Serving Up MyPlate: A Yummy Curriculum

**Introduction**

What are healthy food choices? What is a balanced diet?

*Serving Up MyPlate* is a collection of classroom materials that helps elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health. This yummy curriculum introduces the importance of eating from all five food groups using the *MyPlate* icon and a variety of hands–on activities. Students also learn the importance of physical activity to staying healthy. Curriculum components:

**Teacher’s Guides**: Each Teacher's Guide has three inquiry-driven lessons that help children discover nutrition, explain their understandings, and reflect upon their experiences - all of which encourage a lasting awareness of what it means to be healthy.

**Original Songs**: Each level includes activities using original songs that help students learn about healthy choices in an engaging and memorable way. Lyrics are included in each of the Teacher's Guides.

**Poster**: This two-sided poster (36"x24") shows the MyPlate icon and foods in the five food groups. A blank MyPlate on the reverse can be used as a tool to assess students' understanding.

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