



WAYNE STATE UNIVERSITY

STEM Day Lesson Plan

Title: MyPlate and Planting the Seeds for Healthier Eating

Subject Area: Nutrition/Healthy Lifestyle

Learning Activity Description: A brief overview of MyPlate and the 5 food groups will be given. The importance of eating fruits and vegetables will be emphasized. Students will plant vegetable seeds and once they grow, they can then be used in a healthy meal.

Lesson Activity Objective: Understanding the importance of eating a variety of foods in the proper quantities. In addition, understanding that eating all types of fruits and vegetables is imperative to maintaining proper body functions.

Lesson Activity Outcomes: Choosing to incorporate more fruits and vegetables into their diet.

Materials/Supplies Listed: Blank MyPlate worksheet, colouring utensils, MyPlate diagram, plastic sheets, small disposable cups, soil, water, various seeds, plastic containers, spoons

Teacher Procedures: Introduce MyPlate. Have students name the 5 food groups and have them identify foods in each group. Explain the importance of each and give daily intake recommendations. Next, emphasize eating a variety or rainbow of foods. Have students name foods of each colour and give examples of health benefits for each colour. Next, describe how edible fruits and vegetables grow from a seed to plant. Have the students name the things a plant needs to grow and compare that to the MyPlate. Finally, allow students to plant their own seeds so that they can use the vegetables in a meal once it has grown.

Preparation Time for Learning Activity: 5-10 minutes

Room set-up: Cover work stations to prevent them from getting dirty. Put soil in containers with spoons so they can be distributed. Water should be separated for distribution. Planting materials can be put out after information session.