

Third Grade Curriculum Overview “Serving Up MyPlate”

Curriculum - Serving Up MyPlate - Level 2 (Grades 3 & 4)

Priority Indicators: Healthy Eating (ST1), Healthy Eating Behaviors (MT1) Objectives: Improve overall dietary quality Intervention Topics: Fruits and vegetables, MyPlate food groups and portions for a healthy eating pattern, Healthy fats and oils, Limiting added sugars, sodium, and saturated fats				
Lesson Name	Objective/Essential Questions	Activity	Sample/ Incentive	Parent Sheet
#1: We Are What We Eat	LEARNING OBJECTIVES: Students will be able to... ➤ Identify the 5 main food groups and name a variety of nutritious examples of foods in each. ➤ Explain how MyPlate serves as a reminder to eat a healthy meal. ➤ Create and describe a healthy meal containing a food from each food group ➤ Discuss Importance of physical activity as part of a healthy lifestyle. ESSENTIAL QUESTIONS: ➤ What choices can you make that help you stay healthy?	1. Introduction 2. Pre-Survey 3. Warm-up: Healthy Choices Discussion/EQ 4. Review of MyPlate 5. “What Food are You?” 6. Food group groups; Make a meal 7. Make a Healthy Meal 8. Review Essential Questions	None	FoodWise letter & SUMP handout (page 2 of curriculum)
#2: We Are Vegetables	LEARNING OBJECTIVES: Students will be able to... ➤ Identify ways vegetables help our bodies be healthy. ➤ Acknowledge that they need a variety of vegetables to get the nutrients their bodies need. ESSENTIAL QUESTIONS: ➤ What choices can you make that help you stay healthy?	1. Introduction/Review 2. Warm-up: Healthy Choices Discussion/EQ 3. Vegetable Subgroups 4. What Vegetable Are You? 5. Dissect a Salad 6. Review Essential Questions 7. 3rd Grade ST Vegetable Survey	Sample salad	“What Color is Your Food” (Pg. 2&8)-USDA
#3: Sometimes Foods- Overview	LEARNING OBJECTIVES: Students will be able to... ➤ Explain the concept of eating in moderation ➤ The learner will identify sometime foods (red light) and anytime foods (green light). ➤ Give examples of healthier food options to choose instead. ➤ Discuss Importance of physical activity as part of a healthy lifestyle. ESSENTIAL QUESTIONS: ➤ What are “sometimes” foods?	1. Intro/Review 2. Warm-up: EQ 3. Bags of fat, sugar, salt 4. Make a red light and green light Plate 5. Physical Activity 6. Review EQ	None	Parent Letter “Pick a Better Snack” (Oct. 2015)

	➤ Why are they called that? ➤ What can I eat instead? ➤ Discuss Importance of physical activity as part of a healthy lifestyle.			
#4 The "Science" of sugar in foods	LEARNING OBJECTIVES: Students will be able to... ➤ Identify foods that have added sugars ➤ Describe the benefits of limiting the consumption of added sugars ESSENTIAL QUESTIONS: 1. How can I find out if foods and drinks have added sugars? 2. Where can I look to see if a food/drink is high in sugar?	1. Warm-up/Review: Important Questions and Review RL GL fats 2. Natural Vs. Added Sugars 3. Added Sugar "Clue Words" 4. Finding the Added sugars 5. Discussion 6. Review EQ	None	USDA, "Fats and Oil: Build a Healthy Plate with Options Low in Solid Fats"
#5 The "Science" of sugar in drinks	LEARNING OBJECTIVES ➤ Students will be able to: ➤ Identify foods that have added sugars ➤ Describe the benefits of limiting the consumption of added sugars ESSENTIAL QUESTIONS: ➤ How can I find out if foods and drinks have added sugars? ➤ Where can I look to see if a food/drink is high in sugar?	1. Intro/Review: Clue words for added sugars 2. "Important Questions" 3. The "Sweet" Experiment 4. Sample 5. Review EQ 6. Post Survey/Drink	Infused Water	Parent Letter Make Better Food Choices (10 tips) Parent Letter "10 Tips" for Making Better Beverage
#6: The "Science" of fats in foods	LEARNING OBJECTIVES: Students will be able to... ➤ Identify foods that are high in solid fats ➤ Describe the benefits of limiting the consumption of solid fats ESSENTIAL QUESTIONS: ➤ Why are some fats better than others? ➤ What are some healthy oils I can add to my meals?	1. Warm-up; EQ 2. Fat Experiment 3. Butter is Thicker than Oil 4. Sample 5. Review: EQ 6. Post-survey	Avocado	ChoicesUSDA, "Fats and Oil: Build a Healthy Plate with Options Low in Solid Fats"