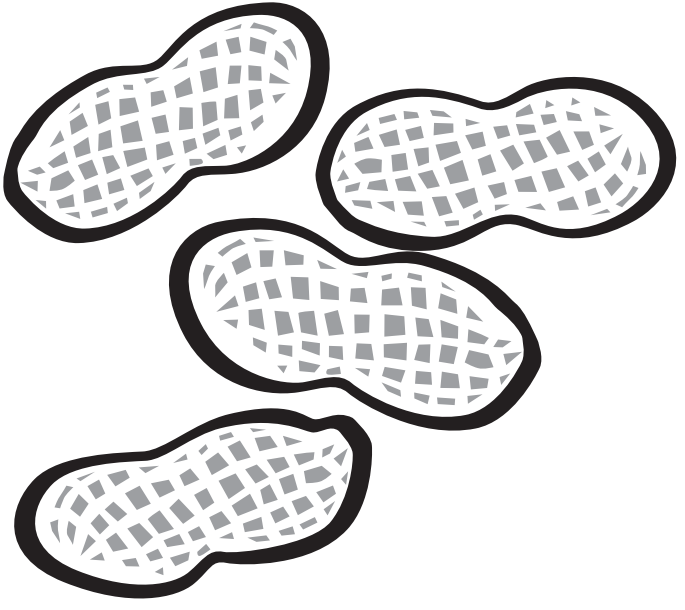
_____



I see beans.



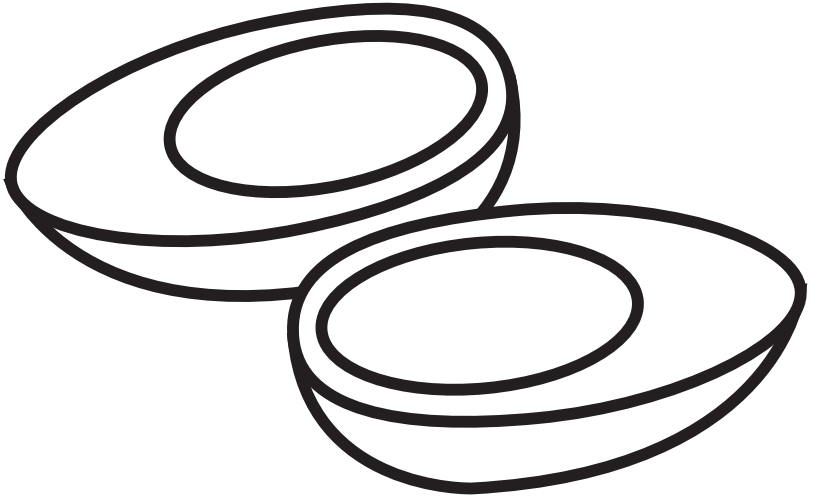
I see chicken.



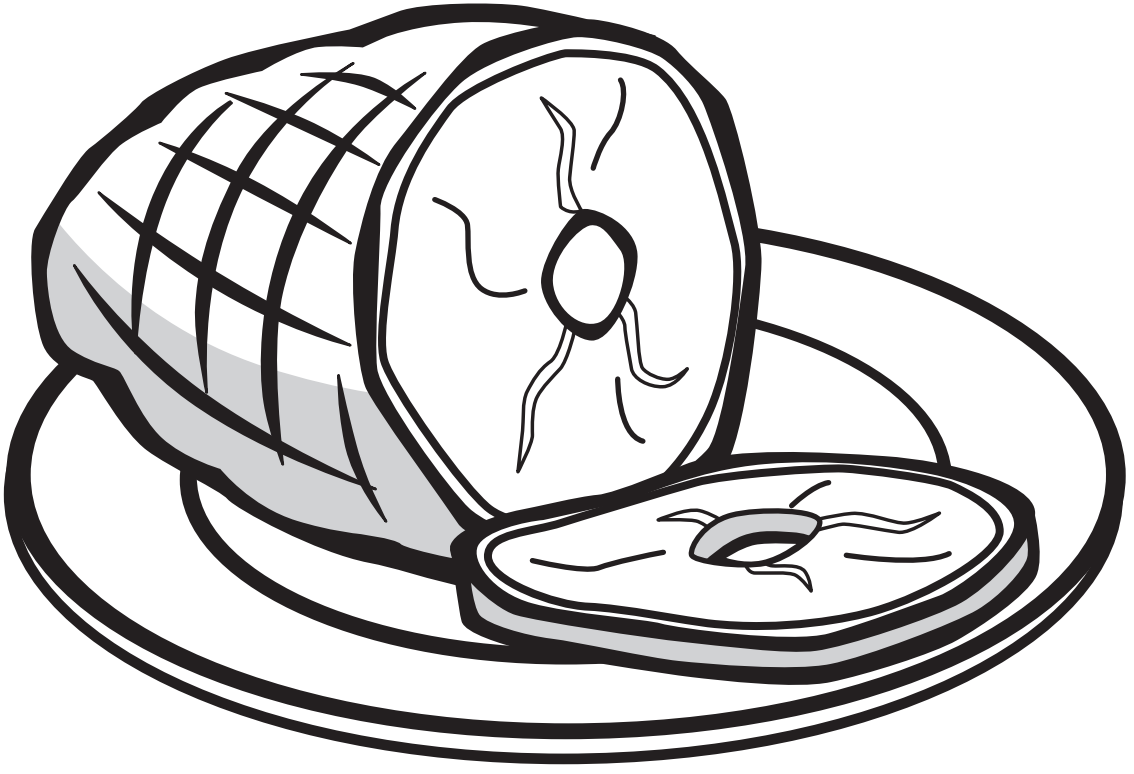
I see nuts.



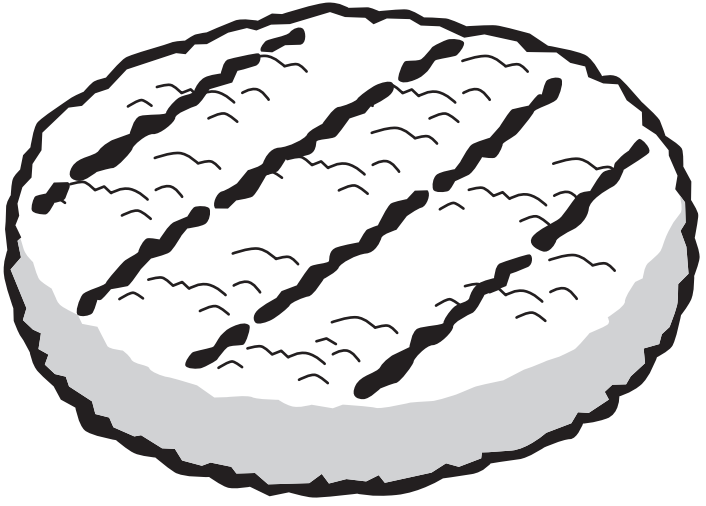
I see fish.



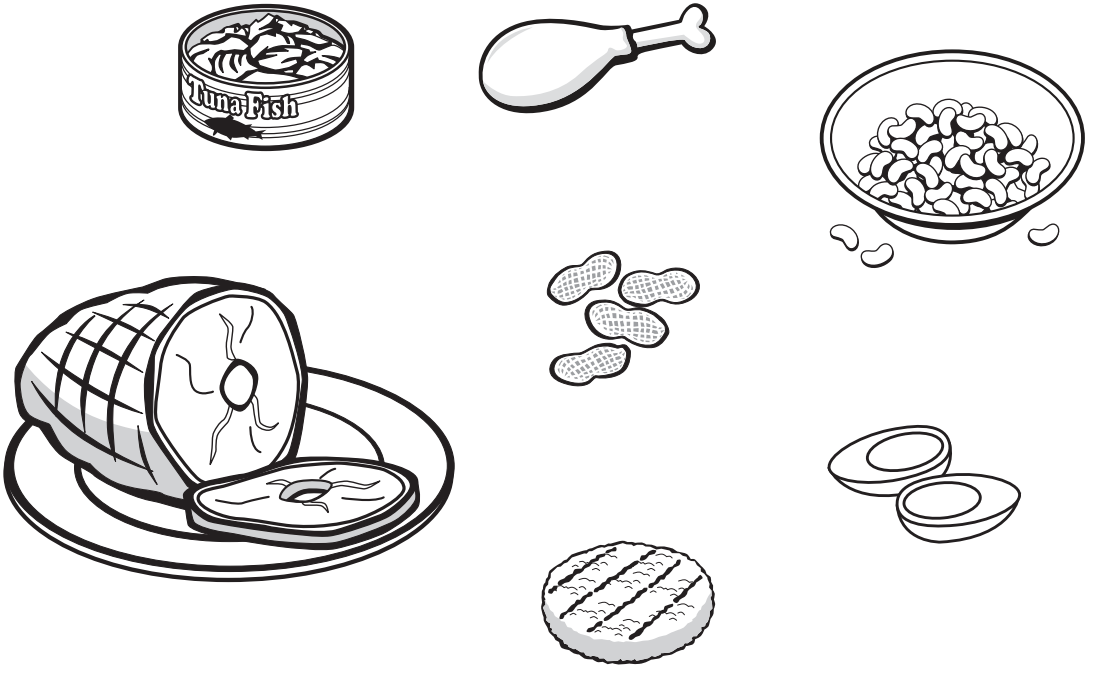
I see eggs.



I see ham.



I see meat.



I see protein foods!

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Dairy

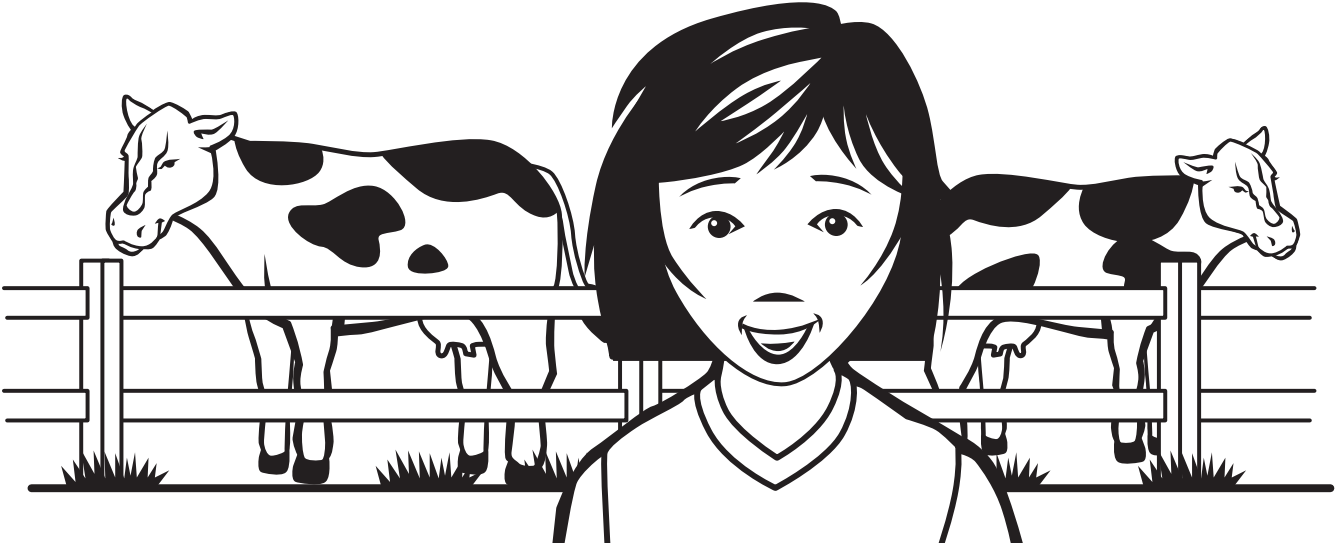


Sight words:
has, make, she, can, likes, and

Discover MyPlate

This book belongs to:

_____



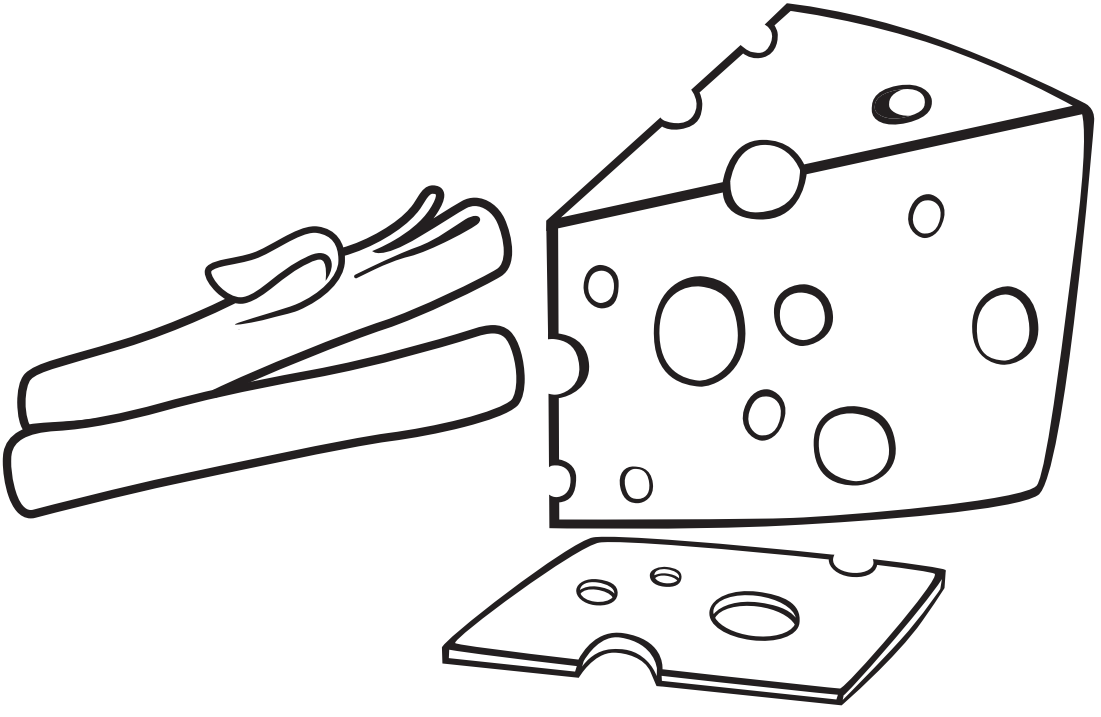
Dot has cows.



Cows make milk.



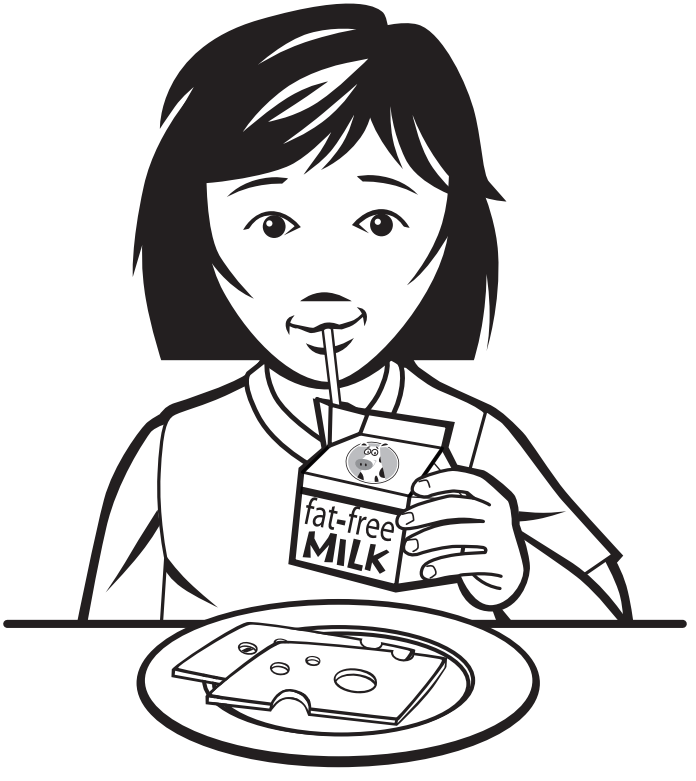
Dot has milk.



She can make cheese.



She can make yogurt.



Dot likes milk and cheese.



She likes yogurt.



Dot likes cows. Moo!

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A MyPlate Meal

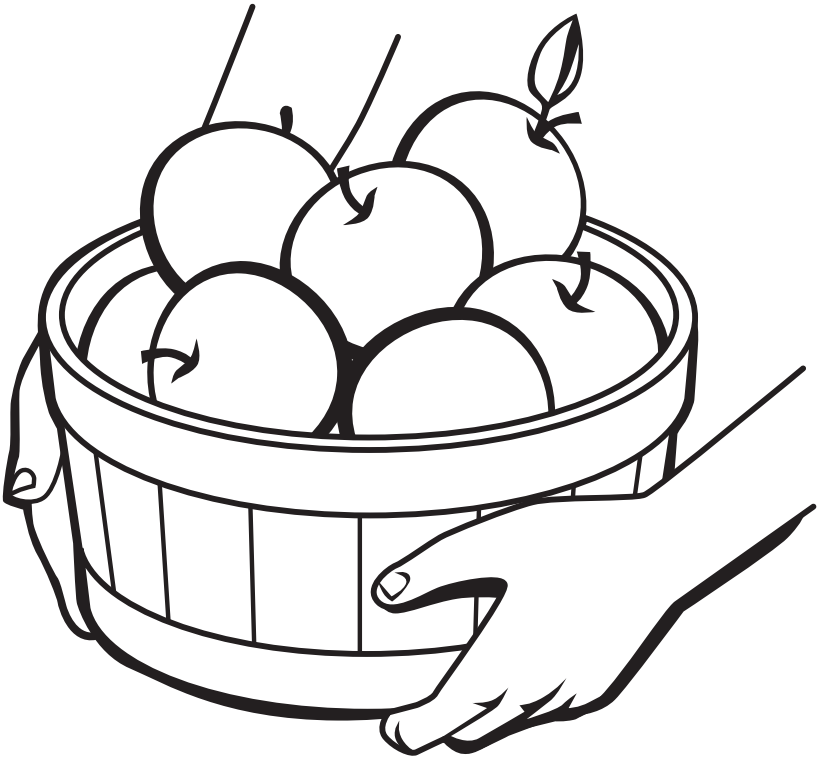


Sight words: **I, she, he, we, has, have**

Discover MyPlate

This book belongs to:

_____



I have apples.



Nate has peas.



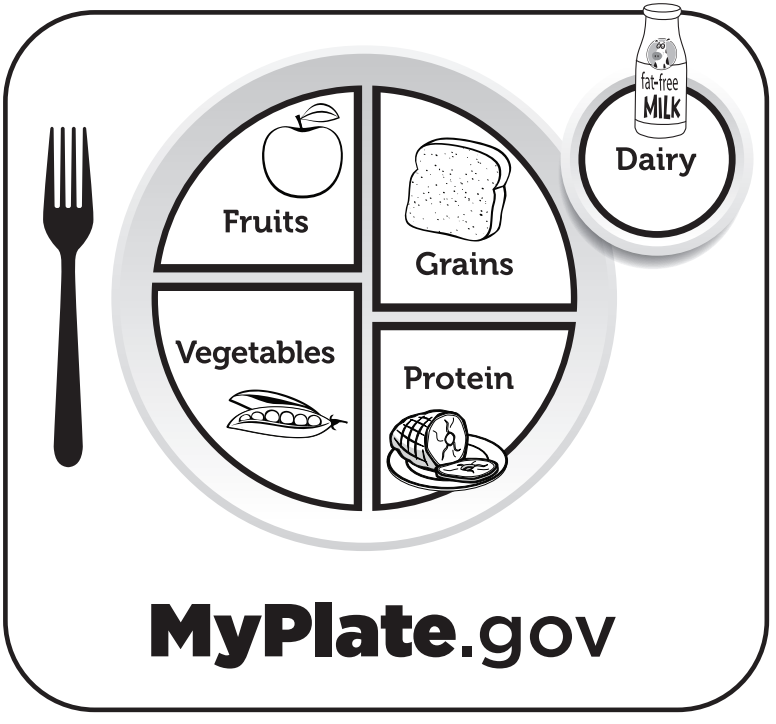
He has ham.



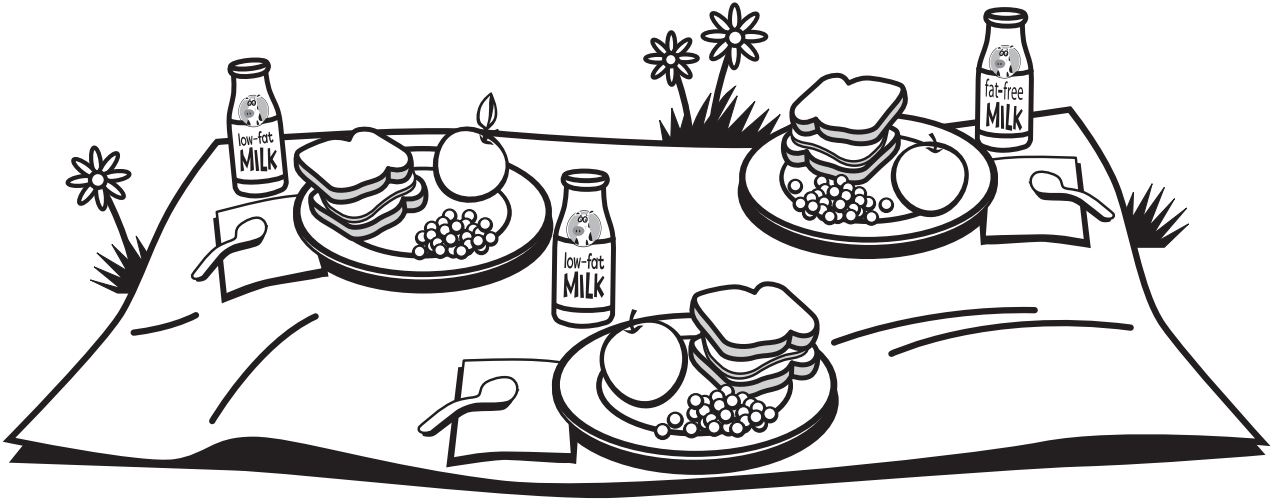
Kate has bread.



She has milk.



We have five food groups.



We have lunch.



We have fun.

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January 2023 · FNS-474F

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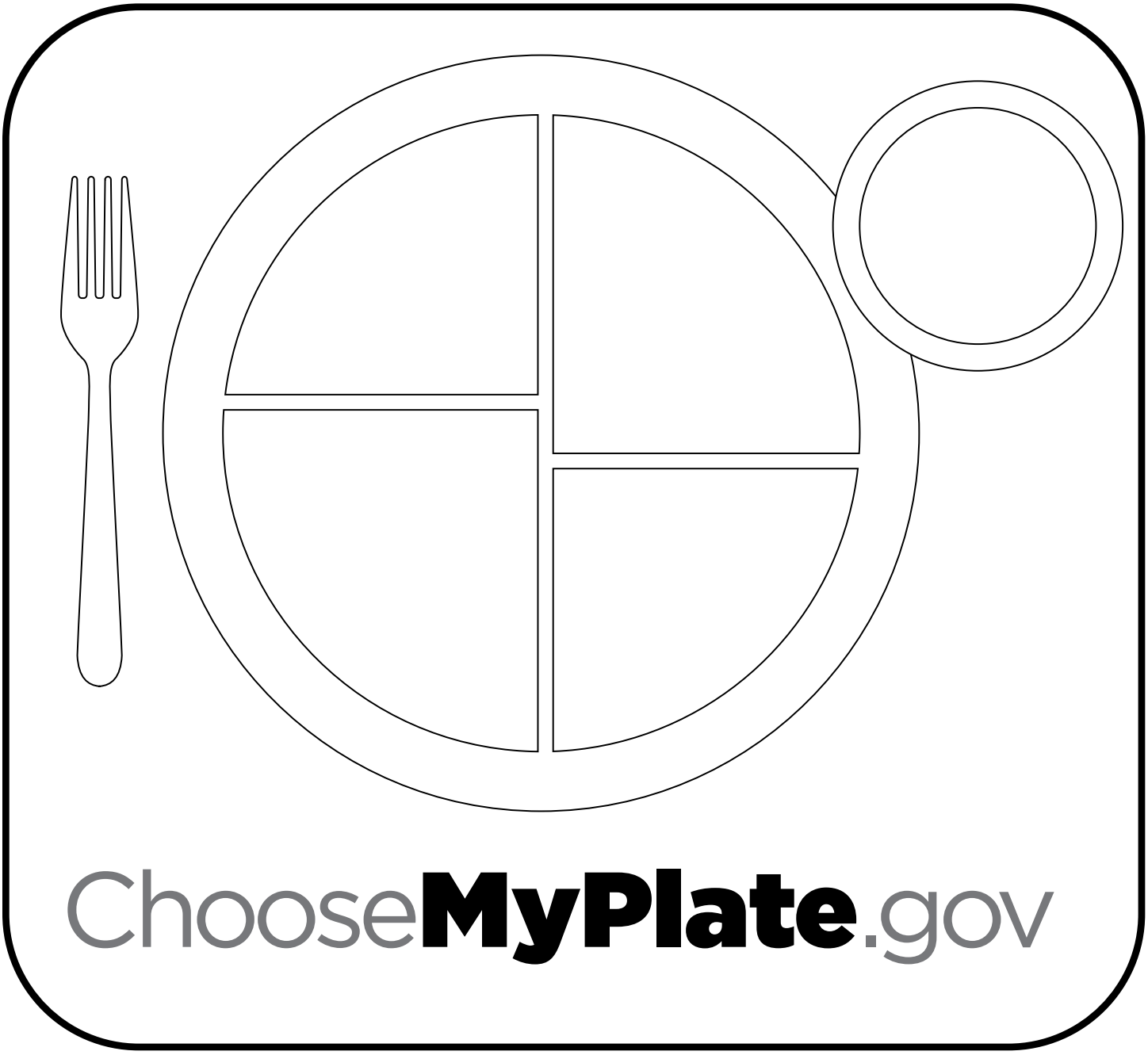
LIST YOUR MENU ITEMS USING THE TIPS BELOW:

TIPS FOR YOUR MENU:

- Try to include all five of the MyPlate food groups: Fruits, Vegetables, Grains, Protein Foods, and Dairy.
- Make half your plate fruits and vegetables.
- Include low-fat or fat-free milk or yogurt.
- Make half your grains whole grains.
- Limit sodium, saturated fat, and added sugars.

FLIP OVER TO DRAW YOUR MENU!

DRAW YOUR MENU!



August 2016

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Where Food Comes From



Sight words: **look, there, are, is, the**

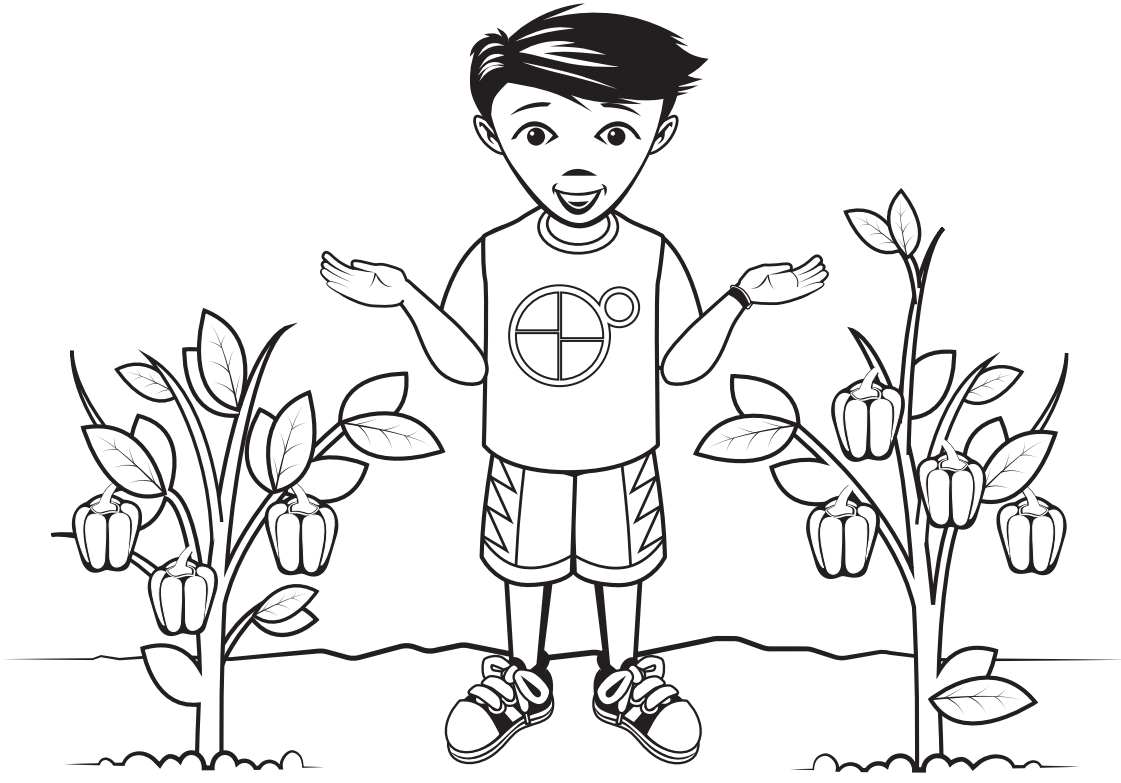
Discover MyPlate

This book belongs to:

_____



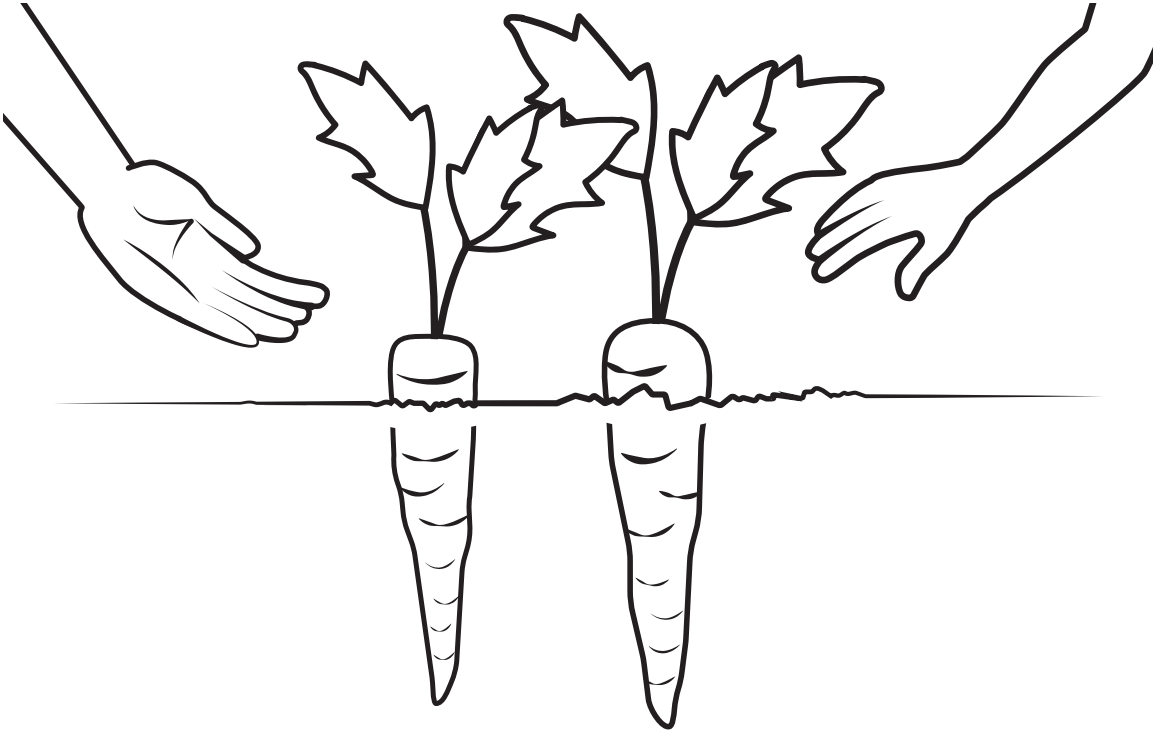
Look! There are peaches on the tree.



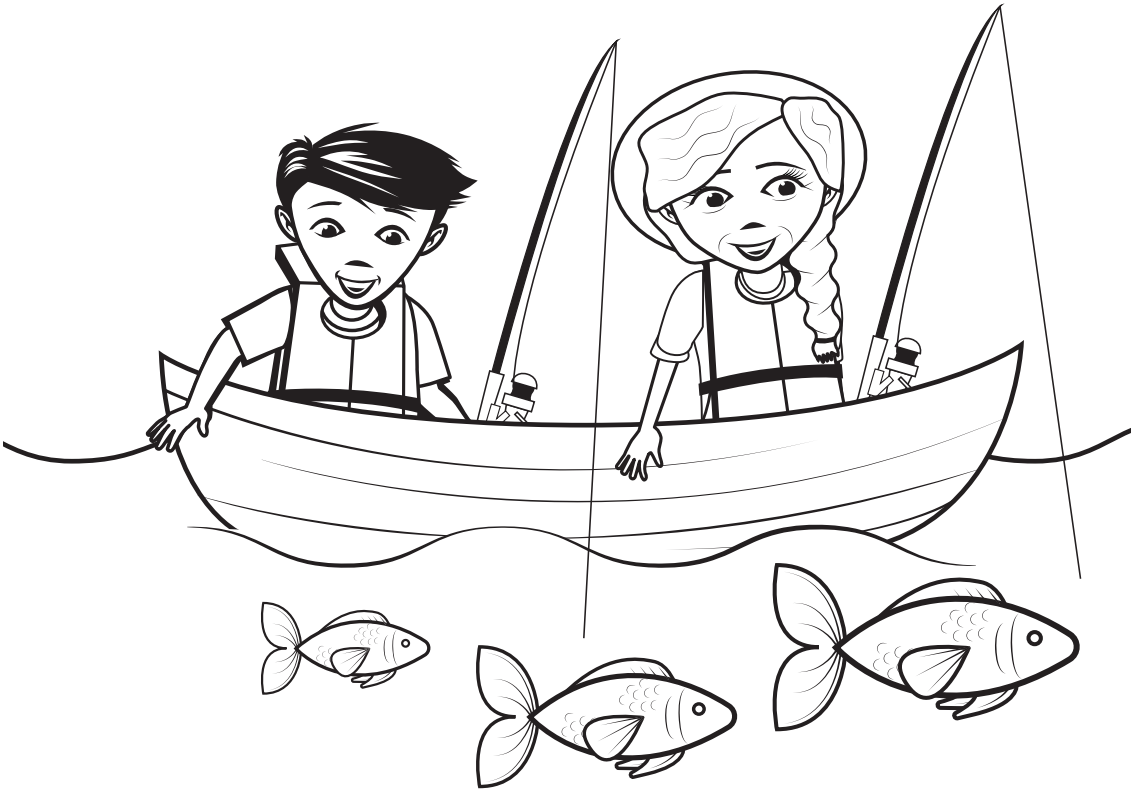
Look! There are peppers on the bush.



Look! There are grapes on the vine.



Look! There are carrots in the ground.



Look! There are fish in the sea.



Look! There is milk from the cow.



Look! There is wheat in the field.



Look! There is food on the farm.

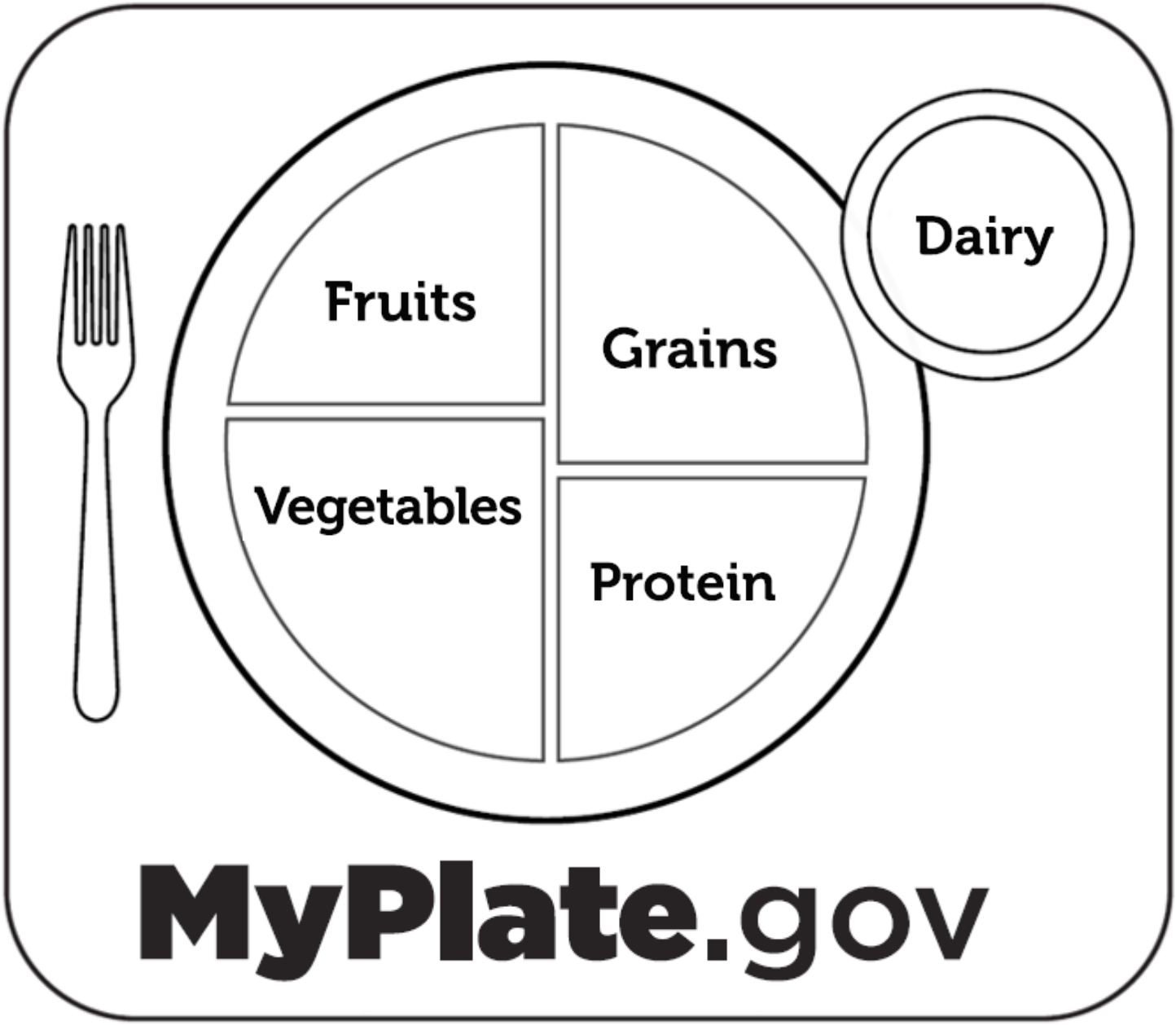


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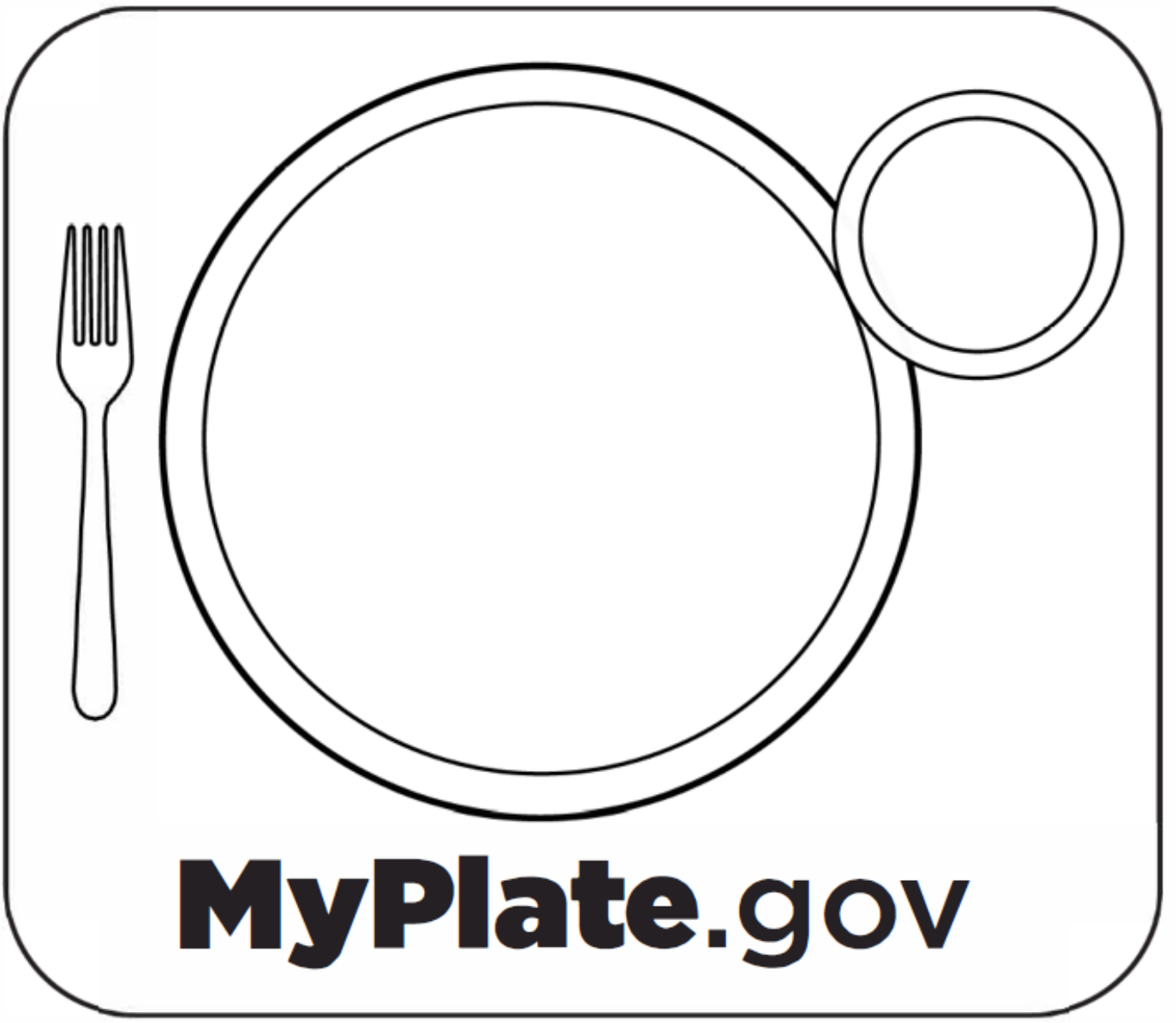
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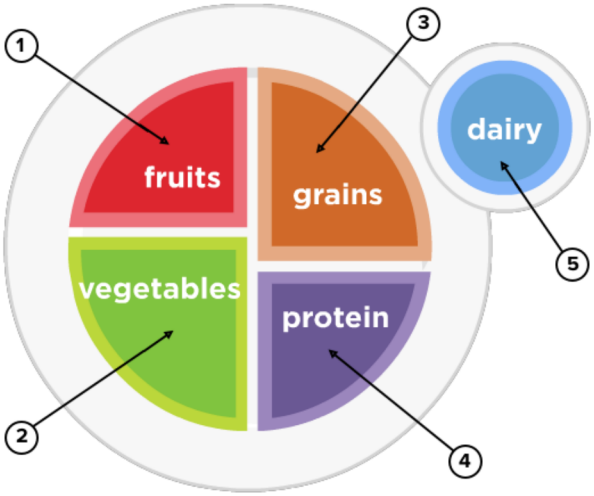
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BrainPOP Jr. Name: _____ Date: _____

Talk About It

What are the food groups that make up a balanced plate? Name some examples of each.



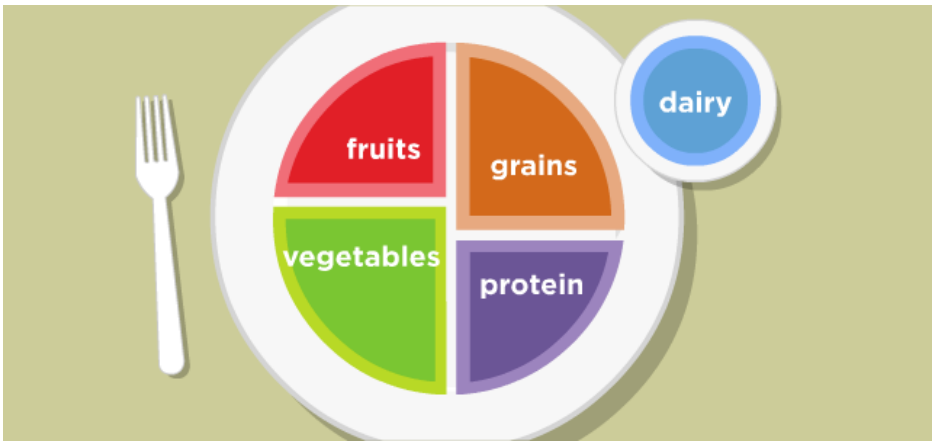
1. _____
2. _____
3. _____
4. _____
5. _____

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Food Groups - Easy Quiz

Name:_____
Date: _____
Class: _____

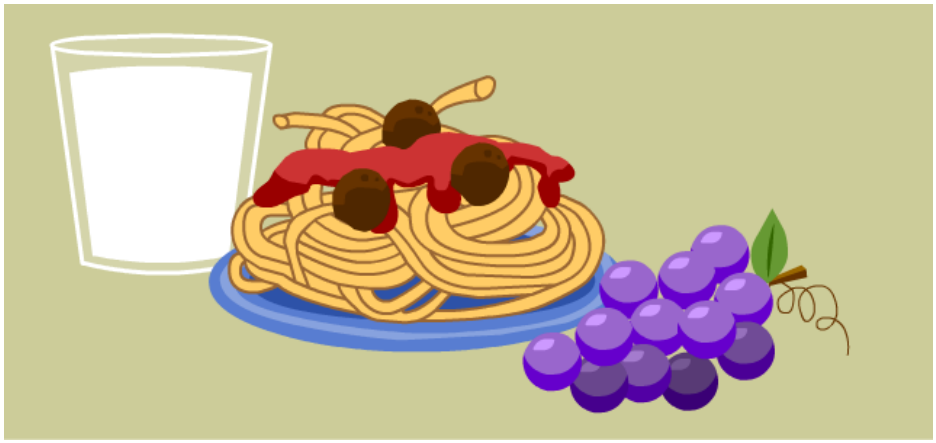
1



Which sentence is TRUE about a balanced meal?

A Most of each meal should be from the dairy group.
B Most of each meal should be from the protein group.
C Each meal should have more dairy than vegetables.
D Each meal should have more vegetables than protein.

2

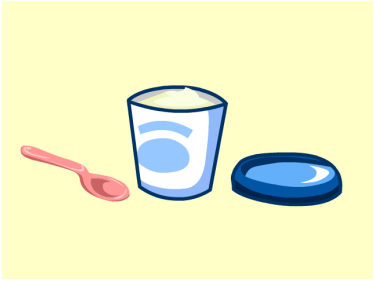


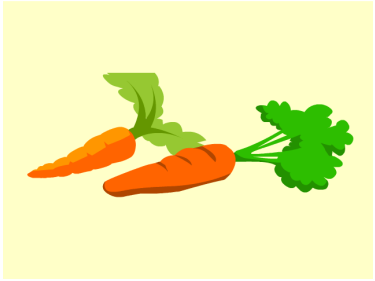
What can you add to this meal to make it more balanced and healthy?

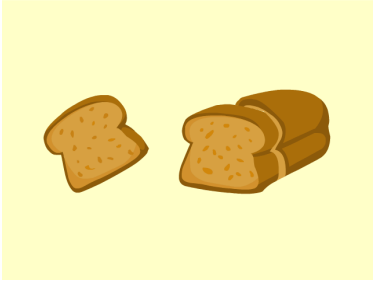
A more vegetables
B more protein
C more grains
D more dairy

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3 Which of these belongs in the grains group?

A 

B 

C 

D 

4 Which do our bodies use to get energy?

A fiber
B calcium
C carbohydrates
D carbon dioxide

5 You should avoid or eat smaller PORTIONS of junk food since they are not nutritious. What does PORTION mean?

A a serving
B a vitamin
C a protein
D a diet

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Food Groups - Hard Quiz

Name:_____
Date: _____
Class: _____

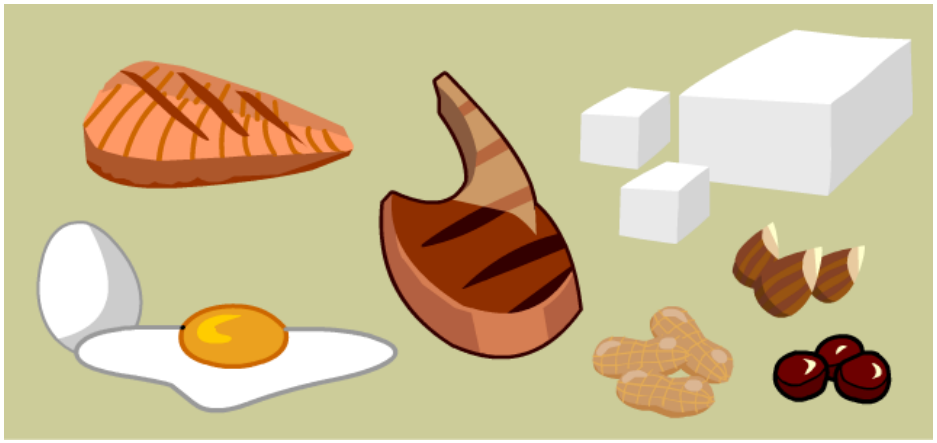
1



What would make this meal healthier and more balanced?

A more fruits and vegetables and less protein
B more protein and grains, and less dairy
C more grains and more protein
D less vegetables and more fruit

2



What is true about the protein group?

A Only meat and fish are part of the protein group.
B You can get your protein from different foods.
C Protein should be the biggest part of any meal.
D People who do not eat meat cannot get protein.

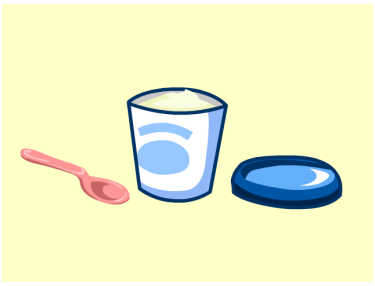
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3 Which sentence is FALSE?

A About half of each meal should be fruits and vegetables.
B Most of each meal should come from the protein group.
C Fresh fruit has fiber, which helps your digestive system.
D Beans are part of both the protein and vegetable groups.

4 Which of these foods is the BEST source of calcium?

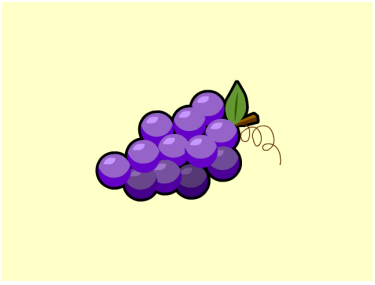
A



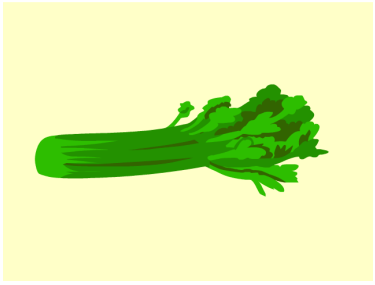
B



C



D



5 You should eat a VARIETY of fruits, vegetables, and proteins to get different nutrients. What does VARIETY mean?

A nutritious
B calcium
C lower in fat
D different kinds

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