

# Teacher Lesson Plan & Activities

Theme: Family Meal Time

## Overview:

Research shows, families who eat together have better communication and their children do better in school. This lesson has 2 parts:

- Learning how to build a healthy plate using the Plate Method
- Improving communication skills by talking, writing and sharing about experiences at family meal time.

## Grade Ranges:

1st through 3rd grades.

## Approximate Time:

15 minutes.

## Curriculum and Curriculum Connections:

Primary alignment with health education. Connections: Reading, Math and Writing Skills.

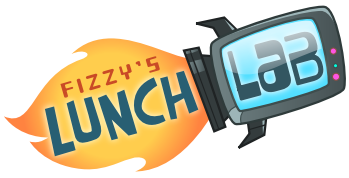
## Objectives:

The Plate Method is a way to correct size food portions without weighing or measuring foods. Encourage children to share this method with their family. Children can help serve plates at family meal times. The “My Favorite Family Meal Time Experience” is a take home worksheet for the student to complete with their family. It's a way to create conversation at home about what the child is learning at school.

## Materials:

- Pencils for students
- Print out My Plate Method Student Handout for class
- Print out Teachers Tip Sheet - What's In This Food Group?
- Print out My Favorite Family Meal Time Experience student handout for homework





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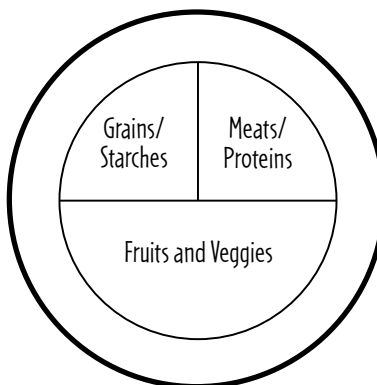
## Teacher Talking Points for Class Discussion:

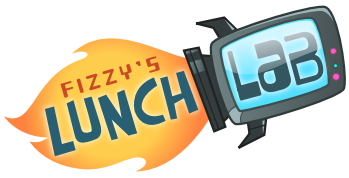
- Think about when you eat a meal with your family - who serves the food? Do you get to choose how much food goes on your plate? Do you get to pick what foods you want to eat?
- Every day it's important to choose and eat foods from all the food groups. Let's name the FIVE food groups: Meat/Beans, Dairy/Milk, Fruits, Vegetables, and Grains.
- Today, we're going to learn about something called the "Plate Method." It's an easy way to make sure you're eating the right amount of food. You can share this with your family and help serve your family's plates of food.
- Plates have actually gotten bigger. When we have bigger plates, we put more food on them. (Draw a model on the board) Copy the drawing on the board by marking off your dinner plate to match it.
- Your homework is to complete the My Favorite Family Meal Time Experience worksheet. When families take time to sit down and share a meal together - it's important. It's a time to talk and share what happened in your day. Pick out your favorite family meal time experience and fill in the blanks of the worksheet and bring it back to share with your classmates.

Fill **1/2** of your plate with Fruits and Vegetables - (Name foods in this group)

Fill **1/4** of your plate with Grains and Starches - (Name foods in this group)

Fill **1/4** of your plate with Meat/Protein - (Name foods in this group)



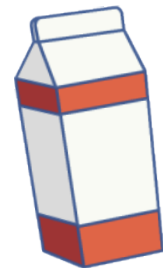


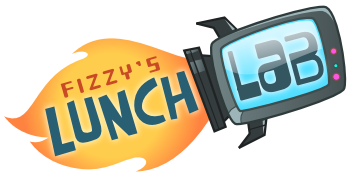
# Teachers Tip Sheet

Theme: Family Meal Time

## What's In This Food Group?

GRAIN	VEGETABLE	FRUIT	MILK/DAIRY	MEAT/BEAN
Bread	Broccoli	Apples		Lean Beef
Popcorn	Collard Greens	Honeydew Melon		Black Beans
Couscous	Tomatoes	Blueberries		Garden Burgers
Pretzels	Sweet Potatoes	Prunes		Lean Veal
Crackers	Lima Beans	Raspberries	Low Fat Milk	Lean Ham
Grits	Cauliflower	Cherries	Frozen Yogurt	Eggs
Cereal	Asparagus	Blackberries	Yogurt	Salmon
Oatmeal	Carrots	Kiwi	Swiss Cheese	Kidney Beans
Hamburger Buns	Beets	Watermelon	2% Cottage Cheese	Lean Pork
White Rice	Lettuce	Avocado	Cheddar Cheese	Tofu
Cornbread	Eggplant	Peaches	String Cheese	Nuts
Pita Bread	Onions	Lemons	pudding with Milk	Tuna Fish
Pasta	Potatoes	Pineapple		Chicken, no skin
Brown Rice	Celery	Oranges		Peanut Butter
Tortillas	Green Peppers	Bananas		Seeds
Baked Chips	Corn	Strawberries		Chickpeas



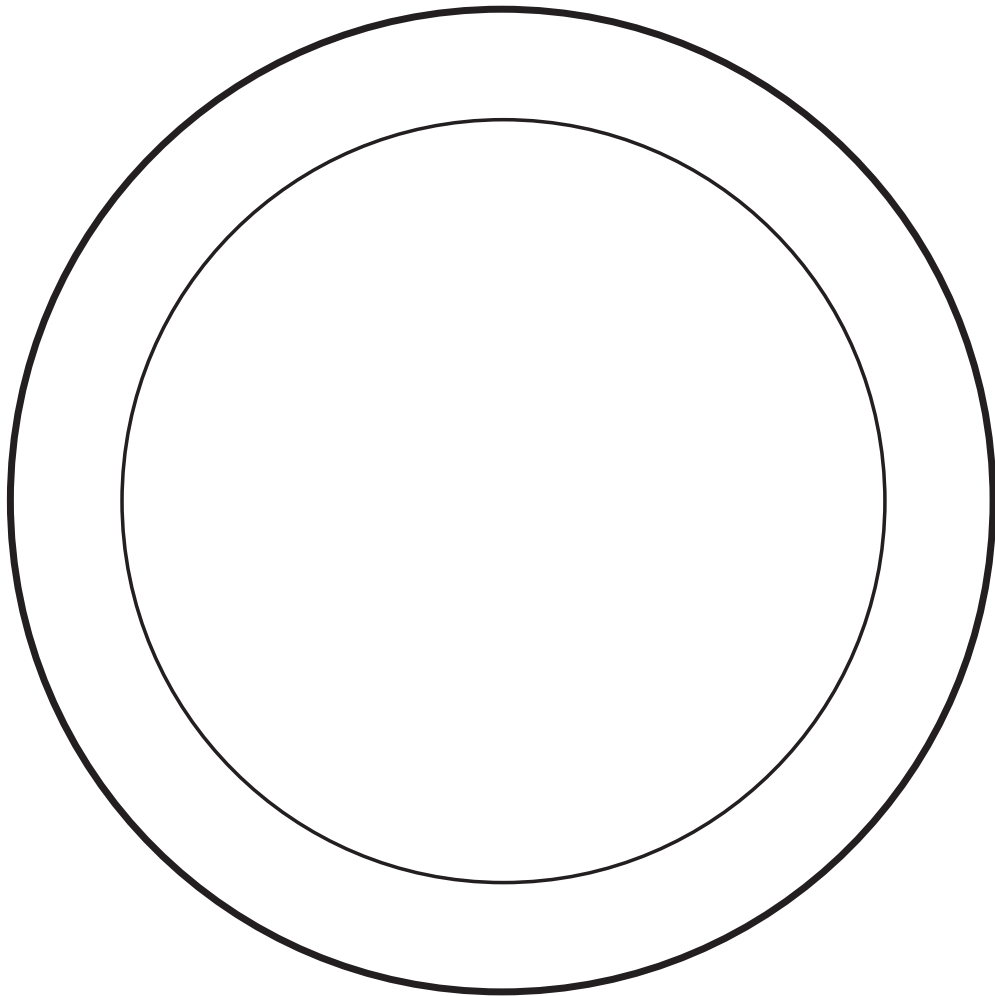


# My Plate Method Worksheet

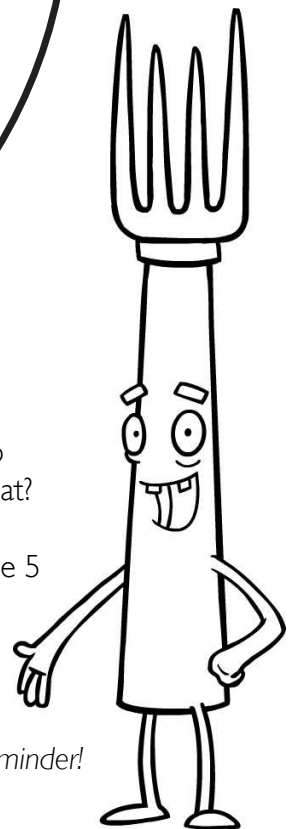
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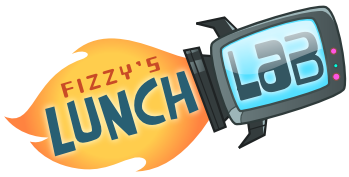
Name \_\_\_\_\_

Your teacher has drawn a plate model on the board. This is the "Plate Method". Fill in your plate!



- Think about when you eat a meal with your family - who serves the food? Do you get to choose how much food goes on your plate? Do you get to pick what foods you want to eat?
- Every day it's important to choose and eat foods from all the food groups. Let's name the 5 food groups - Meat/Beans/Protein, Dairy/Milk, Fruits, Vegetables, Grains/Pasta/Bread/Rice.
- Today we're going to learn about something called the "Plate Method." It's an easy way to make sure you're eating the right amount of food. You can share this with your family and help your family serve their plates of food. *Put the "Plate Method" on your fridge as a reminder!*





# Family Meal Time Worksheet

Theme: Family Meal Time

Name \_\_\_\_\_

## My Favorite Family Meal Time Experience

My favorite family meal time experience happened when I was \_\_\_\_\_ years old. Here are the people who were eating with me for this favorite meal \_\_\_\_\_

\_\_\_\_\_

The meal we were eating together was (breakfast, lunch or dinner) \_\_\_\_\_

The menu for this meal included \_\_\_\_\_

\_\_\_\_\_

Here's a picture of what my plate looked like:

My favorite foods on the menu for this meal included \_\_\_\_\_

\_\_\_\_\_

Here's what I liked best about this meal with my family \_\_\_\_\_

\_\_\_\_\_

My favorite things we talked about were \_\_\_\_\_

\_\_\_\_\_

Eating a meal with my family is important to me because \_\_\_\_\_

\_\_\_\_\_

When I eat a meal with my family it makes me feel \_\_\_\_\_

\_\_\_\_\_

