POP! TEACHER RESOURCE

Lesson Plan

MyPlate

Lesson Plan for *Wild Rice*
Grade 1

Objective

To help students understand the different food groups and what a healthy meal looks like.

Things Needed

- *Wild Rice* book
- Access to the "MyPlate Food Guide" page on the KidsHealth website: https://kidshealth.org/en/kids/pyramid.html
- Access to the "MyPlate Graphic Resources" page on the ChooseMyPlate website: https://www.choosemyplate.gov/resources/myplate-graphic-resources
- Paper and pencils

Before the Activity

Read the *Wild Rice* book out loud to students. Pull up the "MyPlate Food Guide" page in your web browser. In another tab, pull up the "MyPlate Graphic Resources" page and click on the JPG file for the full MyPlate so that the whole page shows the MyPlate chart. Make sure each student has a pencil and paper.

Activity

Open the book to page 4. The book says, "Wild rice is a type of grain." Ask students what a grain is. Students can use the glossary on page 23 for help. Then have students brainstorm other grains they've eaten.

As a class, read through the "MyPlate Food Guide" web page. It describes the MyPlate chart as a guide for healthy eating and also goes over the different food groups. Then show students the MyPlate chart. Have students copy it onto their papers. For each food group, students should think of their favorite foods in that group. They should draw pictures of those foods on their plates. For example, if a student really likes apples, he or

she should draw an apple on the plate in its correct food group: fruits. Students should draw at least one food in each food group.

At the end of class, invite students to share their plates. They can share their favorite foods and which food groups those foods are in.

Evaluation
Could students identify examples of food in each food group? Could students draw those foods in the correct parts of the MyPlate chart?

Standards
This lesson plan may be used to address the Common Core State Standards' reading standards for informational texts, grade 1 (RI 1.2).