

Serving Up MyPlate Essential Questions and Objectives

For the complete set of program materials visit: <http://teamnutrition.usda.gov>

Level 1 Essential Questions	Level 1 Learning Objectives Students will be able to...	Scaffolding
What does it mean to be healthy? Eat healthy?	Identify the five food groups, and give examples of foods in each.	Introduce
	Explain how MyPlate serves as a reminder to eat foods from each food group.	Introduce
	Create a healthy meal containing a food from each food group.	Introduce
Why is it important to eat a variety of foods from all food groups?	Identify what foods to eat more of, and explain why.	Introduce
	Name at least two reasons why it is important to eat foods from all five food groups for a healthy diet.	Introduce
	Explain that foods have nutrients that help us grow and stay healthy.	Introduce
	Discuss how being physically active is part of a healthy lifestyle.	Introduce
What foods should I eat less of, and why?	Identify foods with added sugars and solid fats.	Introduce
	Explain why foods with added sugars and solid fats should be eaten only some of the time.	Introduce
	Give examples of healthier food options to choose instead.	Introduce
Level 2 Essential Questions	Level 2 Learning Objectives Students will be able to...	Scaffolding
What choices can you make that help you stay healthy?	Identify the five main food groups and name a variety of nutritious examples of foods in each.	Build on Level 1
	Explain how MyPlate serves as a reminder to eat foods from each food group.	Same as Level 1
	Create and describe a healthy meal containing a food from each food group.	Build on Level 1
	Discuss the importance of physical activity as part of a healthy lifestyle.	Build on Level 1
Why is it important to eat a variety of foods from all food groups?	Identify what foods to eat more of, and explain that nutrients in food help us grow and stay healthy.	Build on Level 1
	Name at least three reasons why it is important to eat foods from all five food groups for a healthy diet.	Build on Level 1
	Apply their knowledge of healthy foods and food groups to create a healthy meal or snack.	Build on Level 1
What are "sometimes" foods? Why are they called that? What can I eat instead?	Identify foods that are high in solid fats and added sugars.	Build on Level 1
	Describe the benefits of limiting the consumption of solid fats and added sugars.	Build on Level 1
	Explain the concept of eating in moderation.	Introduce
	Give examples of healthier food options to choose instead.	Same as Level 1
Level 3 Essential Questions	Level 3 Learning Objectives Students will be able to...	Scaffolding
What choices can I make to be and stay healthy?	Identify the five food groups and name a variety of examples from each.	Same as Level 2
	Explain how MyPlate serves as a reminder to eat from all five food groups.	Same as Level 2
	Create and describe a healthy meal containing foods from each food group, including whole-grain options and a variety of vegetables.	Build on Level 2
	Discuss the importance of physical activity as part of a healthy lifestyle.	Same as Level 2
Why is it important to eat a variety of foods from all food groups?	Identify the six main nutrients and a variety of foods that contain them.	Build on Level 2
	Explain how nutrients help us grow and stay healthy.	Build on Level 2
	Apply knowledge of healthy foods and food groups to create a healthy meal or snack.	Same as Level 2
What foods should I eat less of, and why? How can I make better choices?	Identify ways to limit the consumption of solid fats, added sugars, and sodium.	Build on Level 2
	Read, compare, and analyze Nutrition Facts labels to determine which snack is a healthier alternative.	Build on Level 2
	Summarize the benefits of limiting the consumption of solid fats, added sugars, and sodium.	Build on Level 2