

Color Your Plate!

K-2

M . 1 . 1

Objectives

Students will be able to:

- Describe the five food groups.
- Identify food choices within each food group.

Standards Met

- **1a.** Know the five nutrient groups and the functions.
- **3.1.N.** Identify resources for reliable information about healthy foods.
- **MD.C.4.** Organize, represent, and interpret data with up to three categories; ask and answer questions about the total number of data points, how many in each category, and how many more or less are in one category than in another.

Overview of MyPlate

MyPlate is a great resource for learning and teaching general nutrition. This tool shows the five food groups that make up a healthy diet and the recommended portion sizes for different foods. The MyPlate eating plan encourages food variety and portion control while recommending foods high in nutrients and low in saturated fats, salt and added sugars.

MyPlate also provides up-to-date information on current nutrition recommendations, as well as tips and ideas to encourage a healthy lifestyle.

Use MyPlate in the classroom:

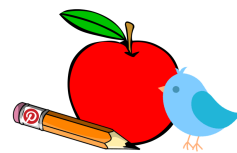
- To show the components of a healthy diet, including the five food groups.
- To help students visualize how much of each food group should be eaten in order to have a balanced diet.
- As a tool to help students become interested in nutrition.

MyPlate healthy eating guidelines:

- Include foods from the five groups: fruits, veggies, grains, dairy and protein.
- Make half your plate fruits and veggies. Buy them fresh, frozen or canned.
- Make at least half your grains whole grains. Choose brown rice, whole grain pasta and cereals.
- Switch whole fat dairy for 1% or fat-free dairy products.
- Vary your protein sources. Choose proteins like eggs, skinless chicken, lean beef, seafood, beans, nuts, etc.

For more information on MyPlate and the five food groups, go to:

www.mentorprojectfiu.com



USDA United States Department of Agriculture National Institute of Food and Agriculture

FIU
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Make The Connection

Materials

- Worksheet: Color Your Plate! for Grades K-2 (version A & version B)
- MyPlate Plastic Meal Plate (Optional)

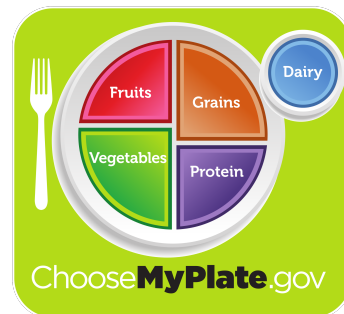
Using the worksheet titled **“Color Your Plate!” for Grades K-2**, help students understand the benefits of eating foods from the five food groups in order to maintain a balanced diet.

Use the MyPlate Meal Plate or draw the MyPlate on a board to show students the five food groups (fruits, vegetables, grains, protein and dairy). Discuss the importance of eating foods from the five food groups in order to maintain a healthy and balanced diet. Explain to the students that diseases like cancer and heart problems can stem from not eating healthy. Talk about different foods the students like and explain how many of these foods have ingredients that can come from different food groups. Talk to your students about making healthier choices based on MyPlate when eating at home and when eating out.

1

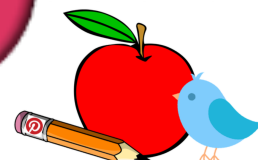
2

After reviewing MyPlate and its importance to a healthy life, redirect the discussion to addition and subtraction math skills. Review addition and subtraction problems from 1 to 3 digit numbers, missing value problems, and mixed problems. Make sure to review the skills most adequate to your classroom level.



Lastly, choose **“Color Your Plate!” worksheet for Grades K-2 version A or B** based on your classroom’s math level. Explain the activity, review the math skills needed and clarify any questions the students may have.

3



M.E.N.T.O.R. Project



United States
Department of
Agriculture



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Name: _____ Date: _____

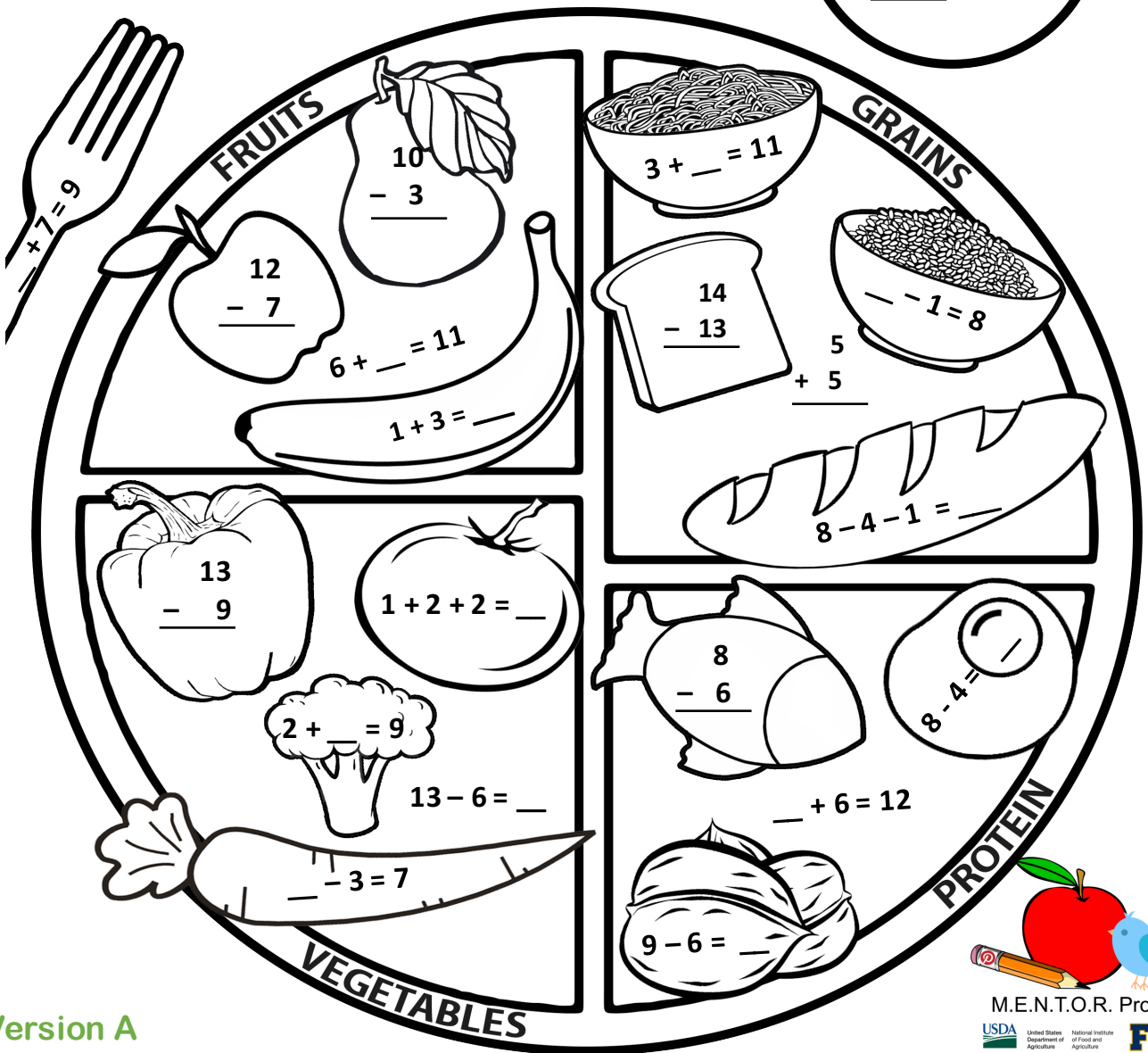
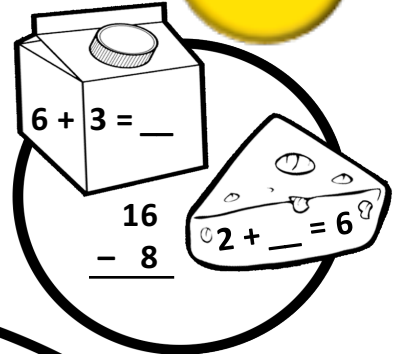
Color Your Plate!

K-2

1) Solve the math problems on your plate and color your food based on the answer color key.

Answer Color Key

10 → ORANGE	3 → BROWN
7 → GREEN	2 → GRAY
4 → YELLOW	1 → TAN
5 → RED	6 → PURPLE
8 → BLUE	9 → WHITE



Name: _____ Date: _____

Color Your Plate!

K-2

Show Your Work

FRUITS

$$\begin{array}{r} 12 \\ - 7 \\ \hline \end{array}$$

$1 + 3 = \underline{\quad}$

$6 + \underline{\quad} = 11$

$$\begin{array}{r} 10 \\ - 3 \\ \hline \end{array}$$

VEGETABLES

$$\begin{array}{r} 13 \\ - 9 \\ \hline \end{array}$$

$2 + \underline{\quad} = 9$

$1 + 2 + 2 = \underline{\quad}$

$13 - 6 = \underline{\quad}$

$\underline{\quad} - 3 = 7$

GRAINS

$3 + \underline{\quad} = 11$

$$\begin{array}{r} 14 \\ - 13 \\ \hline \end{array}$$

$\underline{\quad} - 1 = 8$

$$\begin{array}{r} 5 \\ + 5 \\ \hline \end{array}$$

$8 - 4 - 1 = \underline{\quad}$

PROTEIN

$$\begin{array}{r} 8 \\ - 6 \\ \hline \end{array}$$

$8 - 4 = \underline{\quad}$

$\underline{\quad} + 6 = 12$

$9 - 6 = \underline{\quad}$

DAIRY

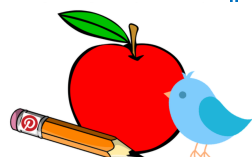
$$\begin{array}{r} 16 \\ - 8 \\ \hline \end{array}$$

$6 + 3 = \underline{\quad}$

$2 + \underline{\quad} = 6$

FORK

$\underline{\quad} + 7 = 9$



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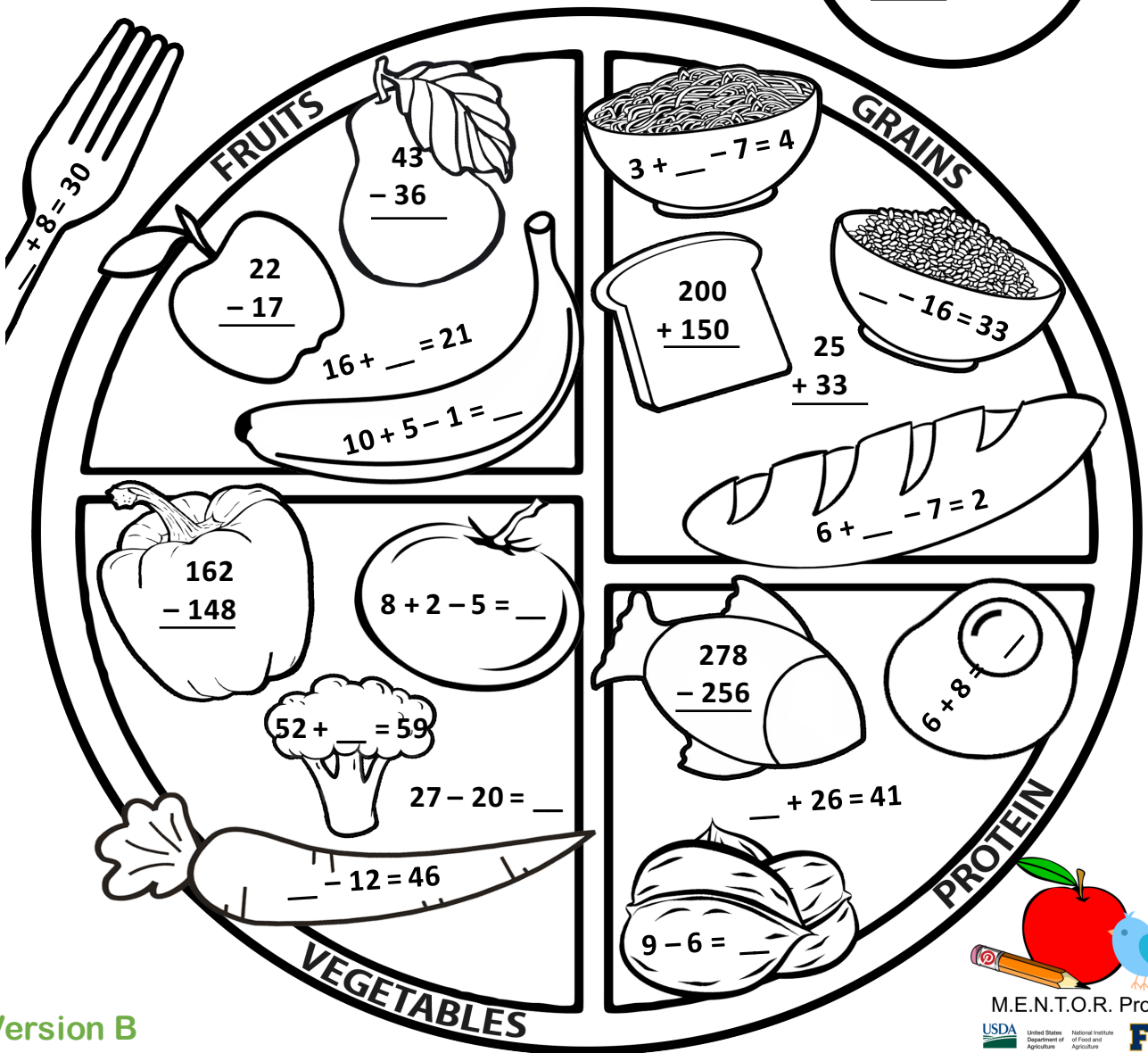
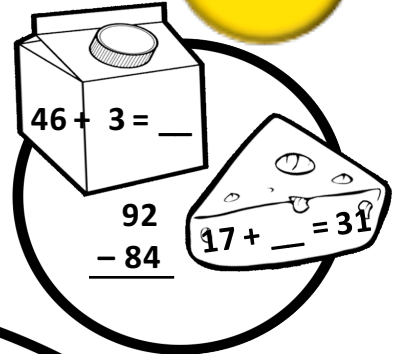
Color Your Plate!

K-2

1) Solve the math problems on your plate and color your food based on the answer color key.

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58 → ORANGE	3 → BROWN
7 → GREEN	22 → GRAY
14 → YELLOW	350 → TAN
5 → RED	15 → PURPLE
8 → BLUE	49 → WHITE



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Show Your Work

FRUITS

$$\begin{array}{r} 22 \\ - 17 \\ \hline \end{array}$$

$$16 + \underline{\quad} = 21$$

$$10 + 5 - 1 = \underline{\quad}$$

$$\begin{array}{r} 43 \\ - 36 \\ \hline \end{array}$$

VEGETABLES

$$\begin{array}{r} 162 \\ - 148 \\ \hline \end{array}$$

$$8 + 2 - 5 = \underline{\quad}$$

$$52 + \underline{\quad} = 59$$

$$\underline{\quad} - 12 = 46$$

$$27 - 20 = \underline{\quad}$$

GRAINS

$$\begin{array}{r} 200 \\ + 150 \\ \hline \end{array}$$

$$6 + \underline{\quad} - 7 = 2$$

$$3 + \underline{\quad} - 7 = 4$$

$$\underline{\quad} - 16 = 33$$

$$\begin{array}{r} 25 \\ + 33 \\ \hline \end{array}$$

PROTEIN

$$\begin{array}{r} 278 \\ - 256 \\ \hline \end{array}$$

$$9 - 6 = \underline{\quad}$$

$$\underline{\quad} + 26 = 41$$

$$6 + 8 = \underline{\quad}$$

DAIRY

$$\begin{array}{r} 92 \\ - 84 \\ \hline \end{array}$$

$$46 + 3 = \underline{\quad}$$

$$17 + \underline{\quad} = 31$$

FORK

$$\underline{\quad} + 8 = 30$$

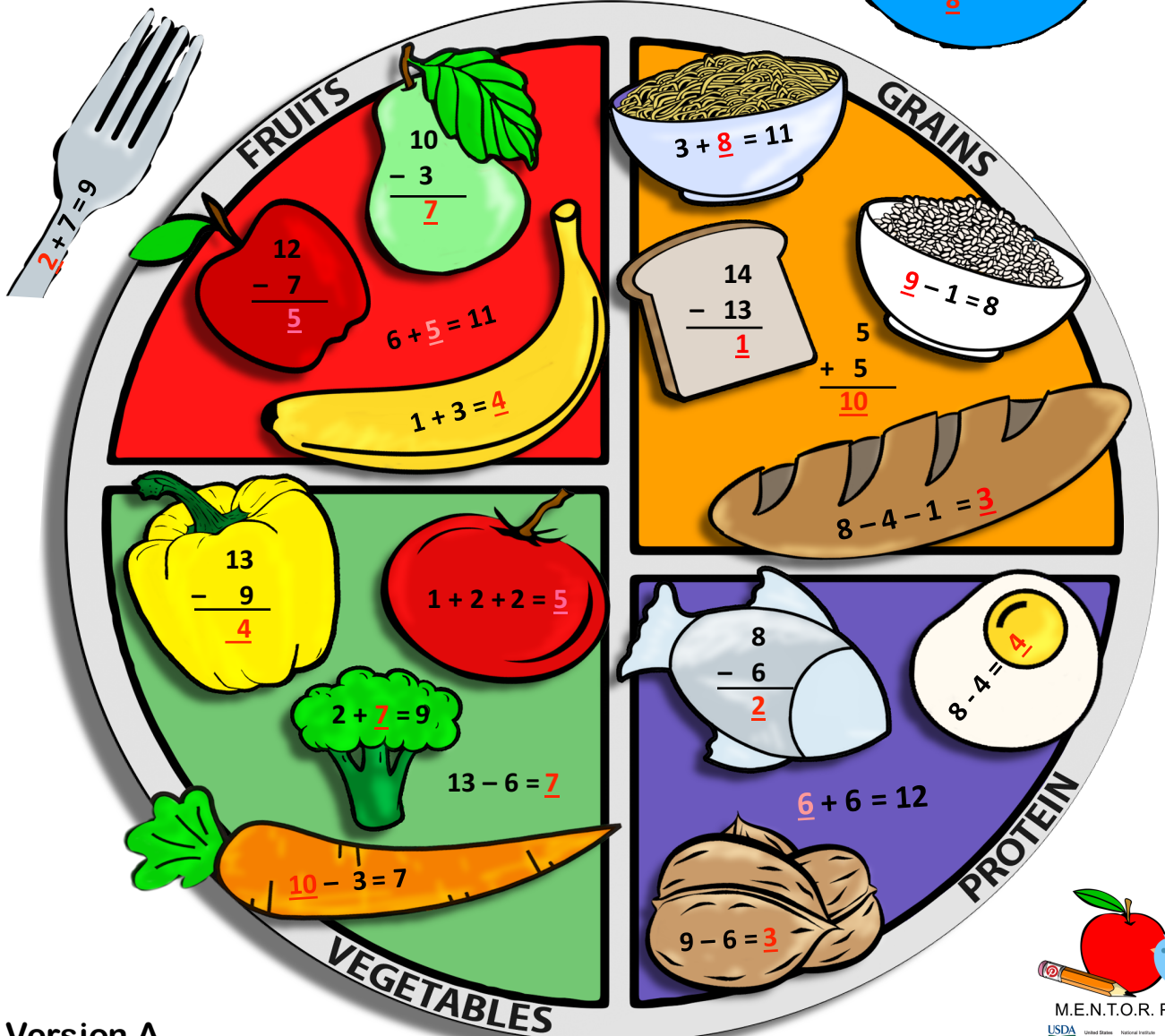
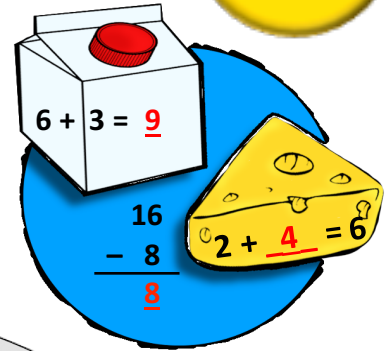
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