

# Native American MyPlate

K-2

SS.1.1

## Objectives

### Students will be able to:

- Explain the importance of eating a balanced diet.
- Name some common foods eaten by Native Americans as it pertains to MyPlate.

## Standards Met

- **1.2.4.** Describe how location, weather, and physical environment affect the way people live, including the effects on their *food*, clothing, shelter, transportation, and recreation.
- **2.4.1.** Describe food production and consumption long ago and today, including the roles of farmers, processors, distributors, weather, and land and water resources.

## 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:

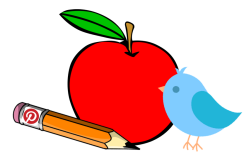
- To show the components of a healthy diet, including the five food groups.
- To help students visualize how much of each food group should be eaten in order to have a balanced diet.
- As a tool to help students become interested in nutrition.

### 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](http://www.mentorprojectfiu.com)



USDA United States Department of Agriculture National Institute of Food and Agriculture  
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# Make The Connection

## Materials

- Worksheet: “Native American MyPlate” for Grades K-2
- Supplemental Material: Native American MyPlate

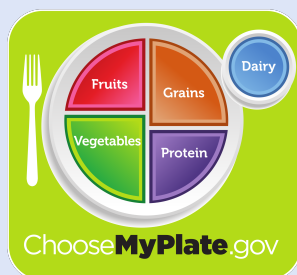
Using the worksheet titled **“Native American MyPlate” for Grades K-2**, help your students learn more about the Native American diet and how it can fit into MyPlate.

1

Write the five food groups on the board (fruits, vegetables, grains, protein and dairy) and write an example for each category. Then, begin the discussion by asking your students about their favorite food. Ask students what their favorite food is, which category they think it would fall under and why. Correct them if necessary, but encourage thinking and participation.

2

After discussing the five food groups, talk to your students about Native Americans. Explain that there were many different tribes living all across the United States and that their food and the way they acquired food differed based on the area they inhabited. Some of the Native Americans living in Florida included the Seminole, Creek, Miccosukee, Timucua, Calusa and Apalachee tribes.

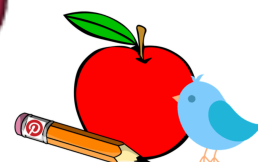


Despite food choice varying across tribes, there were some foods that were staples of many Native American communities, all of which fit into MyPlate’s five food groups. Corn (grain) was a big part of the Native American diet throughout all of the United States and it was eaten almost at every meal. Other plant based foods like beans (protein) and rice (grain) were also very common. Since many Native American tribes were hunter/gatherers, a big protein source was the meat of the animals they hunted which included fish, deer, bison, rabbits, ducks and boar. The type of meat depended on the availability of animals based on the region the tribes lived in.

3

After you present the information above, do an overview of the **“Native American MyPlate” worksheet for Grades K-2** and clarify any questions the students may have.

After the activity is finished, refer to the supplemental material “Native American MyPlate” and lead a discussion elaborating on the health benefits this traditional diet provided.



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## Supplemental Material

### For the Teacher: Native American MyPlate

The Native Americans had many different tribes living all across the United States and their food and the way they acquired food differed based on the area they inhabited. Some of the Native Americans living in Florida included the Seminole, Creek, Miccosukee, Timucua, Calusa and Apalachee tribes. Despite food choice varying across tribes, there were some foods that were staples of many Native American communities. Corn was a big part of the Native American diet throughout all of the United States and it was eaten almost at every meal. Other plant based foods like beans and rice were also very common. Since many Native American tribes were hunter/gatherers, a big protein source was the meat of the animals they hunted which included fish, deer, bison, rabbits, ducks and boar. The type of meat depended on the availability of animals based on the region the tribes lived in.

#### Benefits of the Native American Diet:

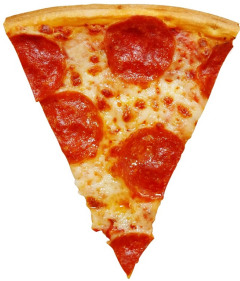
- Corn was a big part of the Native American diet. Due to its high soluble fiber content, corn helps to lower blood cholesterol.
- Beans contributed to the Native American's intake of antioxidants, and vitamins and minerals, such as, copper, folate, iron, magnesium, manganese, phosphorous, potassium and zinc. Beans are also an excellent low-fat protein source.
- Being hunter/gatherers, Native Americans were very active and consumed most of their protein from the animals hunted including fish, deer, bison, rabbits, ducks and boar. These animals supply plenty of protein but only small amounts of total fat.
- Having fish as a major source of protein, the Native Americans received many health benefits from omega 3 fatty acids, like fighting inflammation and decreasing risk factors for heart disease.
- Native Americans did not eat any processed foods. This contributed to their great gut health and better digestion and absorption.
- Different plant foods were eaten based on the region of the tribe yielding many health benefits. Nuts, like acorns and pecans, contributed to healthy fat calories. In the southern areas cactus was consumed and in the northern areas wild potatoes.
- Growing wild across many parts of America, blackberries, strawberries, blueberries and raspberries played a part in many native diets, providing them with powerful antioxidants.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Native American MyPlate

K-2

1) Cut out foods eaten by Native Americans.

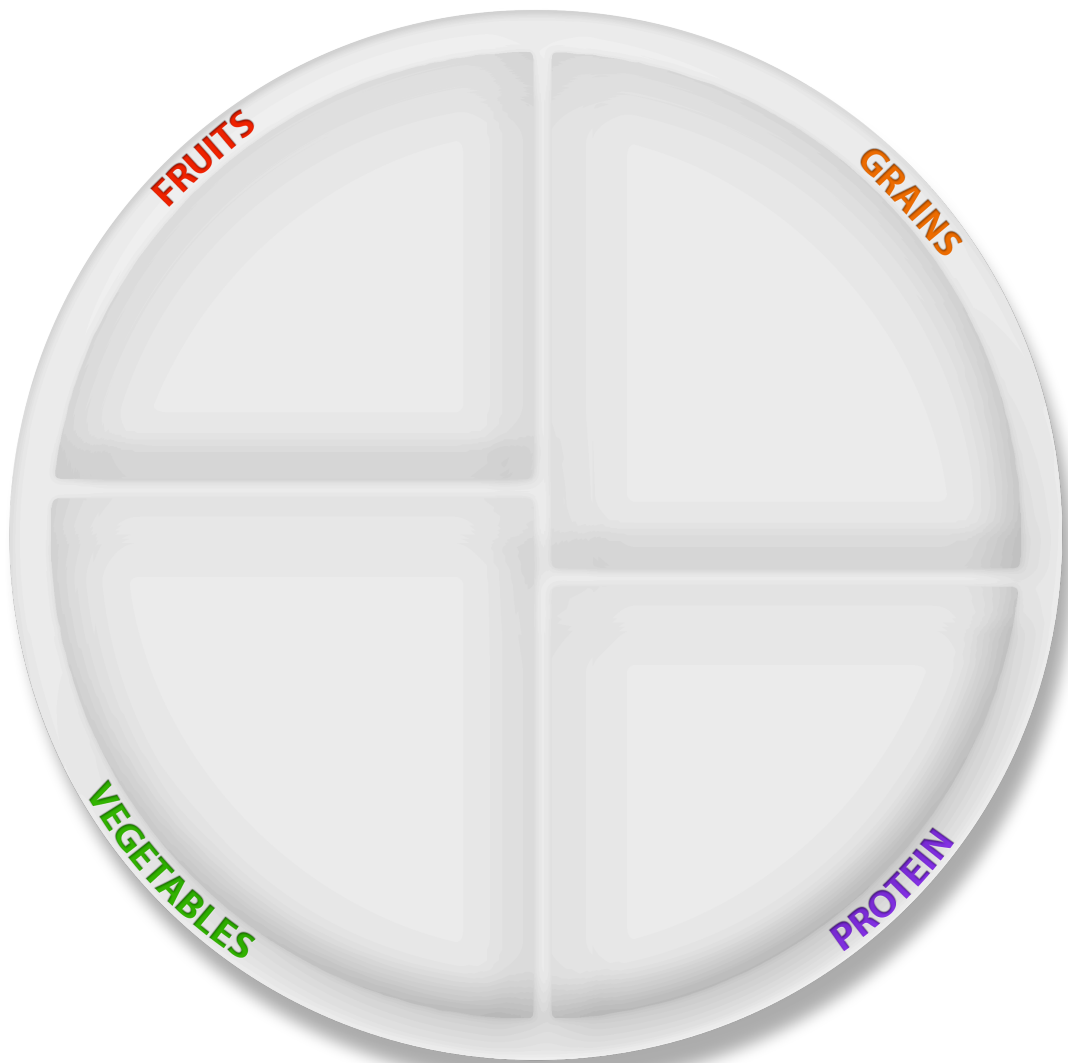


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Native American MyPlate

K-2

- 2) Paste the cut out foods in the correct place on the MyPlate.



**Bonus Question:**

**Which food group is missing from this MyPlate?**

**Give one example of a food from the missing food group.**

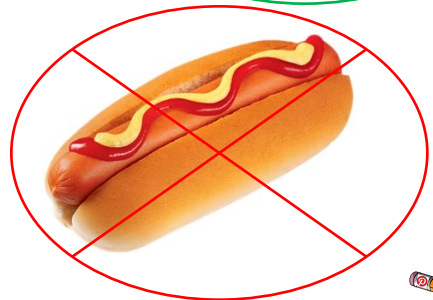
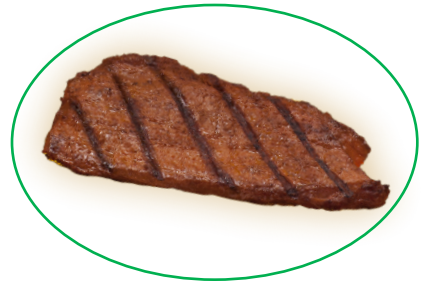
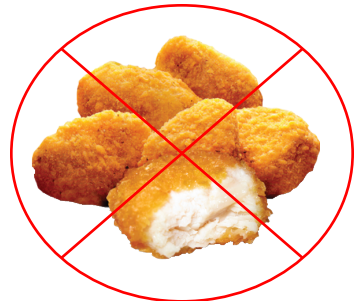


# Native American MyPlate

## ANSWER KEY

K-2

1) Cut out foods eaten by Native Americans.

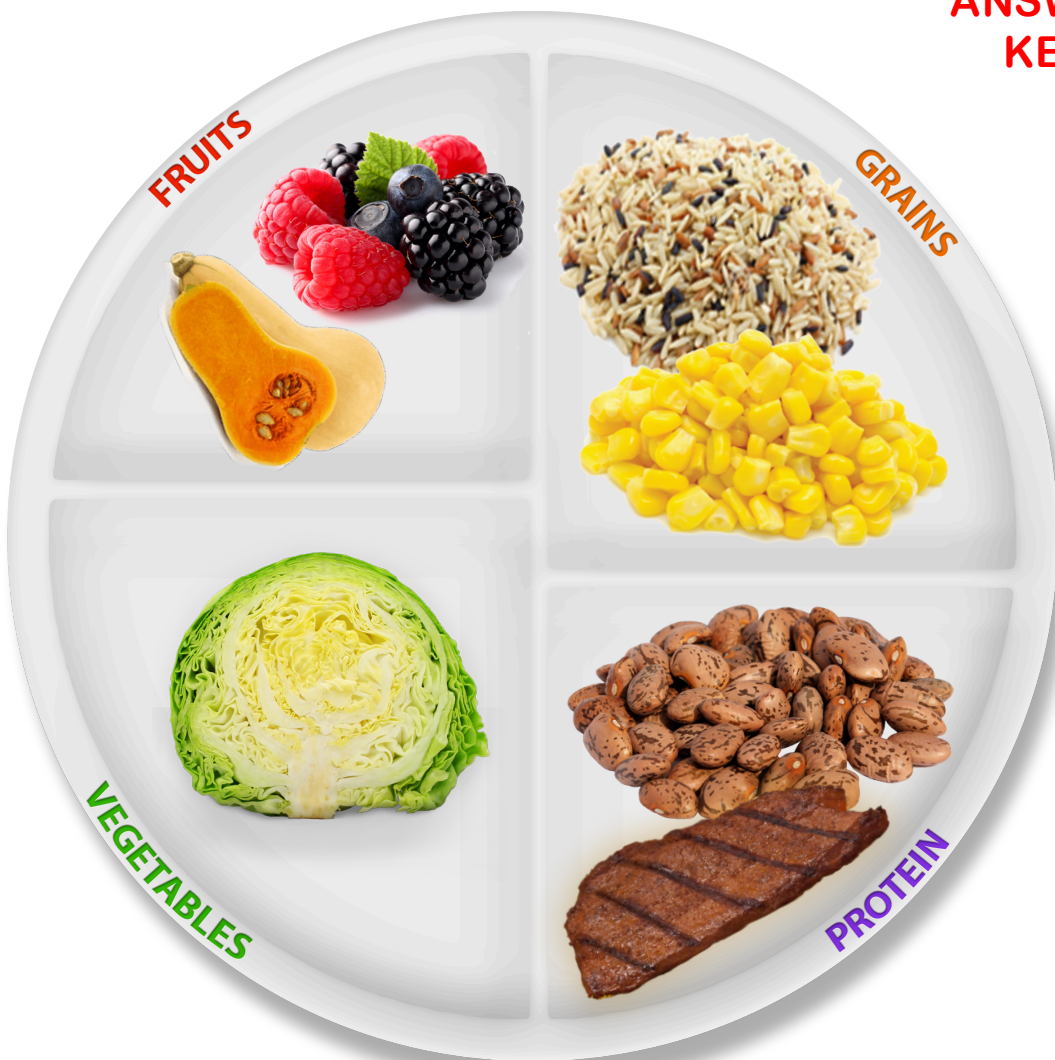


# Native American MyPlate

K-2

- 2) Paste the cut out foods in the correct place on the MyPlate.

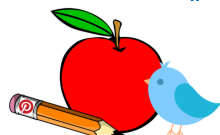
ANSWER  
KEY



Bonus Question:

Which food group is missing from this MyPlate? **Dairy.**  
Give one example of a food from the missing food group.

**Milk, cheese,  
yogurt.**



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