



## 7: MyPlate—Veggies and Vitamins

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## Activity A: Veggie Bagel Smiles

### Objectives:

Participants will be able to:

- Recall 2 food groups that are good sources of fiber
- Identify 1 way vitamin A benefits your body
- Identify 1 way vitamin C benefits your body

### Materials:

- ✓ MyPlate poster (or handouts)
- ✓ Measuring cups
- ✓ 5 - ½ cup measuring cups for visual
- ✓ Plastic knives (one per student)
- ✓ Paper plates (one per student)
- ✓ Plastic spoons (one per student)
- ✓ Sharp knife

### Food Supplies (for approximately 20 participants):

- ✓ 10 sliced whole wheat bagels
- ✓ 12 oz. low-fat vegetable cream cheese
- ✓ 20 slices low-fat cheddar cheese
- ✓ 3 sliced red bell peppers
- ✓ 20 broccoli florets
- ✓ 40 slices of cucumber
- ✓ 2 ½ cups shredded carrots
- ✓ 20 grape tomatoes

### NOTE: WASH ALL VEGETABLES BEFORE THE LESSON.

1. **TASK:** Hang up the MyPlate poster or pass out MyPlate handouts
2. **SAY:** Today we are going to learn about the vegetable group. We will talk about the nutrients in vegetables and how they help our bodies. Then we will make veggie bagel smiles, a healthy snack that includes fresh vegetables, whole grain bagels, and low-fat veggie cream cheese.
3. **SAY:** Look at MyPlate and show me with your fingers how many food groups there are.  
**ANSWER:** five
4. **SAY:** What color is the vegetable group?  
**ANSWER:** green
5. **SAY:** What are your favorite vegetables?  
**ANSWER:** will vary
6. **SAY:** There are so many different types of vegetables that count as members of the vegetable group on MyPlate, and it doesn't matter how they are cooked or prepared. Vegetables can be raw or cooked, fresh, frozen, canned or dried, and can be whole, cut-up or mashed.
7. **TASK:** Use the measuring cups to show the students 2 cups (two 1 cups and one 4 ½ cups)

8. **SAY:** We should eat almost 2 cups of vegetables a day. That is about 4 servings a day! We have to try hard to get all the vegetables we need and we can use the MyPlate picture to remind us that we should be including vegetables in our meals everyday.
- 9 **SAY:** Raise your hand if you think you eat about 4 servings of vegetables every day.
10. **SAY:** The key message for vegetables on MyPlate is “vary your veggies.” Not only do we need to eat a lot of vegetables to be healthy, but we also need to eat different kinds and colors of vegetables. There are dark green vegetables like broccoli and spinach, red and orange vegetables like carrots and tomatoes, and starchy vegetables like corn and potatoes. Even beans and peas count as vegetables. Eating a good variety of vegetables provides our bodies with vitamins and fiber.
11. **ASK:** **We talked about fiber last month. Does anyone remember why fiber is important?**
- ANSWER:** Fiber helps our digestive system work. It is like a broom and “cleans us out.” Fiber also helps us feel full.
12. **ASK:** **Last time we discussed grains. What grains are good sources of fiber?**
- ANSWER:** whole grains—foods that include the entire grain (i.e. whole wheat, oatmeal, etc.)
13. **SAY:** Vegetables also are good sources of fiber. They also are natural sources of vitamins. Today we are going to talk about Vitamin A and Vitamin C.
14. **TASK:** Display the vegetables for the veggie bagel smiles: red peppers, carrots, broccoli, tomatoes and cucumbers.
15. **SAY:** These are the vegetables we will use to make our snack. Some are rich in Vitamin C, some in Vitamin A, and some are rich in both. All provide your body with fiber.
16. **SAY:** Vitamin A keeps eyes and skin healthy and helps to protect against infection. It is found in darkly colored orange and green vegetables.
17. **ASK:** **Look at the vegetables we are using today. What ones do you think have a lot of vitamin A? Why?**
- ANSWER:** Broccoli (dark green), carrots (orange)
18. **SAY:** You may have heard that carrots are good for your eyes. Now you know why.
19. **SAY:** Red peppers also are a good source of Vitamin A.

20. **SAY:** Vitamin C is beneficial because it helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C helps your body use the iron in food. Iron is important for healthy red blood cells. The tomatoes are a good source of Vitamin C. The broccoli and red peppers are good sources of both Vitamins A and C. The cucumbers have a small amount of Vitamin C.
21. **SAY:** Now we are going to make a healthy snack that includes vegetables that are high in Vitamin A, Vitamin C, and fiber. Our snack also includes fiber and is rich in whole grains.

### Fun Food Activity

1. **TASK:** Ask if any of the participants have food allergies to any of the ingredients. If so, **DO NOT ALLOW THEM TO PARTICIPATE.**
2. **TASK:** Have the students wash their hands.
3. **TASK:** Display the carrots, broccoli, and red peppers.
4. **SAY:** These vegetables are good sources of Vitamin A.
5. **ASK:** **Why is Vitamin A beneficial?**  
**ANSWER:** keeps eyes and skin healthy and helps to protect against infections.
6. **TASK:** Display the tomato, broccoli, & red peppers.
7. **SAY:** These vegetables are good sources of Vitamin C.
8. **ASK:** **Why is Vitamin C beneficial?**  
**ANSWER:** helps heal cuts and wounds, keeps teeth and gums healthy, and aids in iron absorption which can help you from getting too tired.
9. **ASK:** **What food or foods in Veggie Bagel Smiles contain fiber?**  
**ANSWER:** whole wheat bagels AND all the vegetables
10. **TASK:** Hand out a paper plate, plastic knife, and half a whole wheat bagel to each student.
11. **TASK:** Use a plastic spoon to scoop about 1 Tbsp. of low-fat cream cheese. Hand the plastic spoon to one of the students (each student keeps his/her spoon to spread cream cheese). Repeat until each student has cream cheese.
12. **TASK:** Distribute 1 slice of cheese, 3 slices of red pepper, 1 broccoli floret, 2 slices of cucumber, 1 grape tomato, and 2 Tbsp. shredded carrot to each student.
13. **SAY:** Use the ingredients to make faces on your bagels. You can make a hat out of the cheese or use the peppers for hair or a scarf. The carrots and broccoli also make great hair. Don't forget to give your face eyes. Try the tomatoes.
14. **SAY:** You can use your plastic knives to cut your vegetables. Please be careful with the knives.

## Activity B: Veggies with Dynamite Dip!

### Objectives:

Participants will be able to:

- Define a serving of vegetables as ½ cup
- Measure ½ cup of vegetables
- Create a healthy portion plate

### Materials:

- ✓ MyPlate poster and/or handouts
- ✓ Blank paper
- ✓ Crayons or colored pencils
- ✓ Scissors
- ✓ 8 ounce plastic cups (one per student)
- ✓ Plastic spoons
- ✓ Bowls/containers for vegetables
- ✓ 5 - ½ cup measuring cups

### Food Supplies (for approximately 20 participants):

- ✓ Fresh broccoli
- ✓ Sliced green peppers
- ✓ Baby carrots or carrot slices
- ✓ 16 ounces fat-free sour cream
- ✓ 1 packet Ranch dip mix

### NOTE: WASH AND CUT ALL VEGETABLES BEFORE THE LESSON.

1. **TASK:** Review the information from last time:

**What foods are good source of fiber?**

**ANSWER:** whole grains, vegetables, and fruits

**What vitamins did we discuss last time?**

**ANSWER:** Vitamin A and Vitamin C

**What does Vitamin A do for your body?**

**ANSWER:** keeps eyes and skin healthy and protects against infection

**What does Vitamin C do for your body?**

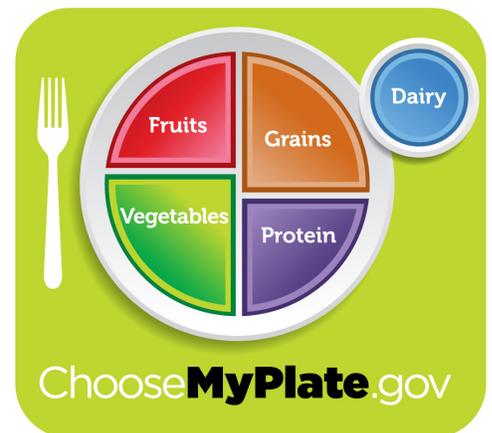
**ANSWER:** helps heal cuts and wounds and keeps teeth and gums healthy

2. **TASK:** Hang up the MyPlate poster or pass out the MyPlate handouts.

3. **SAY:** Today we are going to review the vegetable group. We are going to focus on eating enough vegetables each day. Then we are going to measure out some vegetables and make a healthy, tasty dip.

4. **SAY:** Take a look at MyPlate. As you can see, fruits and vegetables fill up half the plate. This means that we should be including vegetables on our plates for every meal, and we can also eat vegetables as snacks in between meals. We should try to eat about 2 cups, or about 4 servings of vegetables everyday.

5. **TASK:** Show the students four  $\frac{1}{2}$  measuring cups (or two 1 cups).
6. **SAY:** This equals 2 cups. However we don't always have measuring cups around when we eat. So let's talk about some ways to help visually measure your vegetables.
7. **SAY:** In most cases,  $\frac{1}{2}$  cup is considered one serving of vegetables.  $\frac{1}{2}$  cup is about the size of a small computer mouse or a hockey puck. School lunches provide  $\frac{1}{2}$  cup servings of vegetables, so each vegetable that comes with your school lunch counts as one serving.
8. **SAY:** You can also use your plate to help you measure out your vegetables, and you can use MyPlate as a guide to help you do this. Whenever you eat a meal, you should fill half of your plate with mostly vegetables and some fruit. The other half gets divided between the grains and protein food groups, as you can see on the MyPlate picture.
9. **TASK:** Pass out a blank sheet of paper to each student and distribute crayons/colored pencils and scissors.
10. **SAY:** To practice, you are going to draw the foods that you ate for lunch today (or yesterday or a usual lunch) on the blank piece of paper in front of you with crayons or colored pencils. Then you will cut out each food item and place it on the MyPlate handout in the group in which you think it belongs. When you are done, you can check to see if your meal included foods from every food group, and especially if half of your plate was filled with vegetables and fruit.
11. **TASK:** Help the students work through this activity and then look at their completed plates to discuss how their meals fit into MyPlate.
12. **SAY:** Raise your hand if your lunch included foods from every food group. It is really important that we try to eat foods from all five food groups at every meal.
13. **SAY:** If any of the food groups on your plate are empty, think of foods that you could eat to fill in the blanks.
14. **SAY:** MyPlate is a great tool to help remind you to include vegetables as part of every meal and to make half your plate fruits and vegetables. Vegetables don't have to be eaten only as part of a meal; they can also make great snacks to eat in between meals. We just need to make sure we are getting about 2 cups, or about 4 servings, of vegetables in total everyday!
15. **SAY:** Today we are going to make a healthy tasty dip to enjoy with our vegetables.



## Fun Food Activity

**NOTE: WASH AND CUT ALL VEGETABLES BEFORE THE LESSON.**

1. **TASK:** Ask if any of the participants have food allergies to any of the ingredients. If so, **DO NOT ALLOW THEM TO PARTICIPATE.**
2. **TASK:** Have the students wash their hands.
3. **TASK:** Display the carrots and broccoli.
4. **SAY:** These vegetables are good sources of Vitamin A.
5. **ASK:** **Why is Vitamin A beneficial to the body?**  
**ANSWER:** keeps eyes and skin healthy and helps to protect against infections.
6. **TASK:** Display the tomatoes and broccoli.
7. **SAY:** These vegetables are good sources of Vitamin C.
8. **ASK:** **Why is Vitamin C beneficial to the body?**  
**ANSWER:** helps heal cuts and wounds, keeps teeth and gums healthy, and aids in iron absorption which can help you from getting too tired.
9. **TASK:** Have a participant scoop the fat free sour cream into a bowl.
10. **TASK:** Have a participant add 1 packet of Ranch dip mix.
11. **TASK:** Have a participant thoroughly mix the dip with a spoon.
12. **TASK:** Give a paper plate and an 8 ounce plastic cup to each student.
13. **TASK:** Distribute 2 Tbsp. of dip to each participant.
14. **TASK:** Have the students fill their cup with vegetables or distribute the vegetables (Students should have about 1-2 slices of red pepper, 1 broccoli floret, 2 cucumber slices, 2 carrots, and 1 grape tomato) to see how many serving of vegetables they are getting (will vary).
15. **SAY:** The plastic cups you have are 8 ounces which equals one cup. If your cup is filled then you are eating 2 servings of vegetables. If your cup is half filled, then you are eating 1 serving of vegetables.
16. **SAY:** Once you have filled your cup you can pour the vegetables onto your plate and enjoy them with the dip.