

Week 1 Overview:

Food Groups and Superpowers

What we eat and how active we are helps give us our own kind of superpowers. Each week will contain recipes and activities to teach you about a healthy lifestyle

This week, you are going to learn about the five food groups and their superpowers:

- **Fruits & Vegetables**- give you energy, vitamins, anti-oxidants, fiber and water and can keep you from getting sick
- **Whole Grains**- provide energy and fuel the brain and muscles
- **Protein** - fills us up and makes strong muscles
- **Dairy**- builds strong bones, nails, and teeth
- **Healthy Fats**- these aren't a food group, but they help absorb vitamins and minerals in foods and fill us up! More about this later

Everything we eat and drink matters. It is important to have a well-rounded diet that includes the five food groups to ensure that you stay healthy and strong now and in the future.

Each group plays an important role in your health because each group provides essential vitamins and minerals to the body. Variety and amount in each food groups are key. Creating a healthy lifestyle means portioning the right amount.

WHAT TO EXPECT THIS WEEK

- Activity: MyPlate Activity (1st – 4th)
MyPlate Crossword (5th +)
Food Game (BONUS)
- Recipe: English Muffin Face
- Exercise: Fitness Bingo

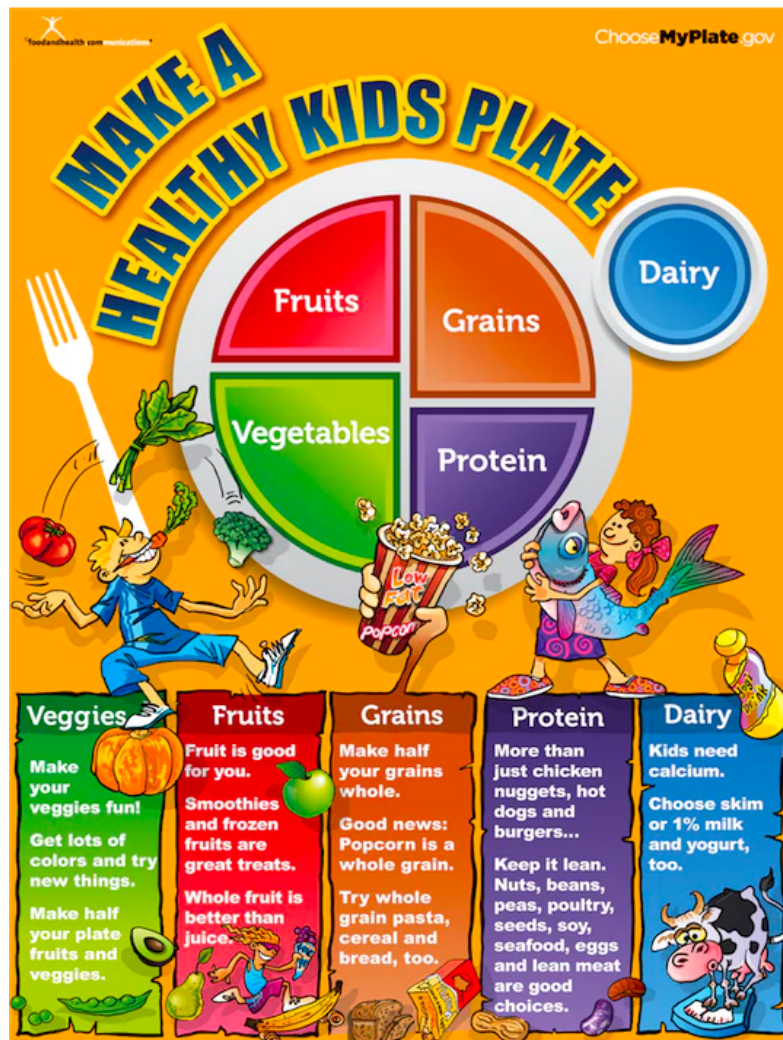
Week 1 Activity:

MyPlate Activity

Each segment of the MyPlate represents a food group, and each food group has "superpowers" like helping to form strong bones, improving vision, and building stronger muscles. Fitness also plays an important role in our health and the wellness of our bodies. During this program, we will learn more about each food group and the importance of each.

- Protein is found in foods like meat, beans, and nuts and helps to make us feel full and strengthens muscles.
- Dairy, which are foods like milk, yogurt, and cheese, builds strong bones, teeth, and nails.
- Whole grains, like cereal, toast, and pasta, provide energy and fuel the brain and muscles.
- Fruits and vegetables are packed with necessary vitamins and minerals which help to support all parts of your body and immune system.

Here are some ideas for what your plate should include:



Let's make your plate!

Supplies:

- Paper plate
- Crayons/markers

Directions

1. Using your paper plate, divide it into segments like the example above, and use your crayons/markers to color each section the color listed. Notice that each section is a different size which represents the appropriate serving size of each food group.

2. The number of servings we need from each group depends on things like our age, activity level, and weight. For most people, a good serving size is about the same size as your palm or fist. Most restaurant portions are much larger than recommended serving sizes, so we need to be careful not to overeat at restaurants. Not getting enough of a certain food group can be just as harmful to our health.

3. Make a list of your 10 favorite foods:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

4. Use the colors on the MyPlate photo to draw a colored dot next to each food you listed. This will let you see what food groups you have on your list and help you decide what you may want to consider changing/adding to your plate to be as healthy as you can, but still enjoy your favorites!

Week 1 Activity:

My Plate Crossword

MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.

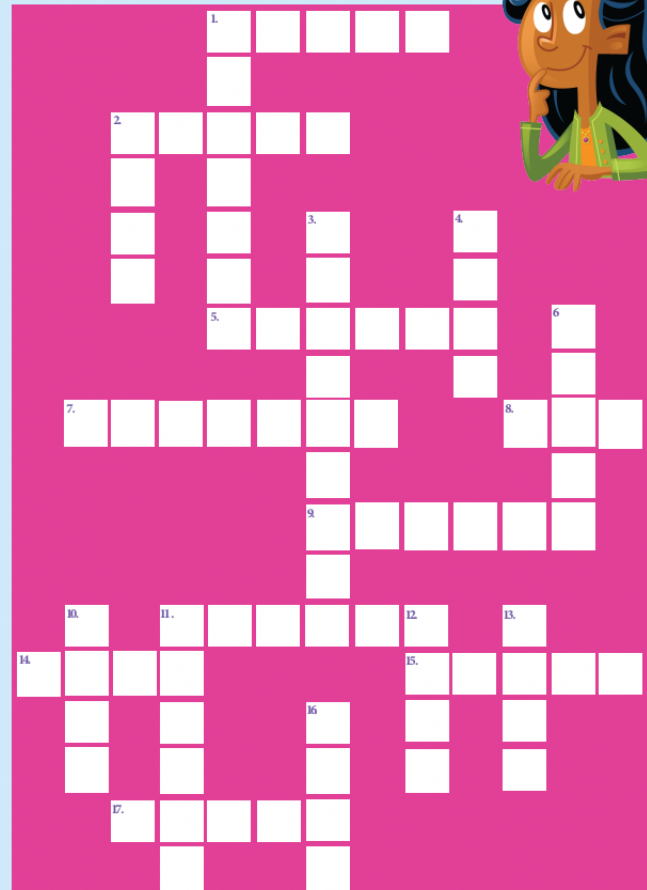


Across

1. Use the My _____ as a guide.
2. Apples, oranges, and bananas fit into this food group.
5. This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
7. _____ are an orange vegetable.
8. Try fat-free or low _____ foods when you can.
9. Use whole-grain _____ for your sandwiches.
11. Cheddar, swiss, mozzarella, monterey jack are examples.
14. Fits into the grains group of MyPlate. Goes great with stir-fry.
15. MyPlate is a _____ to help you eat a variety of foods for a healthy body.
17. Spaghetti is a type of _____.

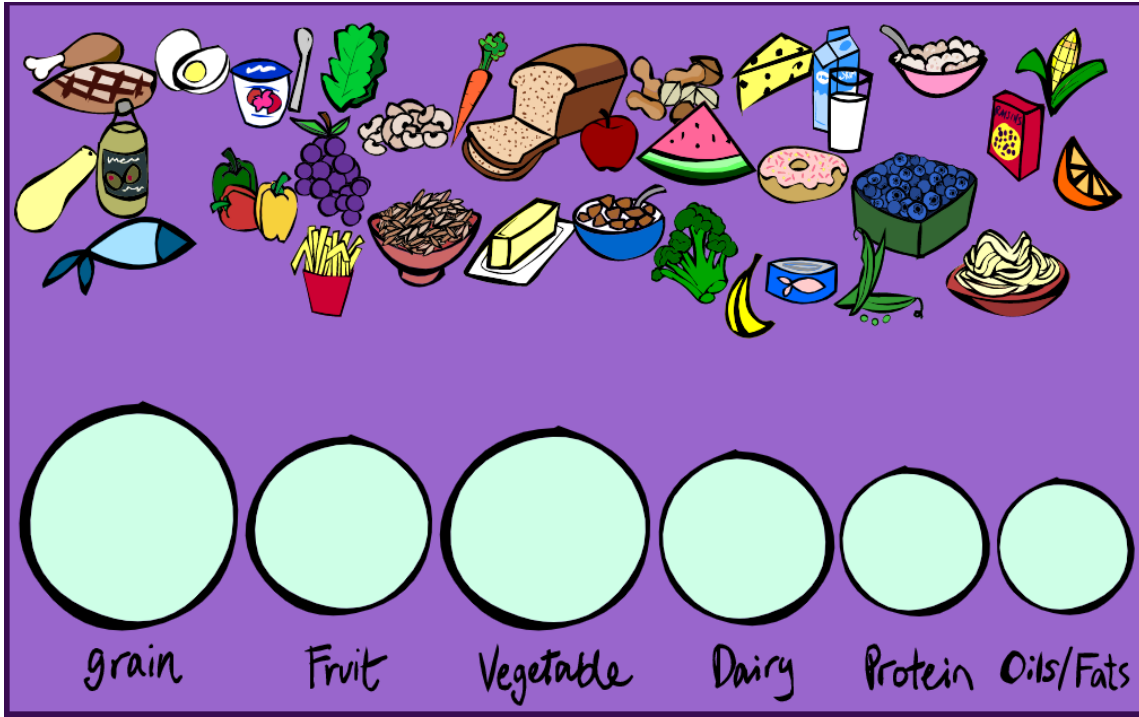
Down

1. Chicken and turkey are examples of _____.
2. Eat a variety of _____ from all of the groups.
3. Broccoli and green beans are examples of a _____.
4. These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
6. Pinto, kidney, black, refried – there are lots of different kinds and they can be eaten lots of different ways.
10. Vegetable or olive _____ are often used for cooking and are part of a healthful diet.
11. This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
12. You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your _____?
13. Salmon and trout are examples of _____.
16. Lean _____ is an excellent source of protein, iron, and zinc.



To Print and find answers: [MyPlate Crossword](#)

Week 1 Activity: Bonus: *Food Game*



Supplies:

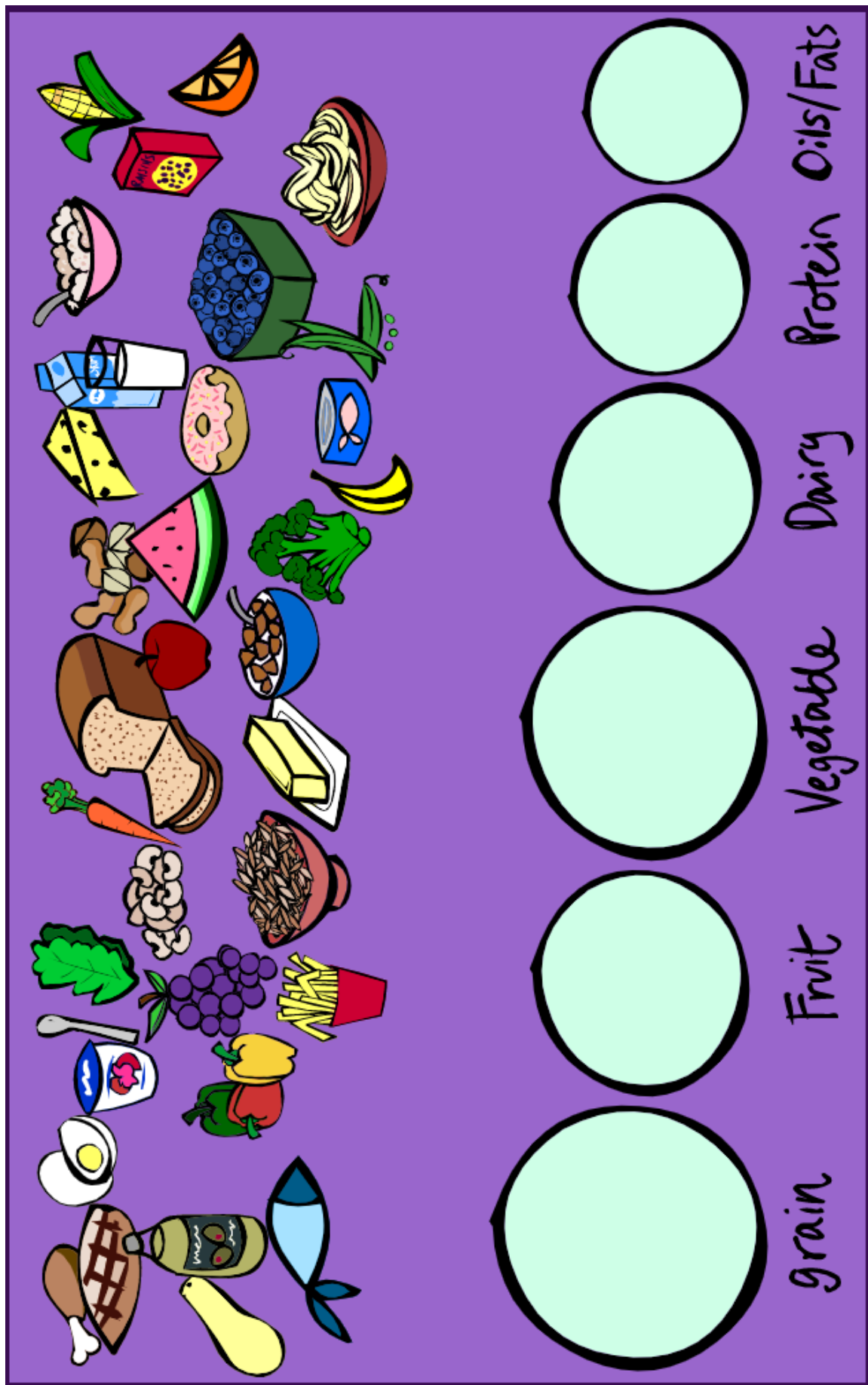
- Computer or device with an internet connection

Instructions:

1. Open an internet browser.
2. Type in the following web address: <https://www.sheppardsoftware.com/health/nutrition/food-groups-game/>
3. Hit play.
4. At the bottom of the screen, look for the circles organized by food group.
5. At the top of the page, there are drawings of different types of food. Hover over a drawing to see the name.
6. Drag the food items into the correct food group circle. Be sure to turn the sound on!
7. Keep putting food items into the correct food group category until there are none left. Look for something special to indicate when each food group category is completely full.
8. Once you've correctly filled all food group categories, check your score and play again until you get all of the foods sorted correctly.

Optional Suggestions:

- Don't have access to the internet? Students can use the image below as a guide and draw their own food groups with the correct food items in each.



Week 1 Recipe:

English Muffin Face

SHOPPING LIST (suggested)

- ☐ Whole wheat English muffins
- ☐ Peanut butter or any nut butter
- ☐ Banana, peeled and thinly sliced
- ☐ Strawberries, trimmed and cut in half
- ☐ Grapes, each cut into 4 thin slices
- ☐ Oranges, peeled and sectioned



RECIPE INGREDIENTS

- ☐ Whole wheat English muffins
- ☐ Peanut butter or any nut butter
- ☐ Banana, peeled and thinly sliced
- ☐ Raisins
- ☐ Strawberries, trimmed and cut in half
- ☐ Grapes, each cut into 4 thin slices
- ☐ Oranges, peeled and sectioned

NOTES

Serve as a lunch or snack.

DIRECTIONS

1. Slice muffins in half and toast in toaster oven.
2. While still warm, spread peanut butter or nut butter on each toasted muffin half.
3. Top with fruit pieces to create smiley faces. Use banana slices, grape slices, or raisins for the eyes, half a strawberry for the nose, and one section of orange for the mouth.
4. Use remaining fruit to make more faces, or serve on the side as a fruit salad.

Week 1 Exercise:

Fitness Circuit

Exercise is an important part of a healthy lifestyle for children, and helps set habits at an early age.

Directions:

1. Split students into six equal groups.
2. Assign an exercise to six different places within the room. Here are six examples:
 - Jog in Place
 - Planking for Kids
 - Wall Sits
 - Lunges
 - Mountain Climbers
 - Jumping Jacks
3. Have each group start in a different area of the room with a specific exercise
4. Set the timer: Start with 30 seconds
5. Have the students participate in that exercise for 30 seconds and then transition to the next exercise, while resting in between
6. Once the students have made it around the full circuit, judge whether they should do a second, or third round
7. Have the children participate in the circuit three times per week

YouTube Videos for Reference

- Jog in Place: <https://youtube.com/watch?v=BEzBhpXDkLE&feature=share>
- Planking for Kids: https://youtube.com/watch?v=qMZ7Df_sy3E&feature=share
- Wall Sits: <https://youtube.com/watch?v=-cdph8hvoOo&feature=share>
- Lunges: https://youtube.com/watch?v=_YcPsla6lcl&feature=share
- Mountain Climbers: <https://youtube.com/watch?v=8Uc7KcVC-Ao&feature=share>
- Jumping Jacks: <https://youtube.com/watch?v=2qHn3soaUkl&feature=share>

Notes: Feel free to substitute other exercises throughout the week based on the fitness level of your students