

# Lesson Plan- Super Crew® & MyPlate

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## Eat Right and be a Super Kid with the Super Crew®

**Grades:** Grade 1 through 5, adjustable based on assistance with activity and details of instruction.

**Designed by:** SuperKids Nutrition Inc.

**Time Allotted for the Lesson:** Approximately 30 Minutes.

### Overview:

In this lesson, the students will learn about MyPlate ([www.choosemyplate.gov](http://www.choosemyplate.gov)) – a new nutrition education tool introduced by USDA last year. The focus will be on reviewing the benefits of the healthy foods and food groups comprising the MyPlate system with the help of the Super Crew® team. The Super Crew® gets super powers from the type of healthy foods they eat and their physical activity habits. At the beginning of the lesson, students will be introduced to each one of the Super Crew® kids and their powers. Students will then be presented with a description of the five food groups featured on MyPlate: fruits, vegetables, protein, grains, and dairy. Although fats and oils are not featured as a group on MyPlate, they will also discuss how the wrong types of fats can contribute to negative health outcomes. Additionally, a few slides are devoted to drinking water and regular physical activity as important components of a healthy lifestyle. At the end of the lesson, students will set personal goals and participate in a fun group activity. Based on the lesson, they will draw a colorful healthy meal with their favorite foods on a MyPlate template using optional learning cards. They will also take home a handout on MyPlate portions to use at home and share with their parents on eating a balanced diet and controlling portion size.

### Behavioral Goal:

Students will be able to choose the right proportions of healthy foods as demonstrated by MyPlate

Students will be able to identify correct portion sizes for the food groups represented on MyPlate

### General educational objectives:

By the end of the lessons the students will be able to:

- Identify the Super Crew® team, their powers and some of their favorite healthy foods.
- State the health benefits of each food group featured on MyPlate.
- List each one of the five food groups and give examples of food options from each group.
- List 2 or 3 easy ways to make healthier food and beverage choices.
- Create a healthy meal using the MyPlate template by completing MyPlate Activity Sheet.

- Practice nutrition and physical activity goal setting.

### Preparation:

- ✓ Read the provided PowerPoint slides, paying particular attention to the class discussion opportunities.
- ✓ Prepare supplies for the student activity.
- ✓ Make copies of the handouts and activity sheets for the students.

### Materials/Resources Needed:

#### For the teacher:

- ✓ Computer and Projector
- ✓ PowerPoint slides

#### For each student:

- ✓ 1 MyPlate Activity Sheet.
- ✓ Take-home Super Crew® Healthy Eating Handout

#### For the class:

- ✓ A set of 24 color crayons for each group of 4 students
- ✓ 4 sets of the (8X10) learning cards with a Super Crew® kid's image and a list food items for each food group. The class will be divided into groups of 4 for this activity and groups will share the learning cards with each other. The MyPlate learning cards are optional depending on printing budgets. They are beneficial because they provide additional food suggestions within each food group.

## Procedure

### Introduction:

Begin lesson by introducing the Super Crew® and MyPlate. Slides 2-4. (5 Minutes)

- “Today we’re going to learn about MyPlate with the help of the Super Crew®”.
- The Super Crew® gets different super powers from the foods they eat.
- Introduce Super Crew’s® powers and food preferences using the slides:
  - Eg. Kira- Can camouflage with nature and levitate. She likes brown foods like cinnamon, walnuts, kidney beans and whole grains

- Presenting the image of MyPlate:
  - MyPlate makes it easy to eat all the food groups: grains, fruits, vegetables, protein, dairy and fats and oils.

**Body:**

**Describe the different food groups with the help of the Super Crew®. Slides 5-24. (10-15 minutes).**

- Short introductions describing each food group are provided below. After the introduction, please read or communicate in your own words the information provided by the slides.

**Vegetables & Fruits food groups with Super Crew® kid, Super Baby Abigail (slides 5-7)**

- \*Please adapt the vocabulary level to the appropriate grades when presenting slides 5-7. Include the phytochemicals for grades 5 to 7, but omit this part for grades 1-4.

**Example:**

| <b>Grades 1 to 4</b>  | <b>Grades 5 to 7</b>  |
|---|---|
| “Green vegetables promote good vision, healthy skin, and healthy heart” | “Green vegetables are rich in lutein which promotes...”   |
| “Yellow & orange vegetables keep your heart and eyes healthy...”        | “Yellow & orange vegetables are rich in vitamin C, carotenoids and bioflavonoids which keep your heart and eyes healthy...” |

**Introduction:** Fruits and vegetables provide Abigail with many powerful vitamins, minerals and Fight-O-Chemicals –plant compounds that fight off disease - to give her the ability to heal faster. Color half of your plate with different kinds of fruits & vegetables –don’t forget that white, beige, black and brown count as colors - that make you super healthy. Ask the children to give examples of fruits and vegetables of each color described by the slide.

**Grain food group with Super Crew ® Kid Kira (slides 8-11)**

**Introduction:** Kira makes 75% of her grains whole to have super energy! MyPlate says to aim for at least 50%, but Kira knows you can do better than that!  
A grain product is any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain. For more examples of grains, see slide 8.

**Protein food group with Super Crew® Kid Penny (slides 12-13)**

**Introduction:** Penny can move at super speeds because she works her muscles with the right kind of protein! Go lean with protein and you’ll be super fast!

**Dairy food group with Super Crew® Kid Carlos (slides 14-16)**

**Introduction:** Carlos can jump up to the sky and make clouds because dairy helps make his bones strong. Eating dairy and plenty of green leafy vegetables and fruits helps balance the calcium in his blood. If you do not eat dairy products, make sure to get plenty of calcium from plants like spinach, tofu and fortified cereal (slide 16).

### **Healthy fats & oils with Super Crew® Kid Marcus (slides 17-19)**

**Introduction:** Ask the students: “What else can we add to MyPlate in order to make it super healthy?” Correct answer “add healthy oils or/and fats”. Aim for one serving of healthy fat per meal.

### **Healthy snacks with Super Crew® Kid Jessie (slide 20)**

**Introduction:** Jessie can change any unhealthy snack into a healthy one! She makes sure to choose low sugar, low sodium and low-fat snacks!

### **Drinking water with Super Crew® Kid Baby Tom-Tom! (slides 21-22)**

**Introduction:** Everyone should drink plenty of water every day to stay hydrated. What red fruit also contains a lot of water?

### **Fun Physical Activities with Super Crew® Kid Andy (slides 23-24)**

**Introduction:** Andy is super strong because he makes sure to get at least 60 minutes of exercise a day

### **Student Activity. Slides 25-26. (10-15 minutes)**

Explain the Super Crew®/MyPlate activity to the students according to the instructions on the activity sheet.

- Divide the class into groups of 4
- Each one of the student will get a MyPlate coloring sheet.
- Each group of 4 will get 8 Super Crew learning cards and 24 colors of Crayons.
- Encourage the students to work together and follow the instructions on the cards.

At the end of the lesson, distribute “Healthy Living with the Super Crew®” handout. It includes general information about the discussed food groups, serving sizes and additional health tips.

### **Sources:**

- (1) <http://www.choosemyplate.gov/>
- (2) <http://www.superkidsnutrition.com>
- (2) <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/pyramid/d>
- (3) Gropper,S.S, Smith,J.L, Groff,G.L.(Fifth edition) Advanced Nutrition and Human Metabolism.