



FRESH BABY'S EAT LIKE A MYPLATE SUPER HERO

Audience

1st and 2nd Grade



MyPlate Messages

Eating a variety of foods is healthy

Setting

Individual or Centers

Fresh Baby Products (optional)

[Fresh Baby's 4-Section MyPlate Comic Book Design](#) and [Fresh Baby's Dairy Cup Comic Book Design](#)

Anticipatory Set

- Review the five MyPlate food groups
- Teach the [ABC's of Vitamins and Minerals](#)
- Review the basics of paragraph writing (top sentence, three supporting details, conclusion sentence)

Objectives

Children will demonstrate the importance of eating a well-balanced meal from the five MyPlate food groups.

Materials

- Crayons, markers or colored pencils
- Old Magazines
- Scissors
- Glue

Tips

- For centers, include the Fresh Baby 4-Section MyPlate Comic Book Design. Let the children see and touch the plate for reinforcement. As a follow-up, provide each student with a plate and dairy cup.
- Provide parents with a copy of Fresh Baby's Nutrition Tip Sheet.

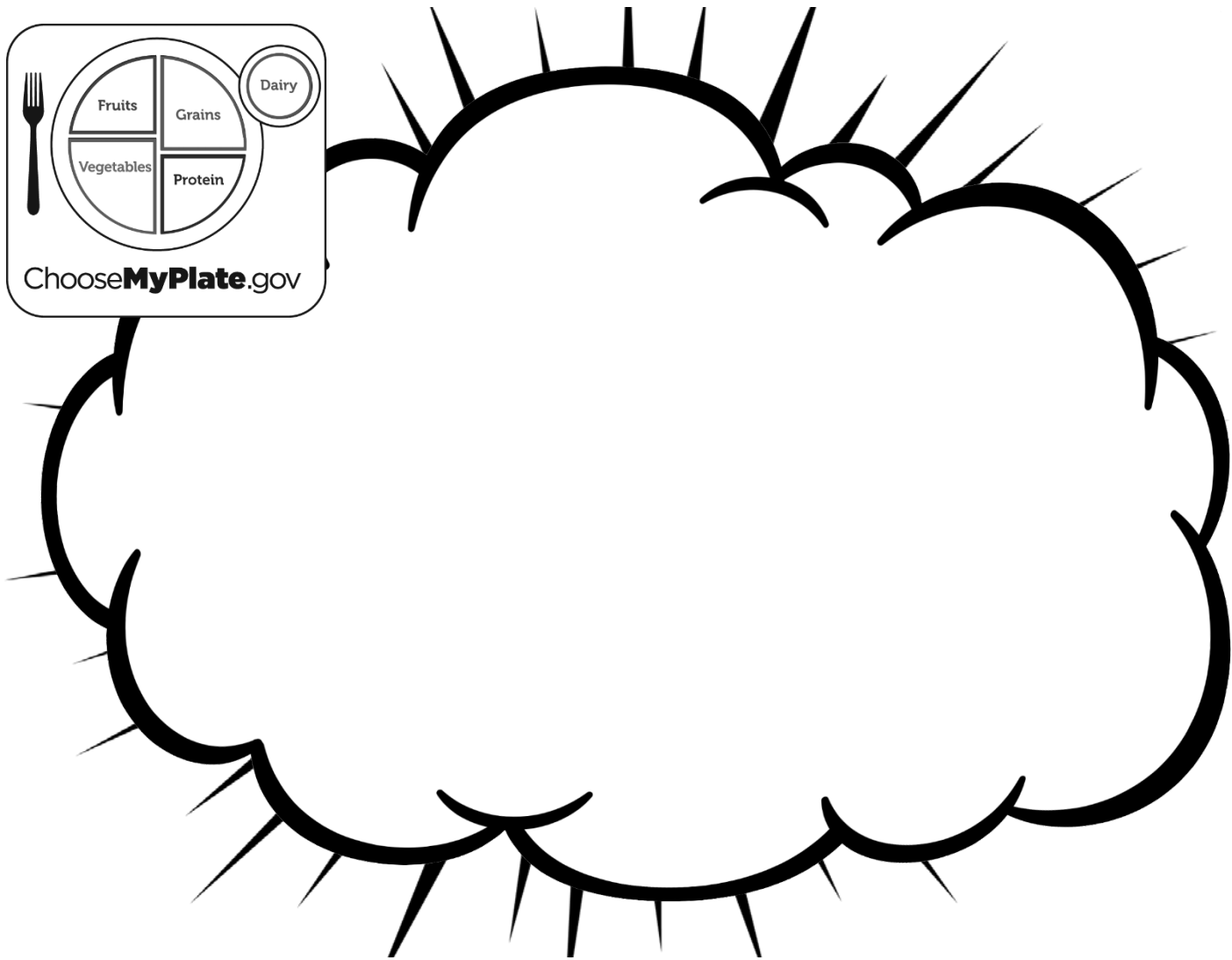
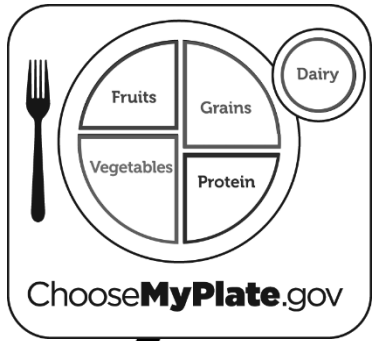
Instructions

1. To review and/or demonstrate their knowledge of the 5 MyPlate food groups, have the children cut and paste foods that are healthy (to give them energy) and unhealthy using the Eat like a Super Hero worksheet.
2. Use the My Super Hero Eats Healthy Worksheet to have the children draw their super hero. Have them write in each circle what their super hero eats based on their favorite food from each food group. Lastly, have the children write a short paragraph about the powers their super hero has from eating healthy foods.

Eat Like a MyPlate Super Hero

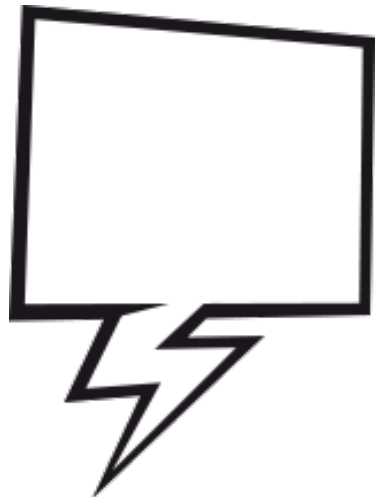
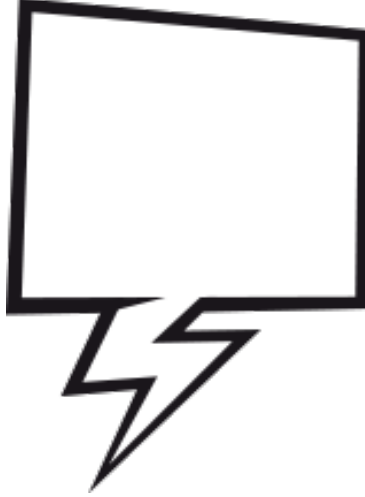
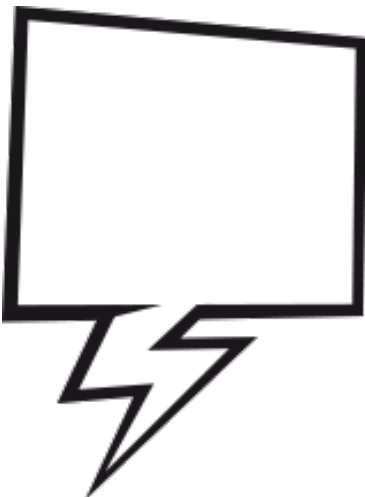
These foods give me super hero powers!

Cut and paste healthy foods from the 5 food groups that give you energy to power your day.



These foods zap my energy and have no nutritional value, they are like villains.

Cut and paste examples of unhealthy foods that are bad for you!



Name: _____

MYPLATE SUPER HERO EATS HEALTHY



Directions: Draw your super hero. What foods give your super hero energy? Choose your favorite food from each of the five food groups. Write a short paragraph about the powers your super hero has because they eat healthy foods.



Four sets of horizontal writing lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line, for writing a paragraph.

VITAMINS & MINERALS

A

Eyes Like A. Vitamin A is very important for good vision. Carrots, apricots, broccoli and sweet potatoes are great sources of Vitamin A.

B

Beef Up on B Vitamins. B vitamins help build healthy red blood cells and make energy. Avocados, broccoli, chicken, lean meat, fish, nuts and beans are good sources of B vitamins.

C

See Benefits with C. Vitamin C boosts the immune system and helps to keep skin and hair healthy. Vitamin C can be found in citrus fruits, mangoes, tomatoes, broccoli, strawberries and cauliflower.

D

Definitely Get D daily. This vitamin helps the body soak up calcium. On most days 15 minutes of sunshine will do. Eat eggs and fish for vitamin D and drink milk.

E

Stay Young with Vitamin E. Vitamin E acts like an antioxidant protecting the body from many diseases and cancers. It also protects eyes, skin and lungs from air pollution. Beans, nuts, vegetables oil and whole-grain bread have vitamin E.

I

K

Z is for Zinc. Studies show zinc may improve memory and school performance. Liver is an excellent source of zinc. Shitake mushrooms, spinach, asparagus, green peas and pumpkin & sesame seeds also contain zinc.

Iron is Essential. Iron forms an important part of red blood cells and makes sure oxygen is delivered to all parts of the body. Eat plenty of iron-rich foods to have a healthy body. These foods include avocados, chicken, dry beans, meat and spinach.

Kickin' with K. Vitamin K helps the body make proteins that are important for blood to clot. Broccoli, egg yolks, cauliflower, green peas and tomatoes for are all foods with vitamin K.



NUTRITION TIPS

AT THE STORE

Nutrition Claims on Food Packages and Common Terms Include:

- "Excellent Source of" means contains 20% or more of the Daily Value
- "Good Source" means 10%-19% of the Daily Value
- "Fortified" or "Enriched" means contains 10% or more of the Daily Value

Nutrition Facts

Read the Label

What to look for when you're choosing foods:

- Calories
- Fat Content (including saturated and trans fat)
- Sodium
- Sugar

Avoid Sugary Drinks and Foods. Less than 10% of your daily calories should come from added sugars. *(This does not include naturally occurring sugars such as those in milk or fruit.)*

Added sugar = sugars and syrups added to processed foods and drinks.

- Soda
- Cereals
- Juice

A Dash of Salt. Your body needs a LITTLE salt (aka sodium). Too much salt = high blood pressure and other problems. Adults and children (14 and up) – less than 2,300 mg per day.

Check the label for sodium, especially in:

- Pizza
- Pasta sauces
- Soups
- Packaged meals

MAKE SMALL CHANGES FOR A HEALTHIER EATING STYLE.

Think of each change as a personal "win" on your path to living healthier. Each **MyWin** is a change you make to build your healthy eating style. **Start with a few of these small changes:**

- Make half your plate fruits and vegetables.
- Make half your grains whole grains.
- Move to low-fat and fat-free dairy.
- Vary your protein routine.
- Eat and drink the right amount for you.



Be Complex About Your Carbs.

Carbohydrates = energy for your brain and body. Complex carbohydrates = healthy digestion.

- Whole grain breads
- Brown rice
- Oatmeal

Muscle Up with Protein.

Protein = muscle building and staying strong!

Protein helps you stay full.

- Seafood
- Lean meats
- Poultry
- Eggs
- Legumes (beans and peas)
- Nuts
- Soy products
- Seeds

Good Fat is Phat. The body needs fat to produce healthy cells and absorb vitamins like A, D, E and K. Healthy fats are **Unsaturated**.

- Oils (canola, olive)
- Cheese
- Nuts
- Egg Yolks
- Avocados

Limit Saturated and Trans fats to less than 10% of your daily calories.

- Butter
- Whole Milk
- Meats not labeled lean