

Grades 5 & 6

MYPLATE, MYSELF

- Identify the five food groups and name a variety of examples from each.
- Explain how MyPlate serves as a reminder to eat from all five food groups.
- Create and describe a healthy meal containing foods from each food group, including whole-grain options and a variety of vegetables.
- Discuss the importance of physical activity as part of a healthy lifestyle.

KNOW YOUR NUTRIENTS

- Identify the six main nutrients and a variety of foods that contain them.
- Explain how nutrients help us grow and stay healthy.
- Apply knowledge of healthy foods and food groups to create a healthy meal or snack.

DECISIONS, DECISIONS!

- Identify ways to limit the consumption of solid fats, added sugars, and sodium.
- Read, compare, and analyze nutrition facts labels to determine which snack is a healthier alternative.
- Summarize the benefits of limiting the consumption of solid fats, added sugars, and sodium.

Other Nutritional Lessons

All Grades



WHAT IS A MEAL

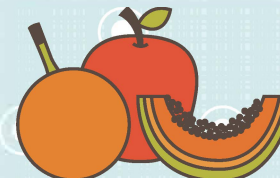
- Identify the 5 main food groups and use the food groups to build a healthy school lunch.
- This lesson works best with space in order to do a relay race!

IMPORTANCE OF BREAKFAST

- Discuss the importance of eating breakfast every day.
- Explain how breakfast helps fuel our bodies for school and physical activity.
- Use MyPlate to create a healthy breakfast.

We have other nutrition topics to share with your class such as portion sizes, whole grains, eating a rainbow of fruits and vegetables each day and much more!

Please contact
Madison Wurst, RD, LDN,
at mwurst@metzcorp.com
to schedule
a lesson.



Elementary Nutrition Education Classes



Serving Up My Plate: A Yummy Curriculum

A collection of lessons developed
by the USDA's Team Nutrition
that introduces nutrition
concepts to students.



A Metz Dietitian wants to visit your classroom to get your kids excited about healthy eating! These lessons can be tailored to the needs of your students.

Grades 1 & 2

FUN WITH FOOD GROUPS

- 🍏 Identify the five food groups, and give examples of foods in each.
- 🍏 Explain how MyPlate serves as a reminder to eat foods from each food group.
- 🍏 Create a healthy meal containing a food from each food group.

“SOMETIMES” FOODS AND “SWITCHEROOS”

- 🍏 Identify foods with added sugars and solid fats.
- 🍏 Explain why foods with added sugars and solid fats should be eaten only some of the time.
- 🍏 Give examples of healthier food options to choose instead.



Grades 3 & 4

WE ARE WHAT WE EAT

- 🍏 Identify the five main food groups and name a variety of nutritious examples of foods in each.
- 🍏 Explain how MyPlate serves as a reminder for how to eat a healthier meal.
- 🍏 Create and describe a healthy meal containing a food from each food group.
- 🍏 Discuss the importance of physical activity as part of a healthy lifestyle.

YOU BE THE CHEF

- 🍏 Identify what foods to eat more of, and explain that nutrients in food help us grow and stay healthy.
- 🍏 Name at least three reasons why it is important to eat foods from all five food groups for a healthy diet.
- 🍏 Apply their knowledge of healthy foods and food group.

THE SCIENCE OF “SOMETIMES” FOODS

- 🍏 Identify foods that are high in solid fats and added sugars.
- 🍏 Describe the benefits of limiting the consumption of solid fats and added sugars.
- 🍏 Explain the concept of eating in moderation.
- 🍏 Give examples of healthier food options to choose instead.