



FRESH BABY'S EAT A MYPLATE RAINBOW PRESCHOOL LESSON PLANS



MyPlate Messages

Fill half your plate with fruits & vegetables



Fresh Baby Products (optional)

1. [Fresh Baby's 4-Section MyPlate](#)
2. [Fresh Baby's 5-Section MyPlate](#)
3. [Kid's Portion Tip Card](#)
4. [Fresh Baby's Cooking with Kid's & Kitchen Basics Tip Card](#)



Included

1. A total of three, MyPlate fruit and veggie lesson plans to use individually or together to support a theme or unit.
2. Accompanying worksheets, hyperlinked within the lesson plan under "materials" to download and photocopy.
3. Tips and anticipatory set suggestions to support each lesson plan.



EAT A MYPLATE RAINBOW

Audience

3-5 Years of Age



MyPlate Messages

Fill half your plate with fruits & vegetables

Setting

Small Group

Fresh Baby Products (optional)

Fresh Baby's Kid's [MyPlate](#) and [Kid's Portion Control Tip Card](#)

Anticipatory Set

- Sing a fun song, watch a video or read a book about fruits and veggies.
- [Download](#) our free lesson plans on visiting a farmer's market.
- Share with the children what a portioned [MyPlate](#) looks like.



Objectives

- Children will be introduced to MyPlate and the important message of filling their plate at each meal with half fruits and vegetables.
- Children will learn about a variety of fruits and vegetables and how they look and feel.

Materials

- Glue
- Scissors
- Crayons, markers or colored pencils
- Fresh Baby's [Eat a Rainbow worksheet](#)
- Plastic or real fruits and vegetables that correspond with the fruits and vegetables on the worksheet



Tips

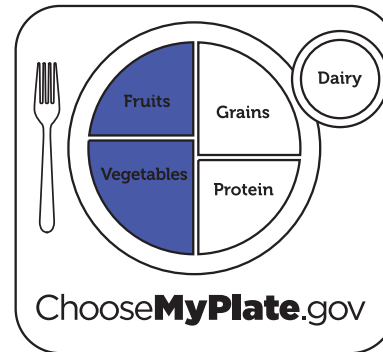
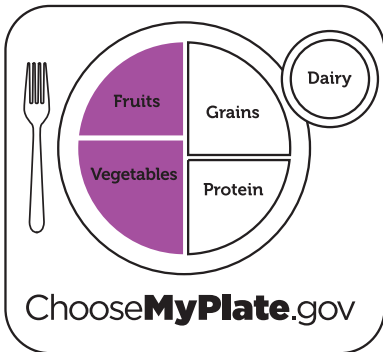
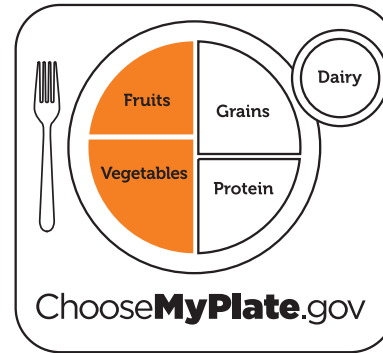
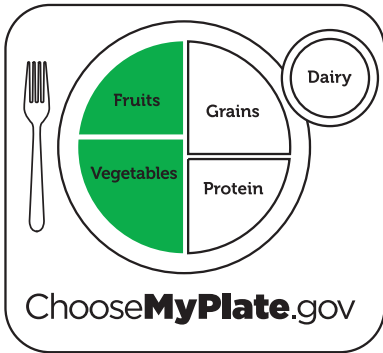
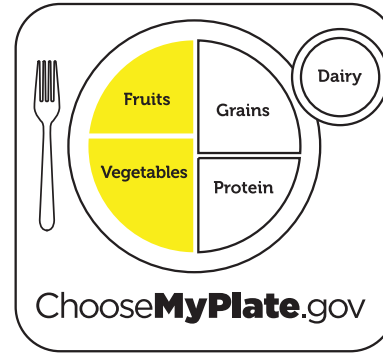
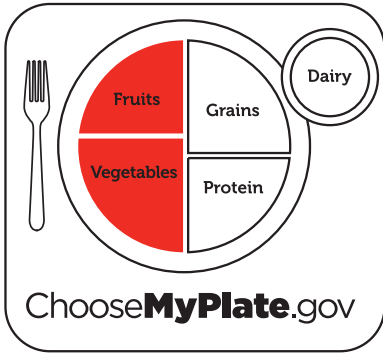
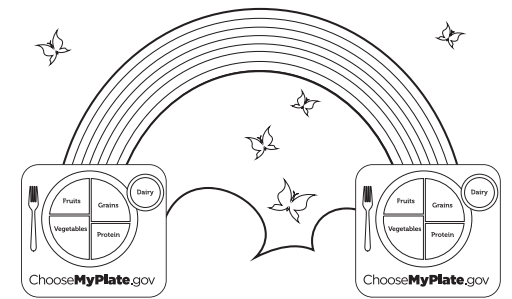
- In advance, share with parent's information on the importance of filling their plate with half fruits and vegetables.
- Provide parents with a [portion control tip card](#).

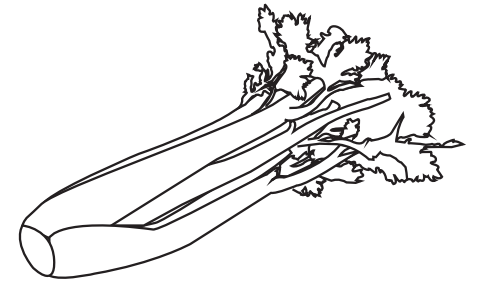
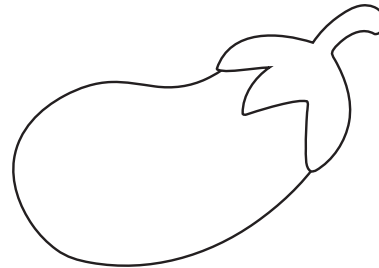
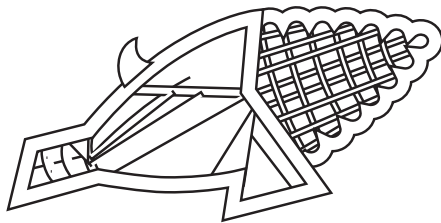
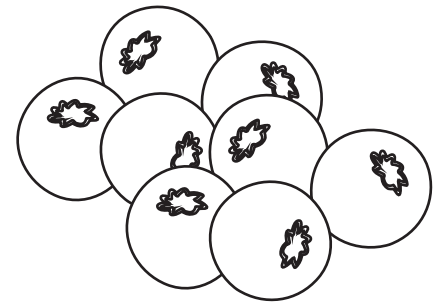
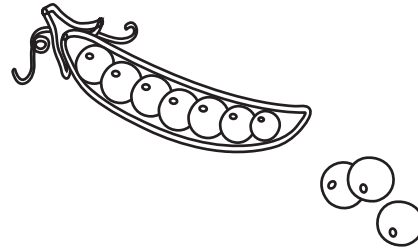
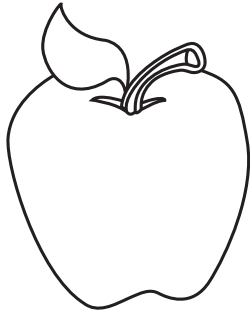
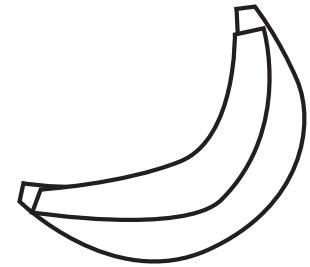
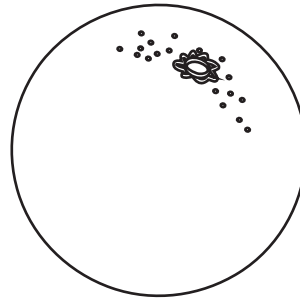
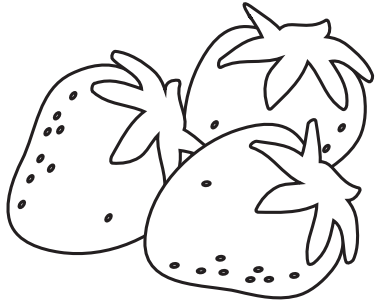
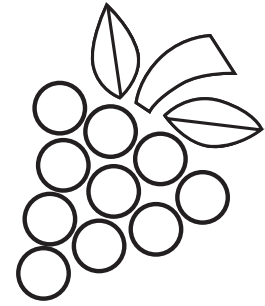
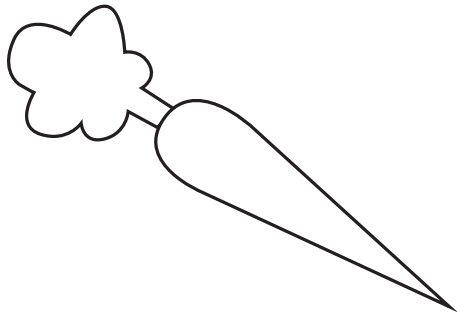
Instructions

1. Introduce the different fruits and vegetables at the table. Discuss the names and colors of all the fruits and vegetables.
2. Have the children color the fruits and vegetables on the [Eat a Rainbow worksheet](#) and cut them out.
3. Have the children match the fruits and vegetables to the colored MyPlate's and glue them on. Reinforce the message of filling their plates half full of fruits and vegetables.

Name _____

Eat a Rainbow





MAKE A MYPLATE FRUIT + VEGGIE SMOOTHIE

Audience

3-5 Years of Age



MyPlate Messages

Fill half your plate with fruits & vegetables

Setting

Whole Group

Fresh Baby Products (optional)

[Fresh Baby's Cooking with Kid's & Kitchen Basics Tip Card](#)

Anticipatory Set

- Have the children all wash their hands for healthy hygiene.
- Brainstorm ways the children can help in the kitchen at home.
- Talk to the children about kitchen safety.



Objectives

- Children will learn the importance of trying new foods and eating a variety of fruits and vegetables.
- Children will be able to name different fruits and vegetables.



Materials

- Two blenders
- Crushed ice
- Small paper or plastic cups
- Canned pumpkin or fresh scooped pumpkin
- Grated carrots
- Diced tomatoes
- Sliced or frozen strawberries
- Frozen or fresh spinach
- Sliced bananas
- Milk or yogurt
- Fresh Baby's Make a MyPlate Smoothie activity worksheets

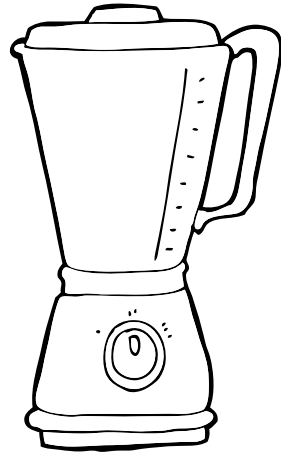
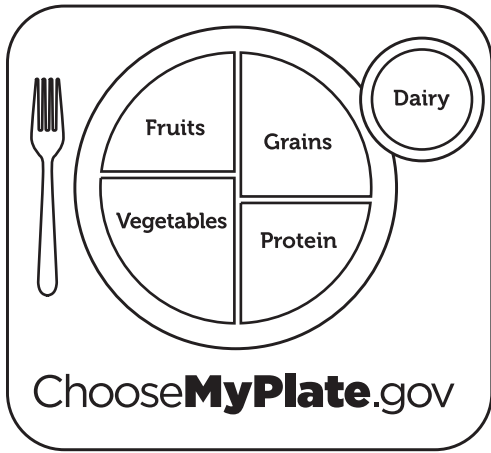


Tips

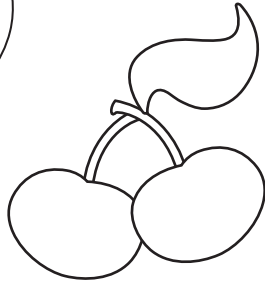
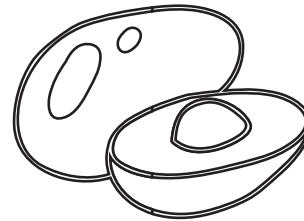
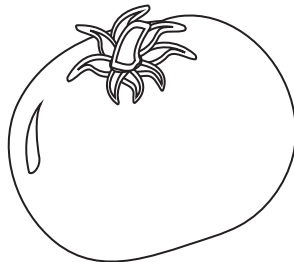
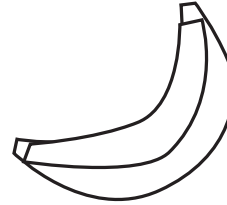
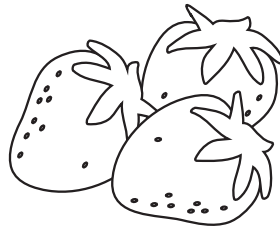
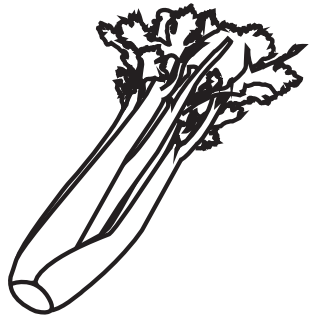
- After the snack and taste testing, ask the children to recall the sequence of events for making a smoothie.
- Share with parents, [Fresh Baby's Cooking with Kids' & Kitchen Basics Tips Card](#).

Instructions

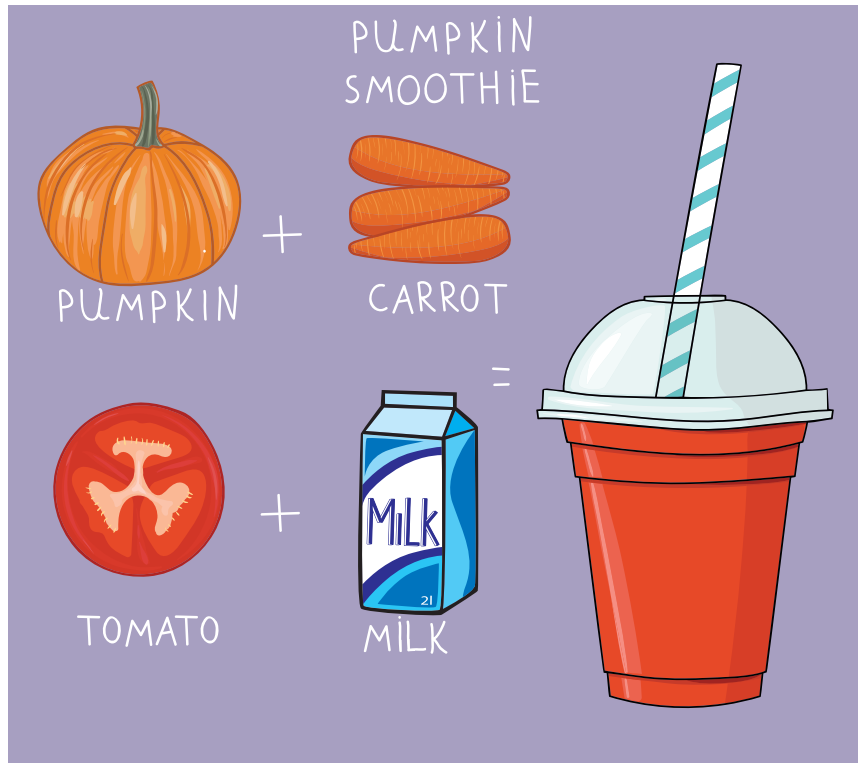
1. Introduce the ingredients and both smoothie recipes that will be used. Ask for the children to help identify the fruits and vegetables.
2. Have all the ingredients prepared. After the children have washed their hands, have them help you add the ingredients to each blender. First adding the liquid, then the fruit + vegetables and lastly the ice.
3. Let the students taste both of the smoothies.
4. Have them vote on which MyPlate smoothie they liked best. Count the tally marks to see which smoothie won.



Let's make a healthy smoothie! Circle everything that you would add to your smoothie! Pick at least 1 fruit, 1 vegetable and 1 dairy product! It's your creation!



VOTE FOR YOUR FAVORITE MYPLATE FRUIT & VEGGIE SMOOTHIE!



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CREATE A MYPLATE FRUIT + VEGGIE SMOOTHIE

CLASSROOM BOOK

Audience

3-5 Years of Age



MyPlate Messages

Fill half your plate with fruits & vegetables

Setting

Small Group

Fresh Baby Products (optional)

[Fresh Baby's 5-Section MyPlate](#)

Anticipatory Set

- [Use the Fresh Baby 5-Section MyPlate](#) to share the five different food groups with the students.
- Talk about the different vitamins and minerals in fruits and vegetables. Why is it important to eat lots of fruits and vegetables at each meal? Use our free nutrition tip sheet for a guide.

Objectives

- Children will be able to name different fruits and vegetables.
- Children will recall the MyPlate messaging of filling their plate with half fruits and vegetables at each meal.

Materials

- Markers, crayons or colored pencils
- Fresh Baby's Create a MyPlate Smoothie worksheet



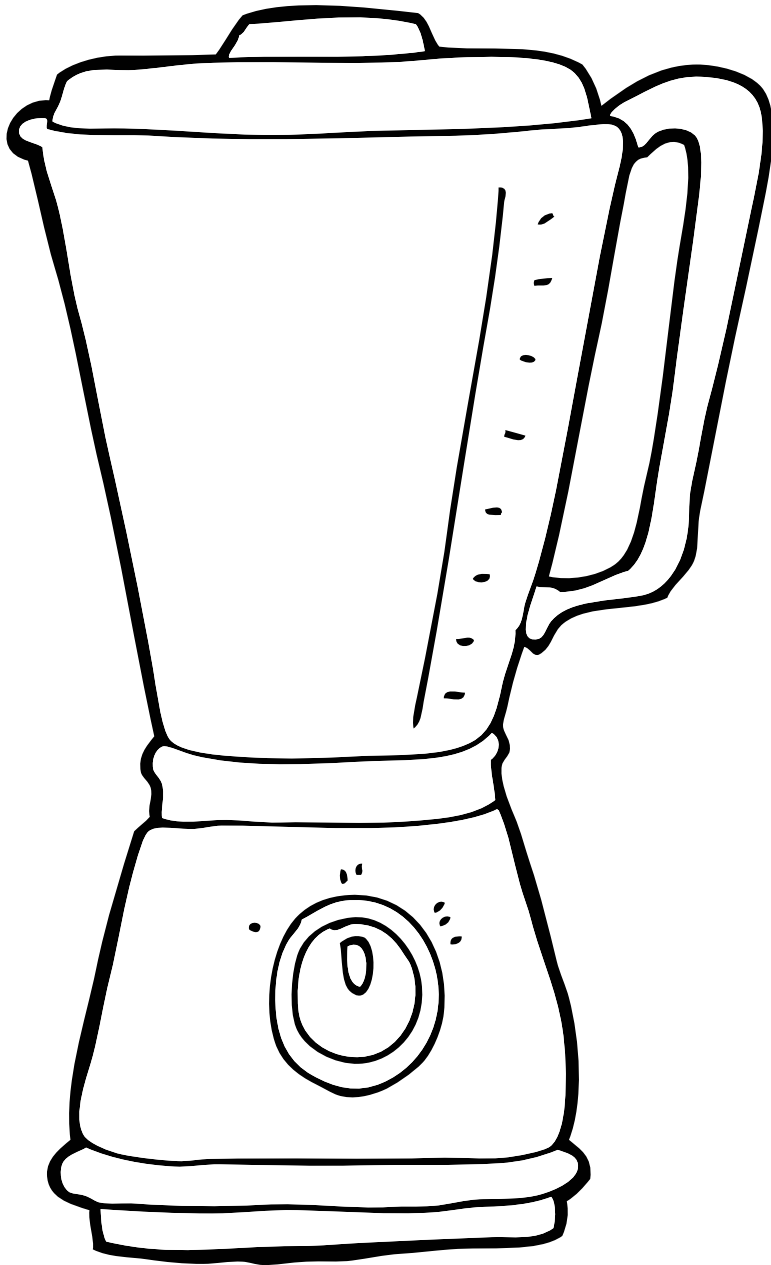
Tips

- During small group, ask the children to recall the names and colors of the fruits and vegetables.
- Laminate the classroom book and add it to the classroom library.

Instructions

1. In a small group, talk with the children about the classroom smoothies that were made. What fruits and vegetables would they add to their smoothie if they could choose?
2. Use page one of the worksheet packet and have the children circle which fruits and vegetables they would add to their smoothie.
3. Have each child write or dictate their smoothie recipe and then draw what their smoothie would look like.
4. Have each child name their smoothie recipe. For example, "Ellie's Super Duper Power Smoothie"!
5. Create a classroom book of these recipes and share during whole group.

My smoothie is called:



Draw and color what your smoothie looks like.

_____ Smoothie Recipe

(Child's Name)

First add _____ and
(Fruit)

then add _____.
(Vegetable)

Next, add _____
(Milk or Yogurt)

You should also add these fruits and vegetables:

Ask a grown up for help! Add ice and blend. Enjoy!



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