



Teacher Education And Classroom Habits
A Nutrition Program for Montessori Teachers

Teacher's Manual – Nutrition Curriculum

Montessori Lesson Plans – Week 1

“MyPlate Fun: Discovering the Food Groups”

Supplemental Material: “MyPlate Fun” Activity Sheet (page 5)

(Words to avoid during presentations: “unhealthy”, “bad food”, “fat”, “weight gain”)

Objective

Students will be able to:

- identify the 5 food groups
- classify foods according to food group

Materials

- Tray to hold lesson materials
- MyPlate board
- Color-Coded Nutrition Activity Felt Mat
- Color-Coded Felt Food Group Pieces
 - Fruits (Red)
 - Vegetables (Green)
 - Protein (Purple)
 - Grains (Brown)
 - Dairy (Blue)
- 25 Pictures of Foods
 - *Fruits*
 - Apple
 - Banana
 - Orange
 - Cantaloupe
 - Kiwi
 - *Vegetables*
 - Celery
 - Cucumber
 - Carrot
 - Green Beans
 - Bell Peppers
 - *Protein*
 - Chicken
 - Steak
 - Salmon
 - Beans
 - Eggs
 - *Grains*

- Bread
- Rice
- Crackers
- Pasta
- Oatmeal
- *Dairy*
 - Milk
 - Cheese
 - Yogurt
 - Cottage Cheese
 - Sour Cream

Day 1

Presentation #1 (Group Presentation):

1. Unroll a rug.
2. Place the color-coded nutrition activity felt mat on the rug.
3. Show the children the MyPlate board and explain that food can be categorized into different food groups.
 - a. **Say: “There are many different types of foods which can be sorted into 5 food groups. This plate shows us the different food groups and how much of each food group we should have on our plate.”**
4. Point to each food group and name each group.
 - a. (Start with the fruit group, naming the groups counterclockwise)
 - i. **Say: “This is the fruit group. What color is the fruit group?”**
 - ii. **Once the children answer, say: “Yes, the fruit group is red.”**
“This is the vegetable group. What color is the vegetable group?” Continue to the protein group, then the grain group, then the dairy group using the same language as above.
5. Remove the felt food group pieces one at a time from the tray and place each food group on the designated color-coded area of the nutrition activity felt mat.
6. **Tell the children: “Tomorrow, we will talk about different foods that belong in each food group.”**

Day 2

Presentation #2 (Group Presentation):

1. Unroll a rug.
2. Place the color-coded nutrition activity felt mat on the rug.
3. Show the children the MyPlate board.

- a. **Ask the children:** “Do you all remember how many food groups there are?”
 - i. **If they respond correctly, say:** “Yes, there are 5 food groups.”
 - ii. **If they do not respond correctly, say:** “Let’s count how many food groups are on the plate.” Proceed to count the food groups.
 - iii. **Then say:** “There are 5 food groups.”
- b. Next, ask the children if they remember the names of the food groups.
 - i. **Say:** “Can you all tell me the names of the food groups?”
 - ii. **If they respond correctly, say:** “Yes, those are all the names of the food groups.”
 - iii. If they are unable to correctly name all the groups, point to each group on the plate and name them for the children.
4. Remove the felt food group pieces from the tray and place them on the designated areas on the nutrition activity felt mat.
5. Remove the food picture cards from the tray (ensure the cards are in order based on the food group).
6. Place the first 5 cards depicting images of fruits in the column under the fruit group on the activity felt mat.
 - a. **Say:** “These foods are different types of fruits, and they are all a part of the fruit group.”
 - b. Point to each picture and name each fruit.
 - i. **Say:** “The fruits we have here are: apple, banana, orange, cantaloupe, and kiwi.”
 - c. **Next say:** “Let’s move on to the next food group.”
7. Place the next 5 cards depicting images of vegetables in the column under the vegetable group on the activity felt mat.
 - a. **Say:** “These foods are different kinds of vegetables, and they are all a part of the vegetable group.”
 - b. Point to each picture and name each vegetable.
 - i. **Say:** “The vegetables we have here are celery, cucumber, carrot, green beans, bell peppers.”
 - c. **Next say:** “Let’s move on to the next food group.”
8. Continue to the protein group, then the grain group, and last, the dairy group using the same format and language from steps 6 and 7.

Day 3

Presentation #3 (Group Presentation):

1. Unroll a rug.
2. Place the nutrition activity felt mat on the rug.
3. Show the children the MyPlate board. Ask the children to identify the food groups as you remove the felt pieces from the tray.

- a. After the children name each food group, place each felt piece on the activity felt mat.
4. Remove the picture cards from the tray (ensure the pictures are mixed up for this presentation).
5. Show each picture to the children, one at a time.
6. Name each food for the children and ask them to identify which food group each food belongs in.
 - a. **Example – Say:** “**This is yogurt. What food group does yogurt belong in?**”
 - i. If the children are unable to identify the food group, tell the children which group the food belongs in.
 - b. Proceed with each picture in the same manner.
 - i. This presentation may be time consuming to go through all 25 pictures; therefore, this presentation may be broken up into 2 sessions.

Day 4

- The lesson may be placed on a shelf in the Science area to be used as an individual lesson.
- This lesson may be presented individually if necessary.
 - The food picture cards are color-coded (self-correcting) for independence and self-efficacy.

Day 5

Review of the Food Groups:

1. Using only the MyPlate board, ask the children if they remember how many food groups there are and the names of the food groups.
 - a. **Say:** “**Can you all remember how many food groups there are?**”
 - b. **Say:** “**What are the names of the food groups?**”
2. Hold up each felt food group, one at a time. Ask the children to name some foods that belong in each group.
 - a. **Example** – Hold up the protein felt group piece and **say:** “**What foods belong in the protein group?**”

Name: _____

MyPlate Fun: Discovering the Food Groups

Directions: Color the pictures of the foods. Draw a line to match each food to the correct food group.

