



MyPlate Sample Lesson: Spanish

Learning Outcome: Identify the five **MyPlate** food groups and be able to examples in each

Student Handout: ¡Anda! ¡Muévete ¡Diviértete!

1. Display the **MiPlato** graphic for your students to see and review each food group as a class
2. Explain that this icon shows the five different food groups: **Frutas, Vegetales, Granos, Proteína, and Lácteos**, and serves as a visual reminder to eat foods from all five food groups. By eating a variety of foods from each of the food groups, we can make sure we are feeding our bodies what we need to have energy, play hard, learn, grow, and stay healthy.
3. Next, pass out the handout *¡Anda! ¡Muévete ¡Diviértete!* to each student.
4. Introduce and review Spanish vocabulary by going through each food group and asking students to name examples of foods from each group.

