



What's on your plate?



= read



= pictures



= video



= games



Fruit (Read this information about fruit from choosemyplate.gov.)



Fruit

At school: read this info.

At home: Britannica School – click on “Elementary” and type “fruit” -

Choose the 1st article.



Fruit

At school: Choose “kids” and type fruit.

At home: type in the login and password for World Book Online.

Type fruit.

Choose the 1st article.



Fruit

Read about fruit on “The Healthy Kids” website.



How much should we have?

Read about how much fruit you should have (“The Healthy Kids” website).



Vegetables and Fruits

Discover Education: (login: mcps + your student id#/password: your student id)

Type “vegetables and fruits”-



Vegetables (Read this information about vegetables from choosemyplate.gov.)



Vegetables At school: read this info.

At home: Britannica School – click on “Elementary” and type “vegetable”-

Read the 1st article.



Vegetables At school: read this info.

At home: type in the login and password for World Book Online.

Type vegetable.

Choose the 1st article.



Vegetables

Read about vegetables on “Healthy Kids Association” website.



How much should we have?

Read about how many vegetables you should have (“Healthy Kids Association” website).



Vegetables and Fruits

Discover Education video (login: mcps + your student id#/password: your student id)

Type “vegetables”-



Grains (Read this information about grains from choosemyplate.gov.)



Grains

At school: read the info.

At home: Britannica School – click on “Elementary” and type “grains”-
Choose the 1st article.



Grain

At school: read the info.

At home: type the login and password for World Book Online.
Type grain.

Choose the 1st article.



Grains, Breads and Cereals

Read about grains on “Healthy Kids Association” website.



How much should we have?

Read about how much grain we should have (“Healthy Kids” website).



Whole Grains

At home: Discover Education video (login: mcps + your student id#/password: your student id)

Type “grains”-



Whole Grains video



Proteins (Read this information about protein from choosemyplate.gov.)



Protein At school: read the info.

At home: Type in the login and password for World Book Online.

Type protein.

Choose the 1st article.



Meat, Poultry, Fish, Eggs and More

Read about protein on “Healthy Kids Association” website.



How much should we have?

Read about how much protein we should have (“Healthy Kids” website).



Protein pictures

At home: Britannica School – click on “Elementary” and type “protein”-

Click on “images” on the left.



Protein



Dairy (Read this information about protein from choosemyplate.gov.)



Calcium

Read about calcium from dairy food on “The Healthy Kids Association” website.



How much should we have?

Read about “milk, yogurt, cheese and alternatives” on “Healthy Kids Association” website.



Dairy pictures

At home: Britannica School – click on “Elementary” and type “dairy”-
Click on “images” on the left.



Milk and Dairy Products

Discover Education (login: mcps + your student id#/password:
your student id)

Type “dairy group”-

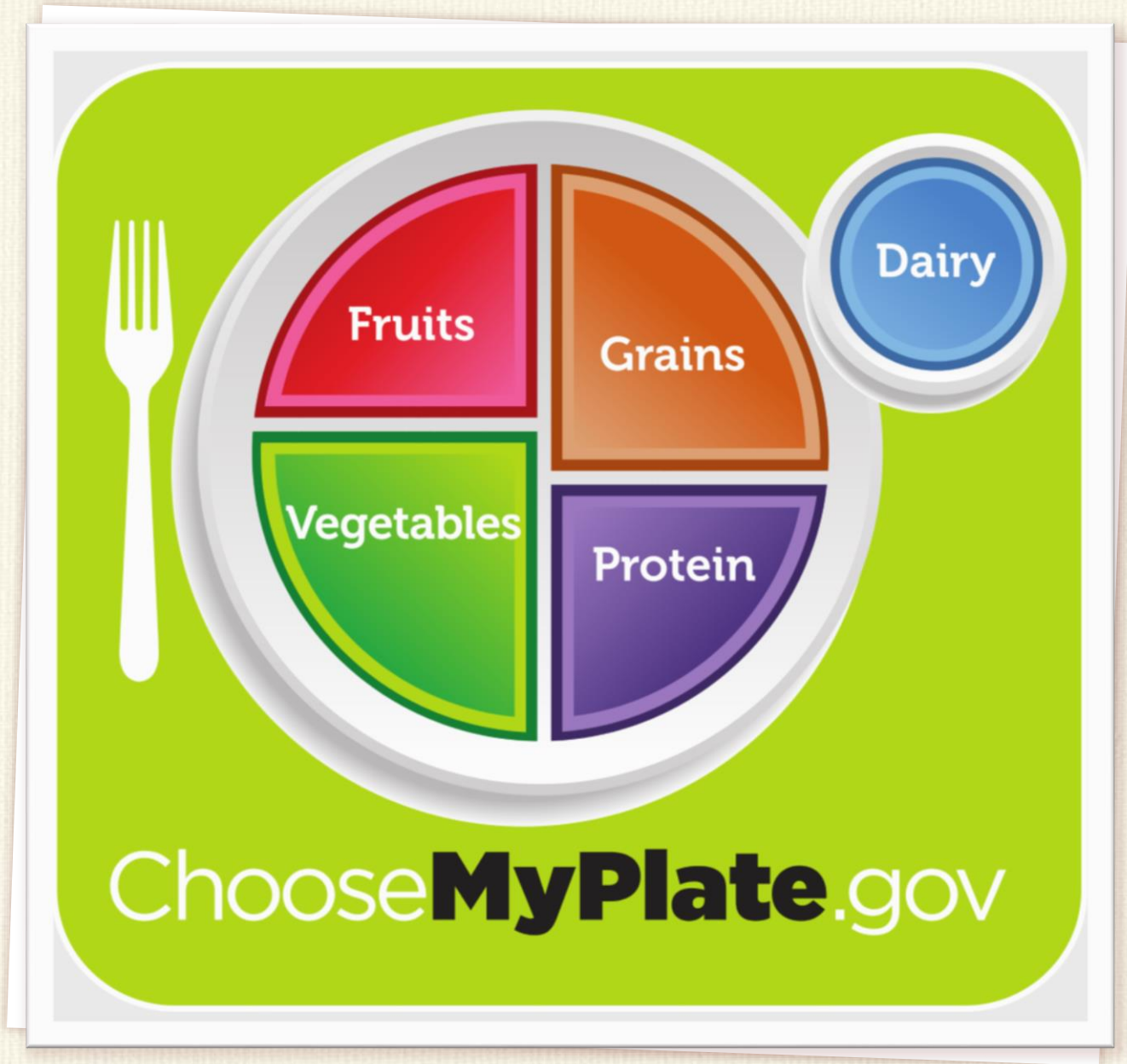


Videos:

[Fruits and Vegetables](#)

[What's On My Plate?](#)

[Food Groups Are Rockin' Tonight!](#)



Games:

[My Plate Food Group Match](#)

[Blast Off!](#)