



## Lesson 2: MyPlate

### **Objectives for Parents:**

- Read a book about MyPlate to a child.
- State five food groups and categorize food into each group.
- Practice ways to engage and support a child in the cooking process.

**Goals:** To introduce *MyPlate* and the five food groups. Encourage parents to support children's cooking skills. Have children demonstrate simple cooking skills.

### **Objectives for Children:**

- Repeat the names of MyPlate food groups (dairy, protein, vegetables, fruits and grains) and recognize different foods from each group.
- Demonstrate how to rinse and scrub fresh produce; use measuring cups, measuring spoons, a vegetable peeler; how to chop produce; stir ingredients; and grate cheese.

### **Materials and Supplies:**

*(this page can be printed before class and used as a checklist)*

#### **Read—for all instructors**

- Lesson plan
- Handouts for parents
- [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

#### **Gather—prior to class**

- Name tags and sign-in sheet
- Class book: “MyPlate and You”
- Take-home book: “Stone Soup”
- Handouts for parents
  - Handout 1: Explore the Food Groups
  - Handout 2: USDA’s 10 tips: “Choose MyPlate”
  - Handout 3: USDA/Choose MyPlate “Healthy Eating for Preschoolers”
  - Recipe: Five Food Group Pasta
  - Take-home activity: MyPlate
- Lesson 1 parent lesson review *(optional)*
- Observation checklist *(optional)*
- Educational items for child activity (see page 2.4)
- MyPlate demonstration plate or poster
- Food models to demonstrate food groups and serving size
- Safety rules & hand washing procedure poster
- Cooking equipment & recipe ingredients (see lesson recipe); napkins, plates, utensils
- Photos of recipe cooking steps & child’s placemat
- First-aid kit