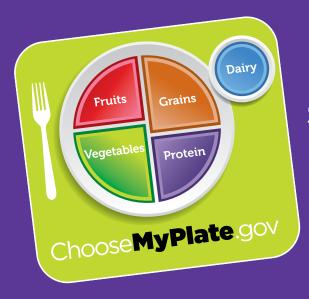




Nutrition Education for Kindergarten



Student Workbook



Name:			
1 101101			



United States Department of Agriculture

Food and Nutrition Service • FNS-472 May 2014

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Name _____

Lesson 1 • Meet the Five Food Group Friends 1. Named the five food groups 2. Named a food that belongs to each food group 3. Demonstrated proper hand washing 4. Named a time when it is important to wash hands Comments

Achievement Markers	 Named five foods that make a <i>MyPlate</i> meal Identified the <i>MyPlate</i> icon Explained how the <i>MyPlate</i> icon serves as a reminder to eat from all five food groups 	3.	2
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Name

Lesson 3 • Eat Your Colors!

Markers

- **Achievement**
- 1. Named a reason why we should eat fruits and vegetables of different colors
- 2. Named two different-colored fruits
- 3. Named two different-colored vegetables
- 4. Tasted a new fruit or vegetable

	2.
3.	4.

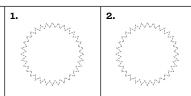
Comments

Lesson 4 • Planting the Seeds for Healthier Eating

Markers

Achievement

- 1. Planted a bean sprout
- 2. Identified the sequence in the plant life cycle as a tomato grows from a seed into a plant
- 3. Named three things a plant needs to grow





Comments



Name

Lesson 5 • Starting Our Day the MyPlate Way 1. Named a reason why it is important to eat breakfast 2. Described feeling hungry or full 3. Ate a breakfast with foods from at least three food groups Comments

Lesson 6 • Let's Play, Let's Party! 1. Named three different ways to be physically active 2. Named two reasons why it is important to be physically active every day for good health 3. Explained that healthy food choices help fuel our bodies to play and be active 4. Prepared (and tasted!) a MyPlate snack

Comments



Workbook Discover *MyPlate*

Fruit and Vegetable Sorting

Activity

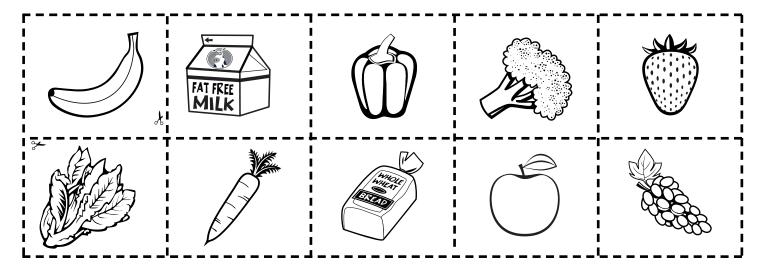
1

Help the Food Group Friends sort **fruits** and **vegetables**. Color the foods at the bottom. Cut them out. Paste **fruits** into **Farrah Fruit's** basket. Paste **vegetables** into **Reggie Veggie's** cart.

Only paste foods that belong.









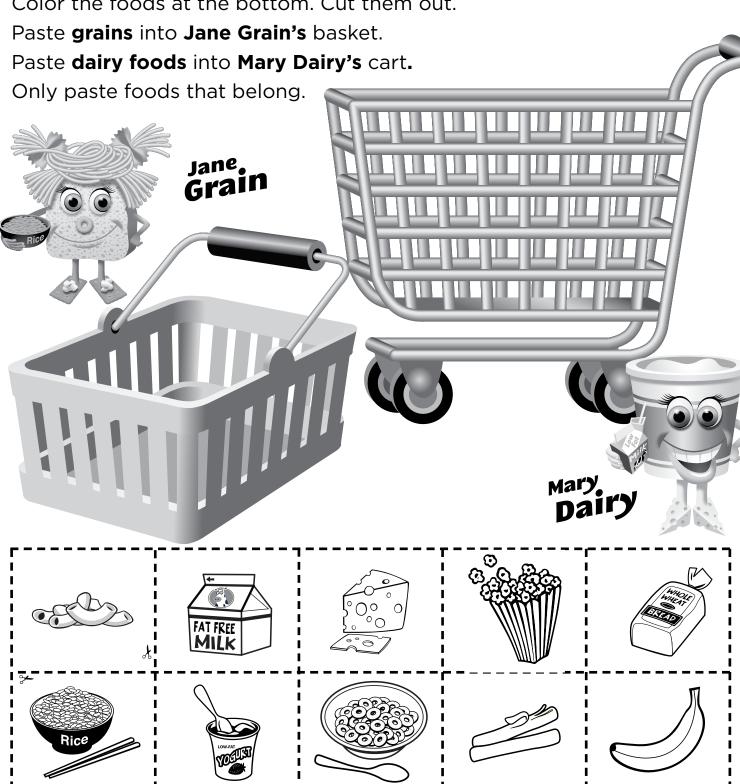
Workbook Discover *MyPlate*

Grains and Dairy Sorting

Activity

Help the Food Group Friends sort grains and dairy foods.

Color the foods at the bottom. Cut them out.





Protein Foods Sorting

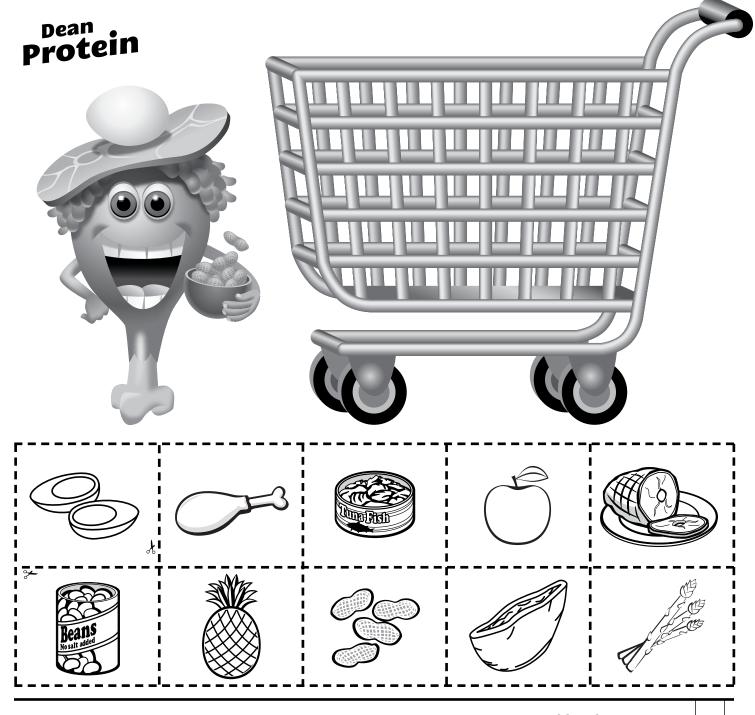
Activity

Help **Dean Protein** sort **protein foods**.

Color the foods at the bottom. Cut them out.

Paste protein foods into Dean Protein's cart.

Only paste foods that belong.



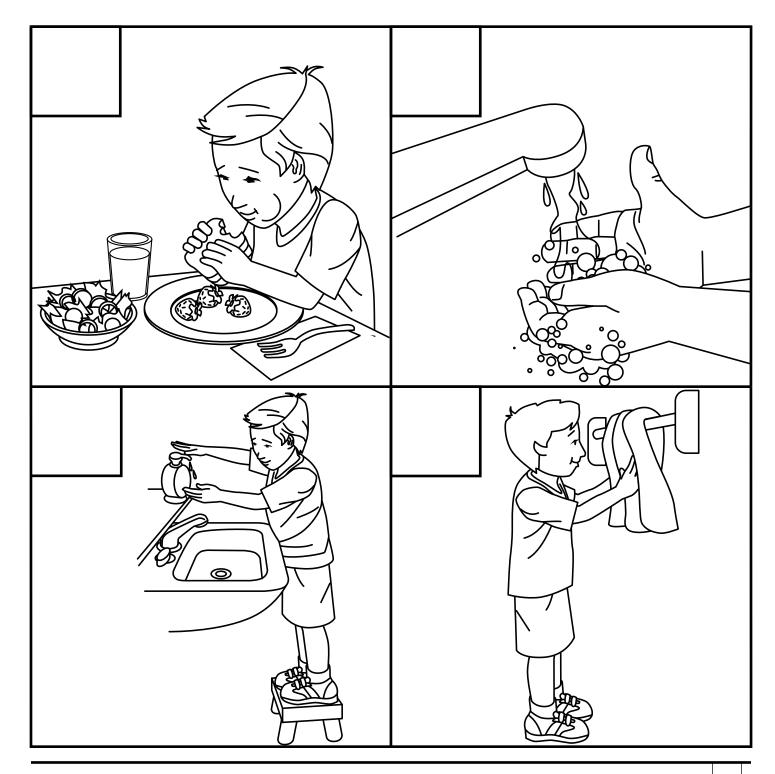


Workbook Discover *MyPlate*

10

Activity

Look at each picture. Show the order. Write **1**, **2**, **3**, or **4** next to each picture. Circle things that start with the letter **S**.



Discover *MyPlate*Workbook • Lesson 1 11

Foods I Like

Activity 5

Read each sentence. Color the pictures. Draw a food you like in the last sentence.



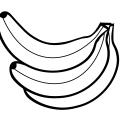
I like to eat



in a



I like to eat

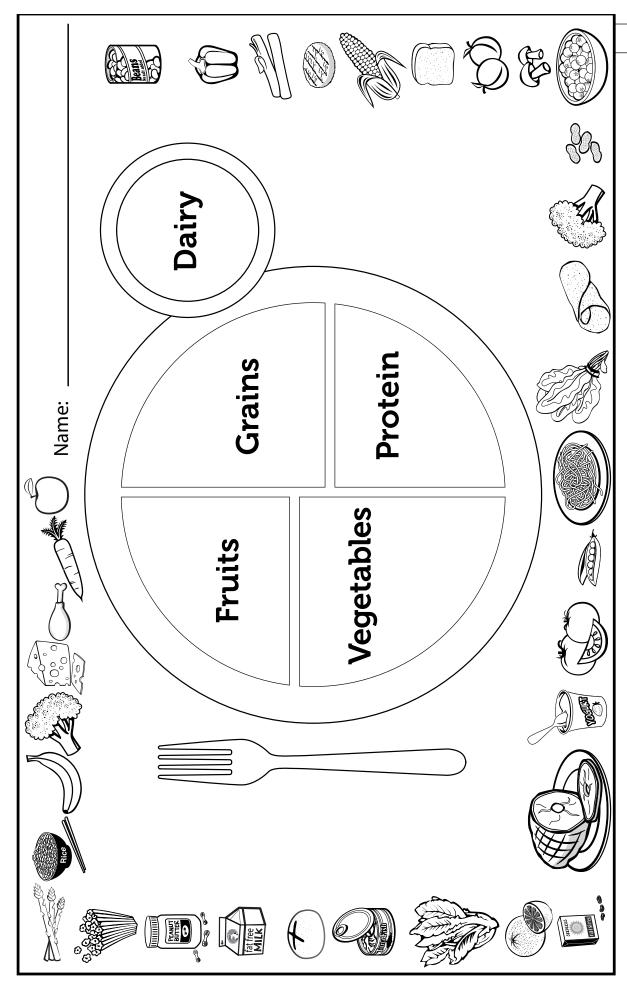


at



I like to eat

Write your name. Draw a picture of one food from each food group on the MyPlate. Lesson 2





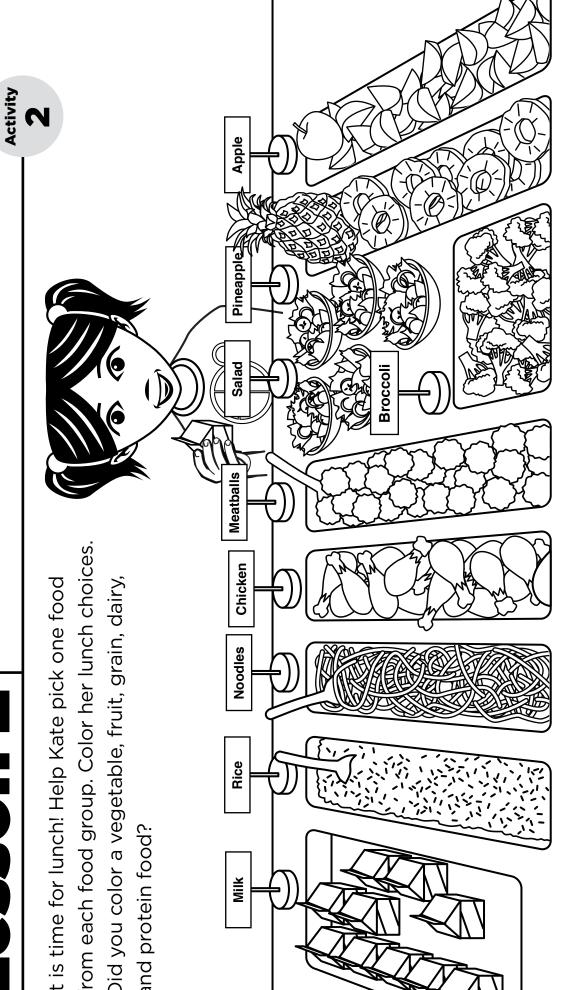
Workbook Discover *MyPlate*

5

esson 2

Kate's Lunch Plate

from each food group. Color her lunch choices. Did you color a vegetable, fruit, grain, dairy, It is time for lunch! Help Kate pick one food and protein food?



Workbook • Lesson 2 Discover MyPlate

What Do We Need?

Activity 3

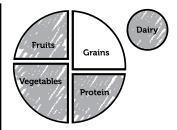
Color in the plate for each food group you see. What food group is missing?









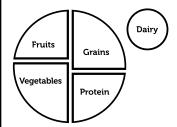










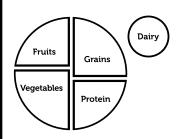










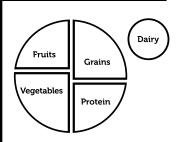










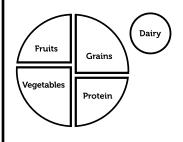












Bananas for Fruit!

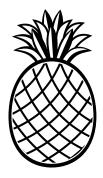
Activity

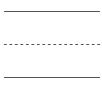
1

I love fruit! Color the fruits.

What letter does the name of each fruit start with? Write the letter on the lines next to each fruit.



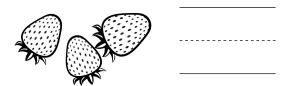












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Vote for Veggies!

Activity

Veggies are my favorite!

Write the first letter of each vegetable on the lines. Color in the vegetables that start with the same letter in each row.



What have you tried?





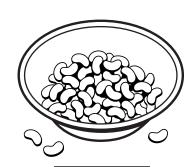










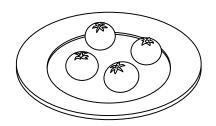


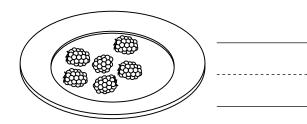


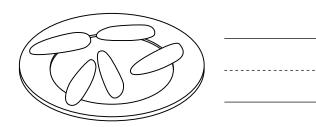
Lesson 3 Snack Count

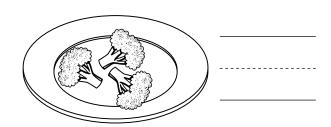
Activity

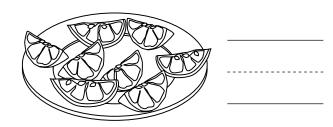
It's snack time! Count the number of fruits and vegetables on each plate. Write the numbers on the lines. Which plate in each row has more? Circle it. Color the fruits and vegetables.

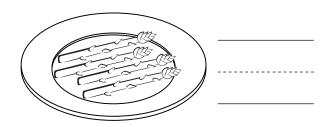


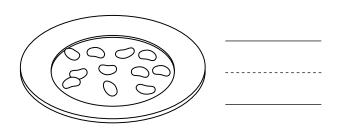


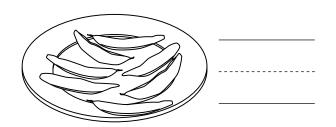










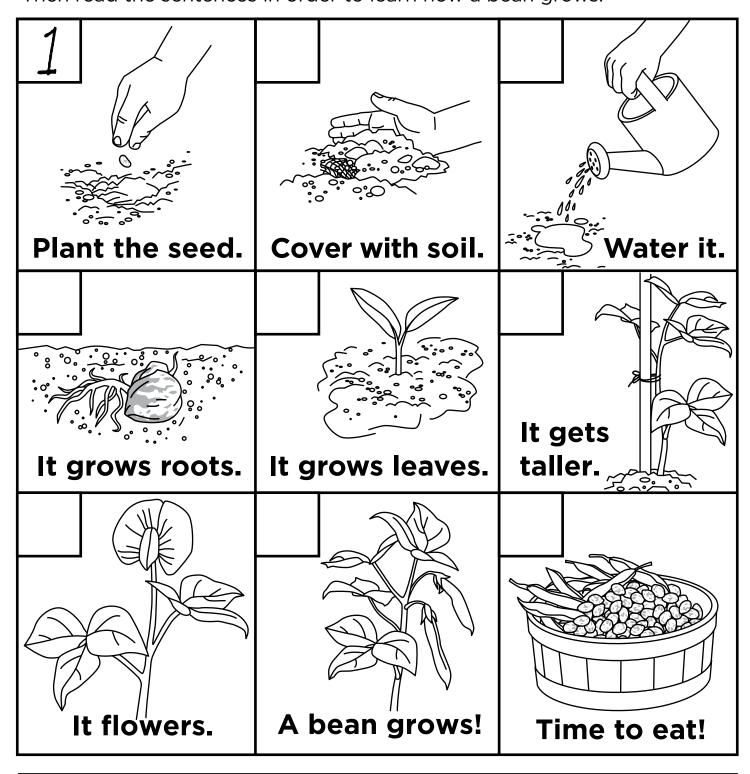


Activity
1

How do plants grow?

20

Number the pictures from 1 to 9 going from left to right, top to bottom. Then read the sentences in order to learn how a bean grows.



Workbook • Lesson 4 Discover MyPlate

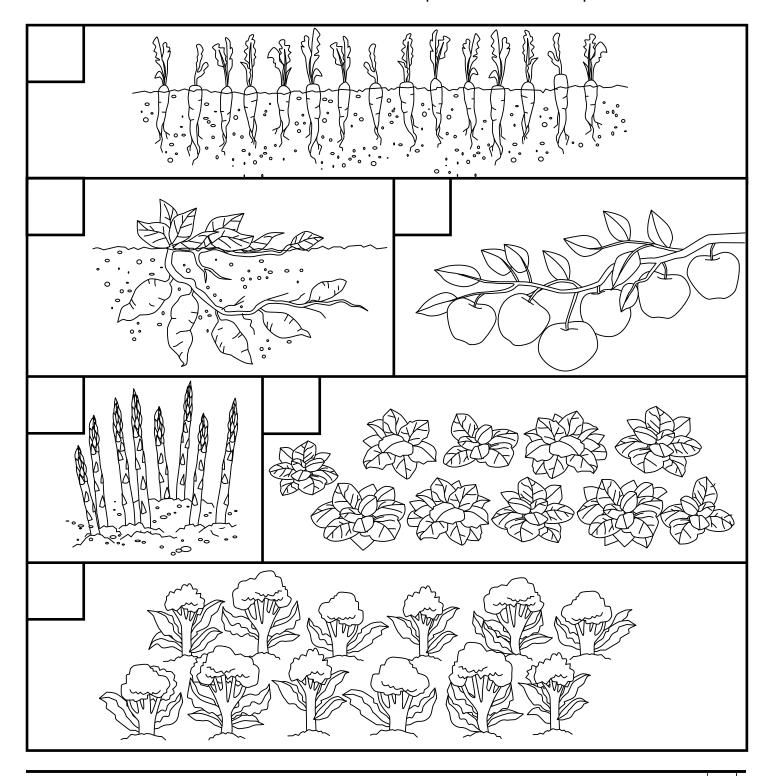
1, 2, 3, 4 — Grow, Fruit and Veggies, Grow!

Activity **2**

Look at the fruits and vegetables growing!

How many fruits or vegetables are in each picture box?

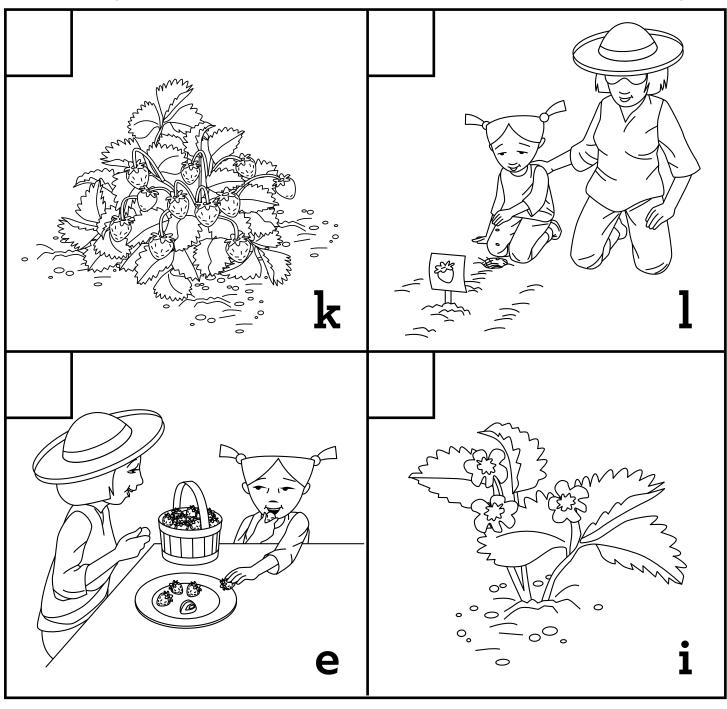
Count them. Write the number in the square. Color the pictures.



Activity **Z**

Look at each picture. Show the order. Write 1, 2, 3, or 4 in the box.

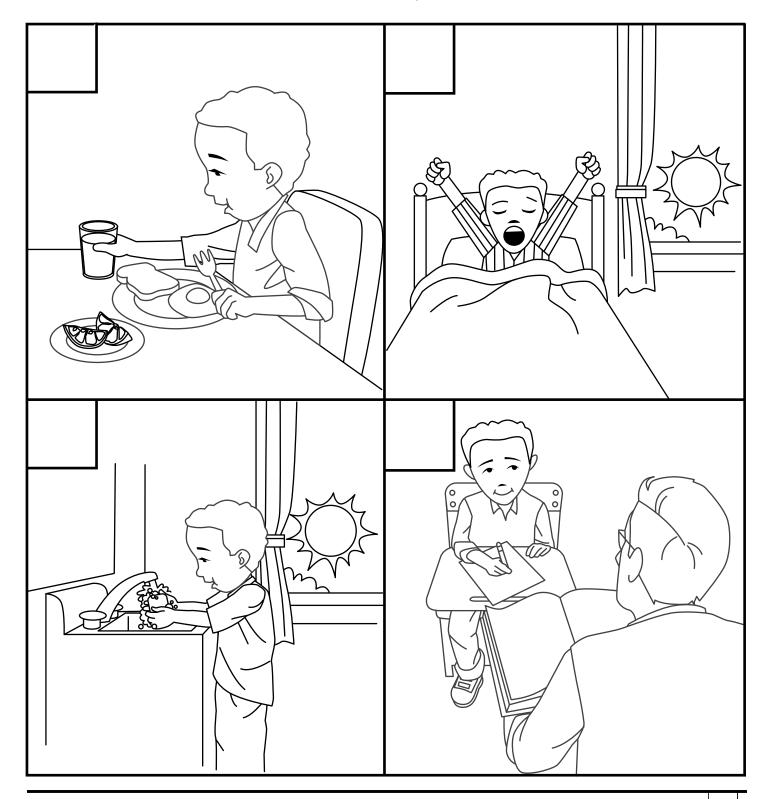
Color each picture. Write the letter from each box below. What does it spell?



I _ _ _ strawberries.

Look at each picture. Show the order.

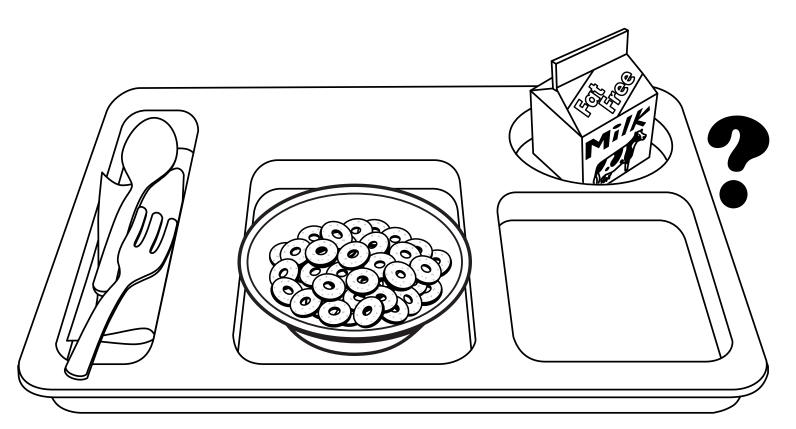
Write 1, 2, 3, or 4 in the box. Color the pictures.



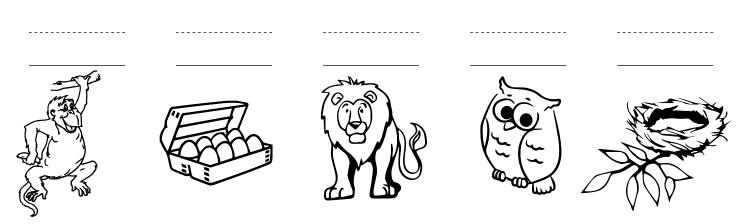
Lesson 5 Where Is the Fruit?

Activity

It is time for breakfast. You have a bowl of cereal and milk. The fruit is missing. What fruit is for breakfast? Look at the pictures. Write the letter that begins each word. The letters spell the word of the missing fruit.



What fruit is for breakfast?



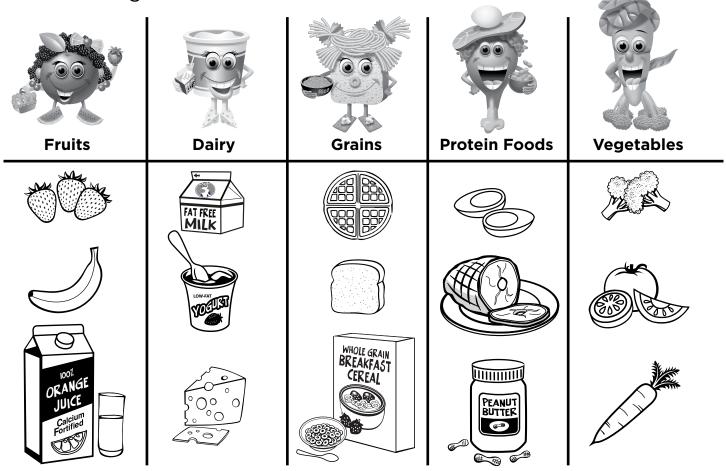
Draw a picture of the missing fruit on the tray.

Workbook • Lesson 5 Discover MyPlate

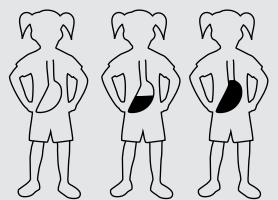
Breakfast Time!

Activity **3**

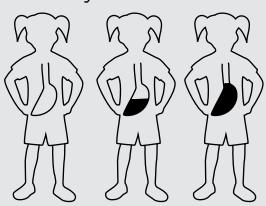
- **1.** Pick a **Protein**, **Fruit**, **Grain**, and **Dairy** food to make breakfast. Circle one choice in each group.
- 2. Circle a vegetable to eat as a snack.



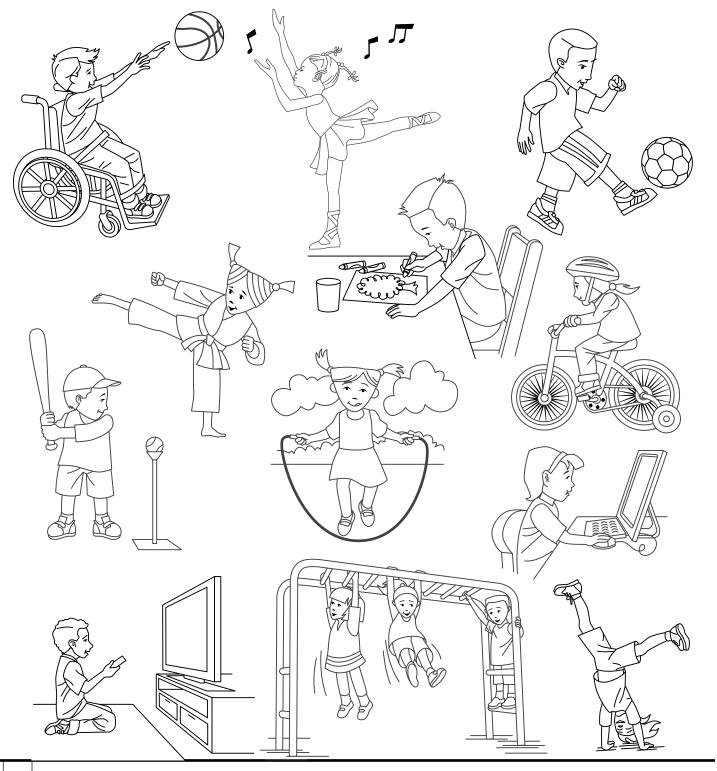
How full does your tummy feel **before** you eat breakfast?



How full does your tummy feel **after** you eat breakfast?

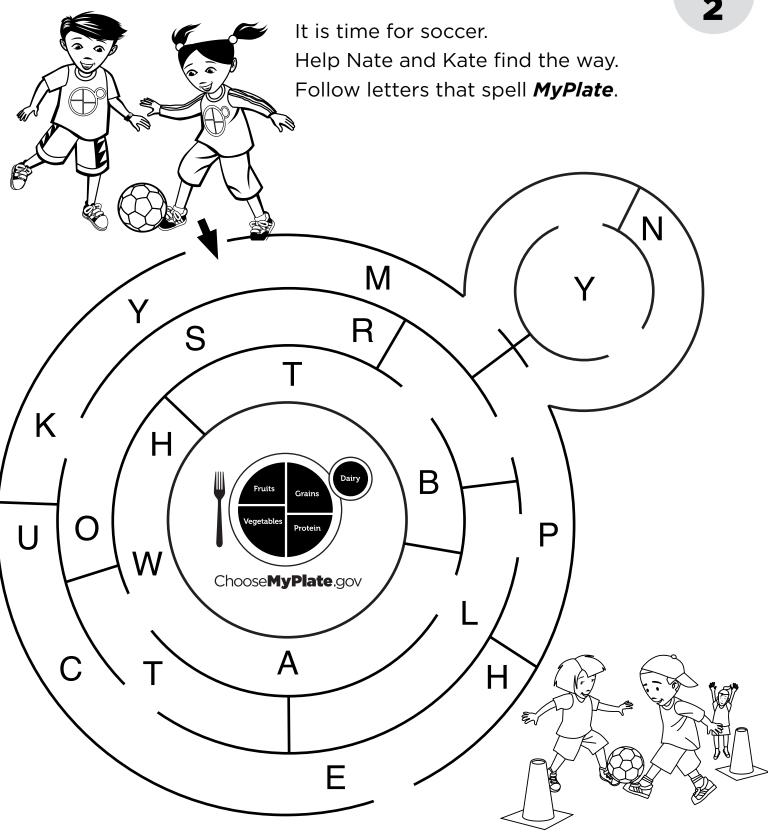


Color the pictures that show how to be active at play. Only color activities that make your heart beat faster. Circle your favorite way to be active when you play.



Field Day Fun!

Activity





Workbook Discover *MyPlate*

28



Good job, _____!

You tried new foods and learned about *MyPlate*.

Keep up the good work.

Choose healthy foods from each food group.

Run, jump, and play every day.

It is fun and good for you!

Teacher's Signature _____



Discover other nutrition education materials developed under the U.S. Department of Agriculture's Team Nutrition initiative at: http://teamnutrition.usda.gov.

