



**A Metz Dietitian wants
to visit your
classroom to get your
kids excited about
healthy eating!
These lessons can be
tailored to the needs
of your students.**

Grades 1 & 2

FUN WITH FOOD GROUPS

- 🍎 Identify the five food groups, and give examples of foods in each.
- 🍎 Explain how MyPlate serves as a reminder to eat foods from each food group.
- 🍎 Create a healthy meal containing a food from each food group.

“MYSTERY BOX: FRUIT AND VEGGIES

- 🍎 Identify fruits and vegetables by sense of feel only.
- 🍎 Students will place their hand inside the mystery box and attempt to identify the fruit or vegetable.
- 🍎 Discuss the nutritional benefits of eating foods in their growing season.



Grades 3 & 4

WE ARE WHAT WE EAT

- 🍎 Identify the five main food groups and name a variety of nutritious examples of foods in each.
- 🍎 Explain how MyPlate serves as a reminder for how to eat a healthier meal.
- 🍎 Create and describe a healthy meal containing a food from each food group.
- 🍎 Discuss the importance of physical activity as part of a healthy lifestyle.

WHAT'S IN SEASON

- 🍎 Discuss how different food items are available based on the time of the year.
- 🍎 Show examples of foods that are available in the current seasons and their nutrient benefits.
- 🍎 Discuss the benefits of eating foods in their growing season.

THE SCIENCE OF “SOMETIMES” FOODS

- 🍎 Identify foods that are high in solid fats and added sugars.
- 🍎 Describe the benefits of limiting the consumption of solid fats and added sugars.
- 🍎 Explain the concept of eating in moderation.
- 🍎 Give examples of healthier food options to choose instead.

Grades 5 & 6

MYPLATE, MYSELF

- Identify the five food groups and name a variety of examples from each.
- Explain how MyPlate serves as a reminder to eat from all five food groups.
- Create and describe a healthy meal containing foods from each food group, including whole-grain options and a variety of vegetables.
- Discuss the importance of physical activity as part of a healthy lifestyle.

KNOW YOUR NUTRIENTS

- Identify the six main nutrients and a variety of foods that contain them.
- Explain how nutrients help us grow and stay healthy.
- Apply knowledge of healthy foods and food groups to create a healthy meal or snack.

FOOD LABELS: WHAT TO LOOK FOR

- Read, compare, and analyze nutrition facts labels to determine which snack is a healthier alternative.
- Identify ways to limit the consumption of solid fats, added sugars, and sodium.
- Summarize the benefits of limiting the consumption of solid fats, added sugars, and sodium.

Other Nutritional Lessons

All Grades



WHAT IS A MEAL

- Identify the 5 main food groups and use the food groups to build a healthy school lunch.
- This lesson works best with space in order to do a relay race!

IMPORTANCE OF BREAKFAST

- Discuss the importance of eating breakfast every day.
- Explain how breakfast helps fuel our bodies for school and physical activity.
- Use MyPlate to create a healthy breakfast.

We have other nutrition topics to share with your class such as portion sizes, whole grains, eating a rainbow of fruits and vegetables each day and much more!

Please contact
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to schedule
a lesson.



Elementary Nutrition Education Classes



Serving Up My Plate: A Yummy Curriculum

A collection of lessons developed
by the USDA's Team Nutrition
that introduces nutrition
concepts to students.