



FRESH BABY'S EAT LIKE A MYPLATE SUPER HERO

Audience

3rd and 4th Grade



MyPlate Messages

Eating a variety of foods provides the body with a variety of essential vitamins, minerals and nutrients..

Setting

Small Group

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 MyPlate Food Groups
- Review the Fresh Baby ABC's of Vitamins and Nutrition Tips posters
- Review Informational Text

Objectives

Children will learn about MyPlate, the five food groups, vitamins, minerals and nutrients and how they keep us healthy.

Materials

- Fresh Baby's MyPlate Super Hero Themed brochure template
- Fresh Baby's ABC's of Vitamins and Nutrition Tips posters
- Crayons, Markers and Colored Pencils

Tips

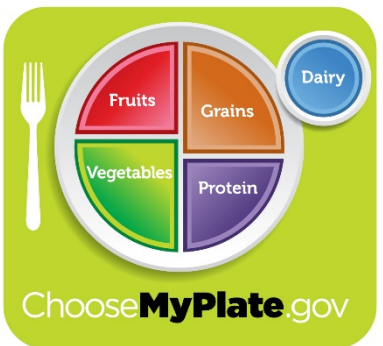
1. Provide the students with a variety of MyPlate resources, such as the Fresh Baby 4-Section MyPlate Comic Book Theme.
2. Provide the students with brochure examples for inspiration.
3. Extra credit, have the children bring in a food sample for everyone to try that has their groups vitamin or mineral in it.

Instructions


1. Assign each small group a mineral or vitamin from the Fresh Baby Vitamins and Minerals poster.
2. Have each group create a brochure to advertise their vitamin or mineral, using the Fresh Baby MyPlate Super Hero themed brochure template.
3. Have each group present their brochure to the class.


EAT LIKE A MYPLATE SUPER HERO!

Name of Vitamin or Mineral



1 _____

2 _____ 

3 _____ 

This food contains _____

Name of Food

Food belongs to this Food Group:

This food contains

Large dashed blue box for writing the name of the food.

Name of Food

Food belongs to this Food Group:

Horizontal line for writing the food group.



3 TIPS FOR EATING LIKE A SUPER HERO!

1

Three horizontal lines for tip 1, ending in a blue exclamation mark.

2

Three horizontal lines for tip 2, ending in an orange exclamation mark.

3

Three horizontal lines for tip 3, ending in a yellow exclamation mark.

Designed by SUPER KIDS who aim to eat HEALTHY!

Four horizontal lines for writing a note or answer.





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

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.



K

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.



Z

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.



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

3	2	1
There are no grammatical mistakes.	There are 1-2 grammatical mistakes.	There are several grammatical mistakes.
The facts in the brochure are accurate.	Most of the facts in the brochure are accurate.	Fewer than half of the facts in the brochure are accurate.
All students in the group worked together to create the brochure.	Most of the students in the group worked together to create the brochure.	The students struggled to work together to create the brochure.
All the students in the group can accurately answer questions related to the brochure.	All the students in the group can answer most of the questions related to the brochure.	Most of the students can answer questions related to the brochure.
The brochure is exceptionally attractive and easy to read with well-done illustrations.	The brochure is attractive and easy to read with illustrations.	The brochure is attractive but more difficult to read with very few illustrations.