



EDUCATOR'S GUIDE

AccurateAg
Books PreK - K



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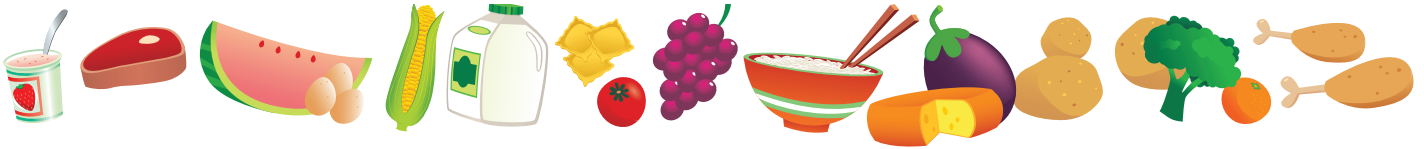


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WELCOME EDUCATORS!

SNAPSHOT:

This educator's guide was developed to help professional and volunteer educators provide opportunities for students to experience "Using MyPlate" by Rebecca Rissman. This book supports the United States Department of Agriculture's "Choose MyPlate" initiative to foster healthy eating habits at a young age. The following educator's guide provides instructional strategies for introducing this Farm Bureau-identified Accurate Ag Book to young learners.

- Target Grade Level: Pre-K through Kindergarten
- Standards Emphasized: Math, Nutrition, Music, Physical Activity
- Instructional Strategies: Large Group Instruction, Small Group Activities, Individual Activities

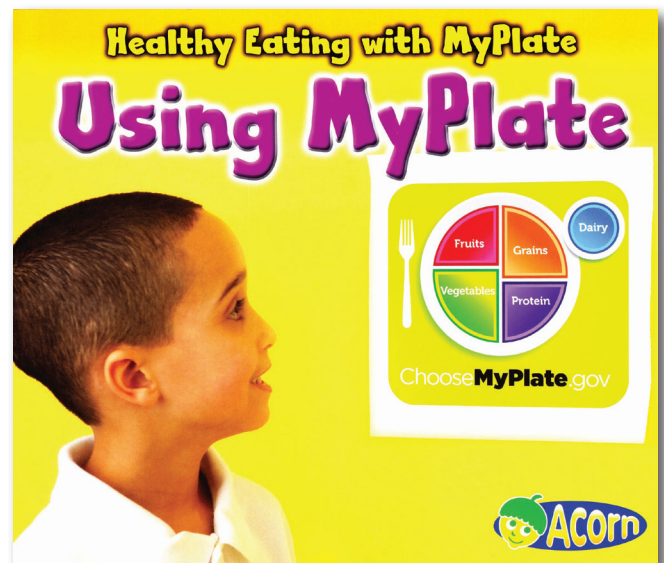
Ideas for Classroom Instructors: This educator's guide is designed to make your job easier! Check out these specific suggestions for enhanced implementation.

- Invite a local farmer or rancher to speak with the class.
- Have students create an art project inspired by the book.
- Read book with other grade-level instructors and rotate students through activities in different classrooms.
- Read book at the start of the month, and do one activity each week—reinforcing key concepts.
- Identify local food products produced in your area. Introduce the concept of eating produce seasonally to diversify one's diet by bringing in locally grown produce when it is fresh.
- Connect with a school or local art educator and have students create real plates with illustrated portion sizes.
- Invite parents and guardians in for a fun evening of healthy recipe-sharing and nutrition information for students.
- Teach students life skills by doing a healthy cooking project each week for one month.

Suggestions for Volunteer Educators: You don't have to be a paid classroom teacher to benefit from this guide! Whether you are a farmer, rancher or someone simply interested in sharing the story of American agriculture, you can leverage this tool to help engage young people.

Review the following suggested steps to begin sharing this resource!

- Familiarize yourself with the book and educator's guide.
- Contact a local Pre-K and/or Kindergarten teacher and identify a 1-hour time to meet with students.
- Use the guide to read the book to students and complete one activity.
- Leave a copy of the educator's guide with the instructor, and encourage the instructor to utilize additional activities. You may also wish to schedule subsequent visits with students in the near future to facilitate additional activities.





OVERVIEW

USING MYPLATE

GRADE LEVEL:

PreK-K

SUBJECTS:

Mathematics

- Pattern
- Organizing like items

Nutrition

- MyPlate nutrition information

Music

- Singing familiar tune with new words
- Participate in music activities

Physical Activity

- Singing activity

MATERIALS:

- "Using MyPlate," by Rebecca Rissman. Chicago, Illinois: Heinemann Library, c2012.
- My American Farm interactive games (online or kiosk version) by the American Farm Bureau Foundation for Agriculture®.
 - Finders Keepers
 - In My Barn (suggested)
 - Memory Match (suggested)
 - Fact or Fairy tale (suggested)
- Variety of fresh or model fruits, vegetables, grains, proteins and dairy products to share with students. See suggested grocery list on page 16.
- Colored construction paper
- Prepared domino games
- Prepared matching games
- A copy of MyPlate. Find MyPlate on choosemyplate.gov.
- Copies of the activities

INTRODUCTION

- Introduce the lesson with a brief discussion. Try to include the following:
 - Who likes to eat?
 - Why do you need to eat?
 - Do you like different kinds of foods?
 - What are some "kinds" of foods?
 - Are all foods good for you?
 - What is your favorite food?
- Where do you get your food? (If answers include "home," "grocery store," "Wal-Mart," the presenter may discuss his/her area of experience and how farmers and ranchers contribute to our healthy lives.)
- Discuss how our bodies need different kinds of foods to grow strong. Introduce the MyPlate vocabulary—dairy, proteins, fruits, vegetables and grains.
- A variety of healthy foods will look colorful, just like the MyPlate does.
- Read "Using MyPlate" by Rebecca Rissman.
- Continue with any of the suggested activities.

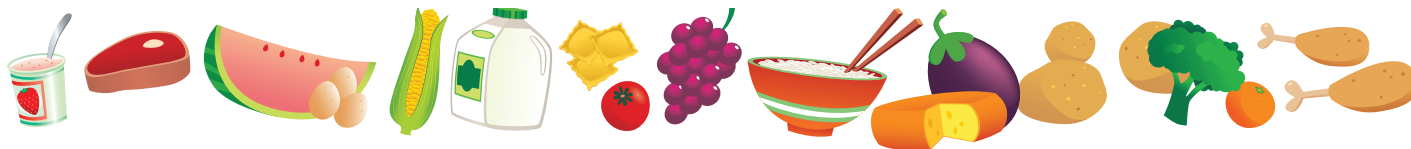
ACTIVITIES

DIRECTIONS

ACTIVITY ONE:

WHAT DOES NOT BELONG?

- Make a copy of Activity 1 (page 5) for each student OR if you have access to a document camera, you can display the worksheet on a screen.
- Using a copy of MyPlate review the five food groups: fruits, vegetables, protein, grains and dairy. Ask students if they remember any specific foods from these groups.
- If a document camera or interactive whiteboard is available show the Activity 1 worksheet, otherwise hold up the worksheet.
- Start by reviewing the bottom plate. Everything on the



last plate is correct with all five groups represented. To see what level of knowledge the students have, the leader should begin with: "An apple is in the fruits group, what is in the protein group?" (The presenter may want to cover the plates not being discussed.)

- Move to the first plate. Have students identify the items on the first plate. Ask students: "What does not belong?" Be sure that students know one is not a food item. The presenter may ask questions about the non-food item such as "where would we find this?" Continue to all plates.

NOTE: Older students may be able to use the worksheet individually. They would put an X on the item that does not belong. You can also do it this way if you have older volunteers to help.

ACTIVITY TWO: OLD MACDONALD LIKES GOOD FOOD

- Copy the song lyrics to "Old Macdonald Likes Good Food." (page 6)
- Choose a space large enough for students to move around. Display the words for any adults present and sing to the tune of "Old MacDonald Had a Farm."
- Teach students motions for the song:
 - Apples—pretend to pick apples off a tree (shows how they grow).
 - Carrots—pretend to pull a carrot from the ground (shows how they grow).
 - Eggs—pretend to gather the eggs from the nests.
 - Oats—pretend to drive a combine OR roll hands in a motion to show the combine moving (explain how the combine collects the grain).
 - Milk—pretend to "milk" a cow (explain how milk comes from cows on a dairy farm, not just from a carton in the store).
 - Sing the song together and act out the motions during their specific verses.

ACTIVITY THREE: MYPLATE DOMINOES GAME

1. Make copies of the game, (pages 7-9) then mount them on white index cards or card stock and cut to make dominoes. If you don't have a color printer print the images in black and white and have students color the foods the correct colors. Provide a set of game cards and center pentagon for each set of five students with an adult.

2. The game should be played with one adult and five students.

NOTE: Food groups have matching colors and patterns. Patterns show the difference even in black and white.

3. To play:

- Place the center pentagon on the table.
- Turn all playing cards upside down on table so the pictures do not show.
- Explain the instructions to the students:
- The first player turns over a card and matches the color or pattern to a space on the pentagon. The next player chooses a card and matches a color or pattern either to the domino already placed or to another space on the pentagon. When all of the pentagon spaces are full, you have to play off other dominoes. If you run into a domino that doesn't fit anywhere on the board, put it back and draw again. You do not have to fill up the pentagon first or completely fill up the pentagon for the game to work.
- When a student draws a card, ask the student to identify the food and food group.
- Continue to play—with students taking turns looking at the playing cards and matching them to the appropriate color (pattern)/food group on the table.

NOTE: There is not meant to be a winner.

ACTIVITY FOUR: MYPLATE MATCHING GAME

- Make copies of the card game (pages 10-15) on card stock or mount them on white index cards. Provide a set of game cards for each set of two students with an adult.
- Divide students into pairs. Arrange volunteers so that one volunteer is with each pair.
- Lay cards on a table, face down. Have adults explain the rules to the match game. Say that the cards will match by colors or pattern and by food group. Note: This is a food group match, not food item match. For example a cheese on blue paper and a milk on blue paper will be a match for the dairy group.
- To begin the game one student will select two cards and see if it is a match by identifying the food group or color (pattern) of card. Explain this is why they match.
- If it is a match, the student takes the cards and gets to go again. If not, student turns cards over, in the same locations. Play continues until all cards have been matched.



ACTIVITY FIVE: MY AMERICAN FARM-FINDERS KEEPERS

- For this activity you will need an interactive whiteboard and access to My American Farm either via the Internet or via the offline kiosk version. To download an offline kiosk version visit http://www.myamericanfarm.org/kiosk_download.php.
- If needed, review the five food groups presented in the book "Using MyPlate" by Rebecca Rissman.
- Display the My American Farm start-up page and locate the game Finders Keepers. Begin the game with students watching the first round. Although it is recommended for grades 3-5, preschoolers should be able to identify the foods going across the screen as an adult manages the controller.
- On subsequent rounds let children come to the whiteboard and drag the correct food item to the square if they are interested.
- If time allows, there are other games available in the My American Farm program. If used with an interactive whiteboard, students will be able to move the items with adult supervision.

Recommendations include:

- In My Barn (PreK-K)—some of the math facts may be difficult, but students will enjoy the agricultural aspects of the game.
- Memory Match (K-2)—Activity 4 does a similar activity.
- Fact or Fairy tale (K-2)—If this is done with the adult leader, students will identify agriculture facts through the statements presented.

ACTIVITY SIX: COLORFUL, HEALTHY FOODS

- In this activity students will be arranging food by color and then by food group. You may use the suggested grocery list to purchase real foods that fit into the categories and color groups. If you choose to purchase different foods, make sure you have the corresponding color paper and a variety of foods that fit into each food group. Food models may also be used as needed.

- Make signs for each food group - one per page. Have colored construction paper that matches the colors of the food purchased (brown, red, orange, yellow, green, and white if you use the suggested list).
- First set up a table with the food in the middle. Tape the signs with the food groups on the edge of the table. To save time, tape the colored construction paper on top of the food groups (in no particular order).
- Arrange the food by color. You can ask a student to volunteer and then have the class help the student move one food from the middle of the table to the correct color; and continue this process. Or do the activity as a class. Hold up one food item and ask students to say the color.
- Once all food has been arranged by color, tell students you will be arranging them by food group. If you need to review the food groups again put up a picture of MyPlate on the screen with the document camera if you have one. Otherwise hold up a picture of MyPlate.
- Take down the colored paper to reveal the food group signs below. Repeat the categorizing activity with food groups.

Activity Extender: Polling

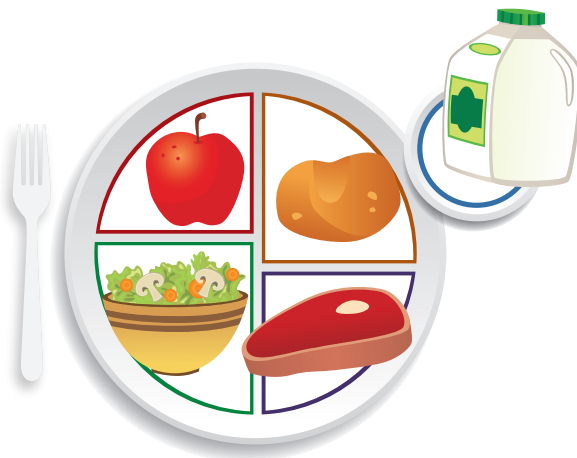
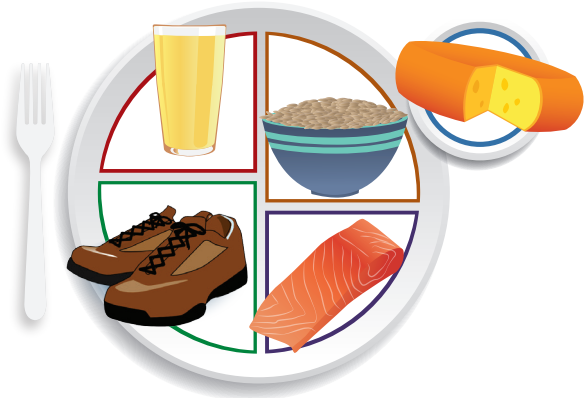
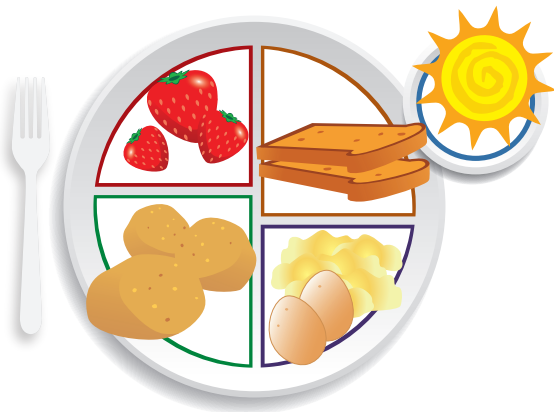
Materials: White Board or Chart paper and markers

- Now that the food is placed in the correct food group category, start to ask students which food is their favorite out of the choices on the table.
- For example start with fruits. Use a chart paper or whiteboard to write "Fruits" at the top, then list out the fruits you have: banana, apple, orange, pineapple, tomato etc. on the side in rows. Put a line under each fruit so it is easy to see.
- Tell students they can only vote once for their favorite out of all of these. Start with "banana." Ask: "Out of these fruits who thinks bananas are the best? Raise your hand." Count the students out loud and make a tally mark on the paper for each student. Continue down the list.
- After all of the fruits are voted for ask students: "Which one is the most popular fruit? Why?"
- Continue with other categories.



Activity One

What Does Not Belong?





Activity Two

Old MacDonald Likes Good Food

Sing Old MacDonald Likes Good Food to the tune of Old MacDonald Had a Farm.

Old MacDonald Likes Good Food

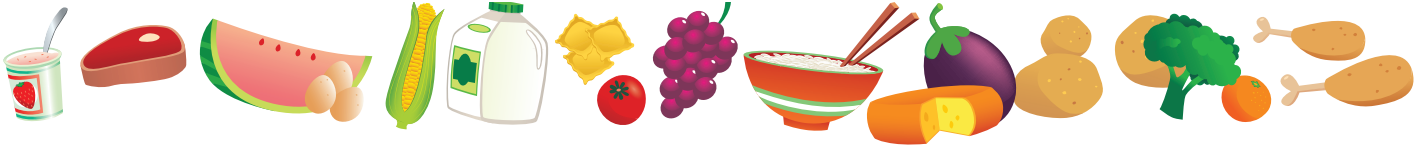
Old MacDonald had a farm, e-i-e-i-o;
and on this farm he grew some **fruit**, e-i-e-i-o;
with some apples here, some apples there,
here an apple, there an apple,
everywhere an apple apple;
Old MacDonald had a farm, e-i-e-i-o

Old MacDonald had a farm, e-i-e-i-o;
and on this farm he grew some **vegetables**, e-i-e-i-o;
with some carrots here, some carrots there,
here a carrot, there a carrot,
everywhere a carrot carrot;
Old MacDonald had a farm, e-i-e-i-o

Old MacDonald had a farm, e-i-e-i-o;
and on this farm he raised some **protein**, e-i-e-i-o;
With some eggs here, and some eggs there,
Here some eggs, there some eggs,
Everywhere some eggs eggs;
Old MacDonald had a farm, e-i-e-i-o

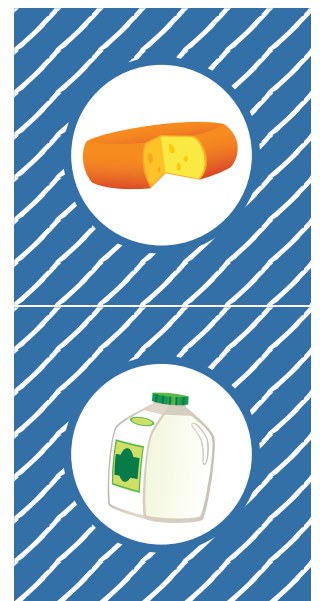
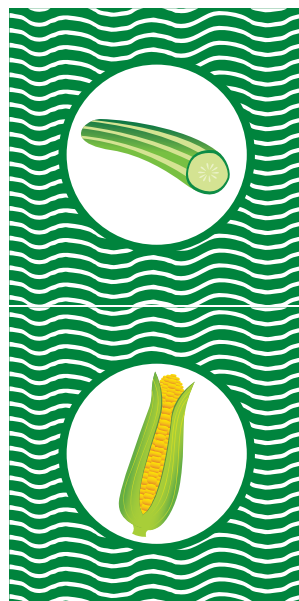
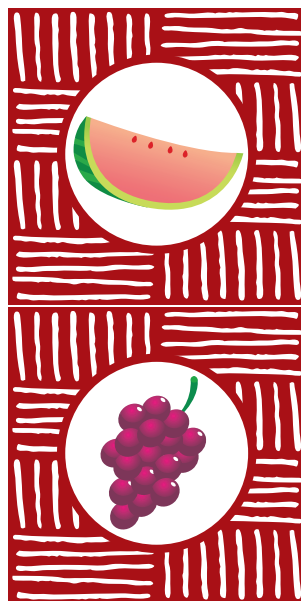
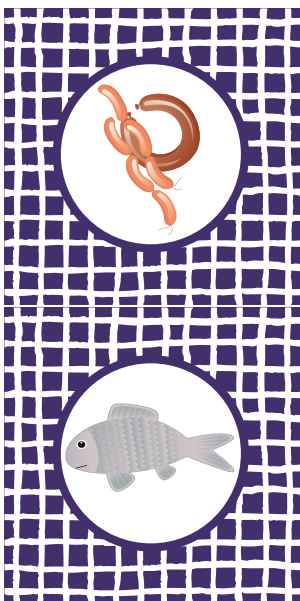
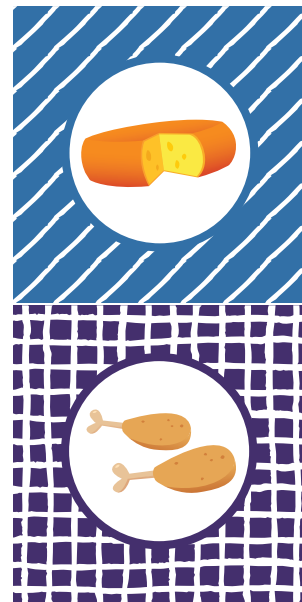
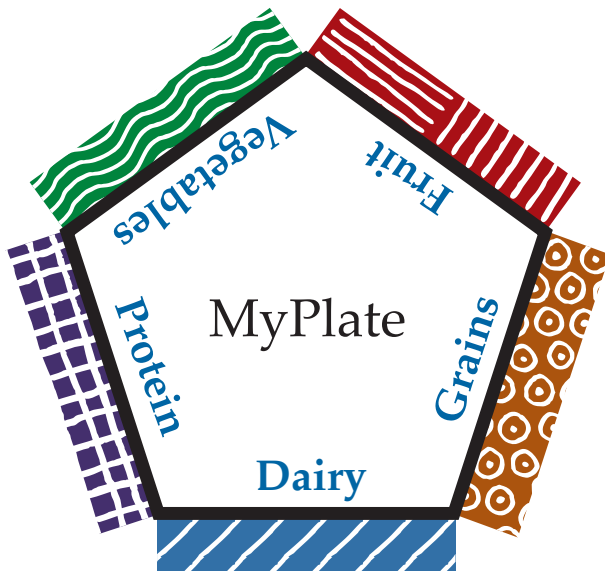
Old MacDonald had a farm, e-i-e-i-o;
and on this farm he grew some **grains**, e-i-e-i-o;
with some oats here, some oats there,
here an oat, there some oats,
Everywhere some oats oats;
Old MacDonald had a farm, e-i-e-i-o

Old MacDonald had a farm, e-i-e-i-o;
and on this farm he raised some **dairy products**, e-i-e-i-o;
with some milk milk here, some milk milk there,
here some milk, there some milk,
everywhere some milk milk;
Old MacDonald had a farm, e-i-e-i-o



Activity Three

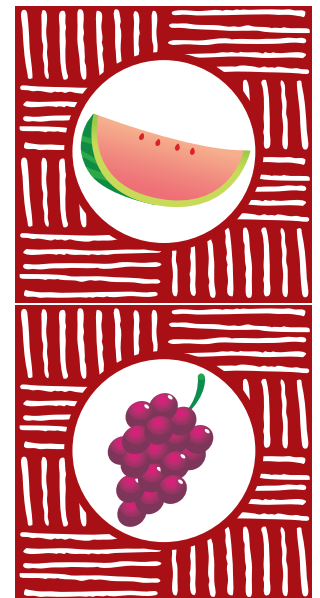
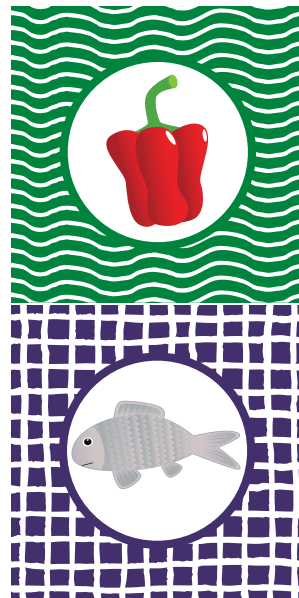
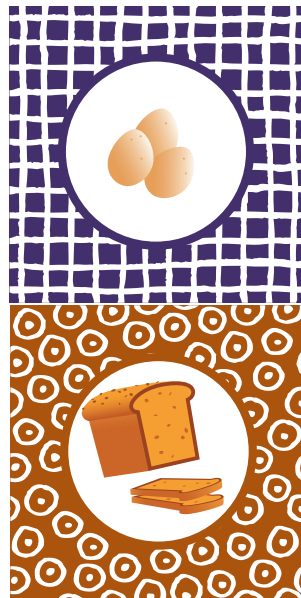
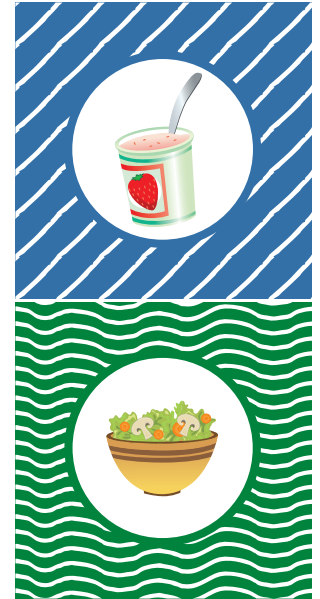
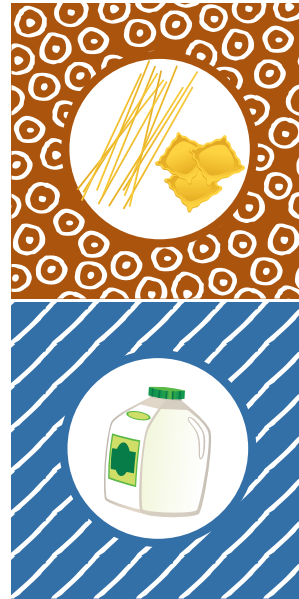
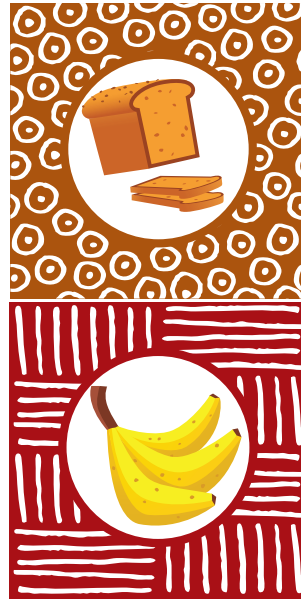
MyPlate Dominoes Game

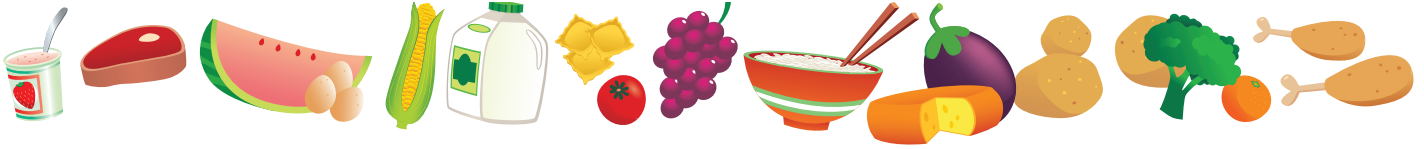




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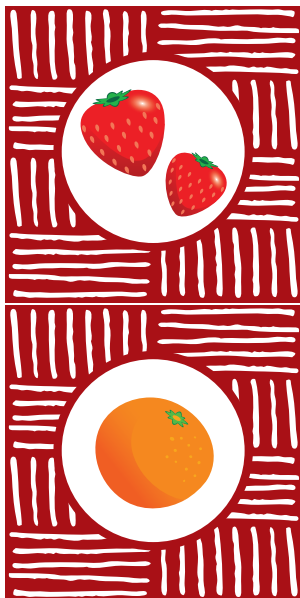
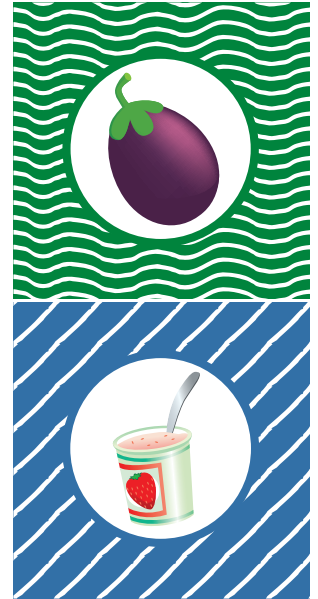
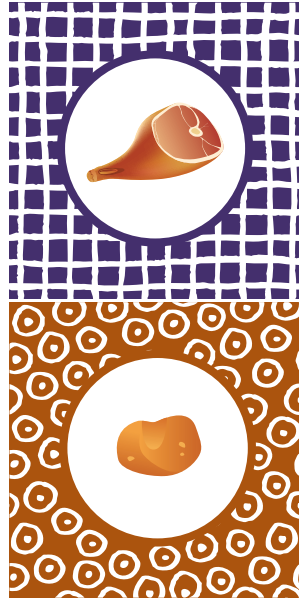
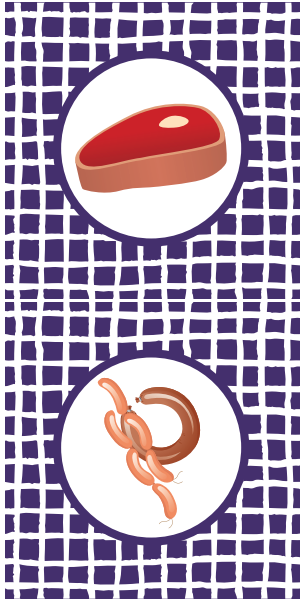
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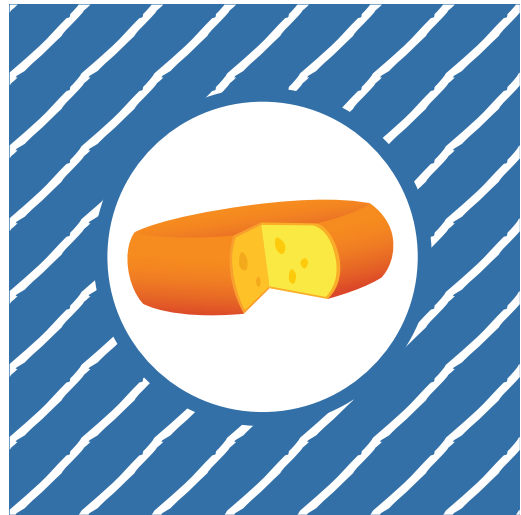
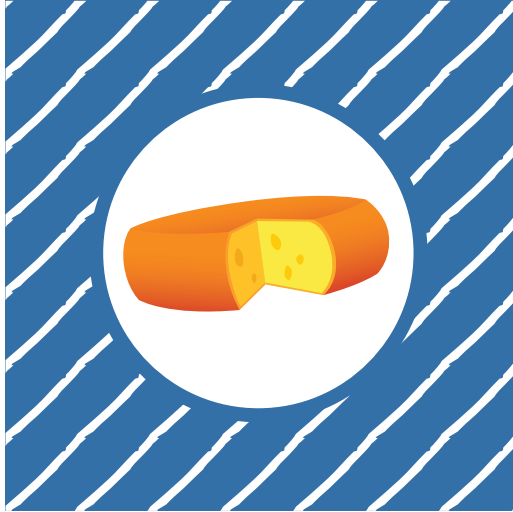
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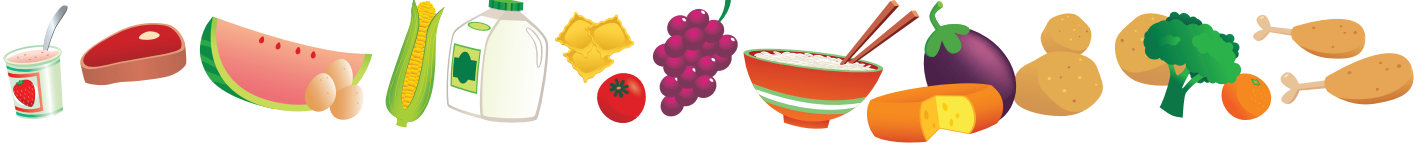




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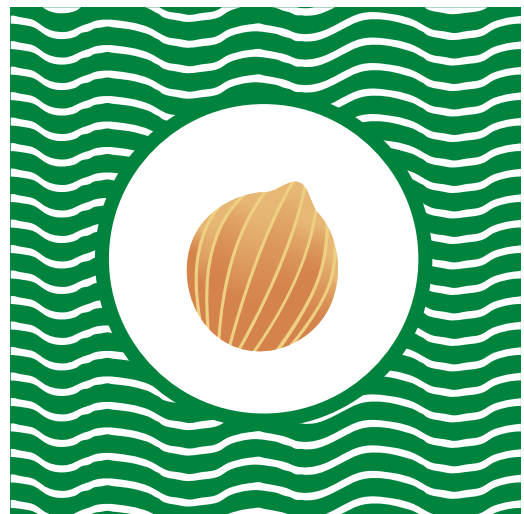
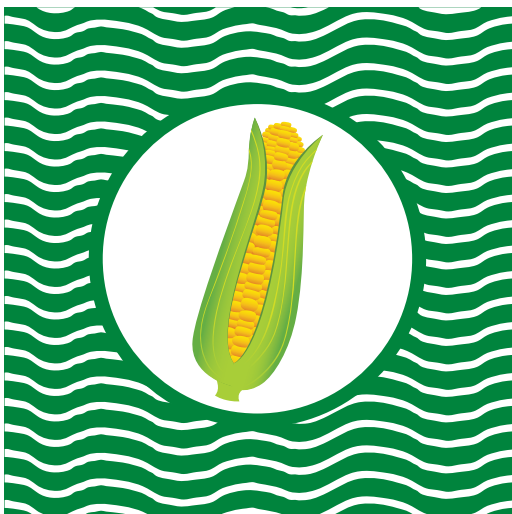
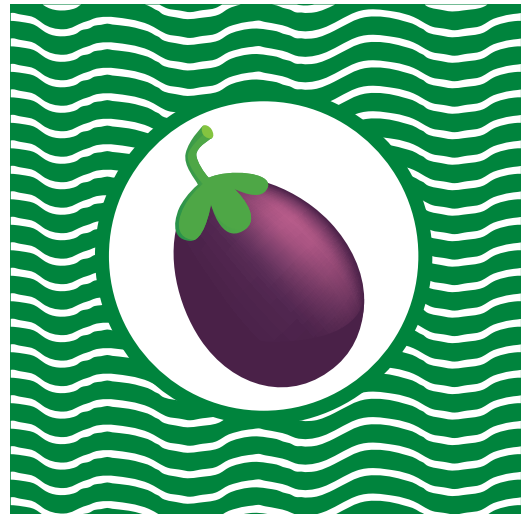
MyPlate Matching Game





Activity Four

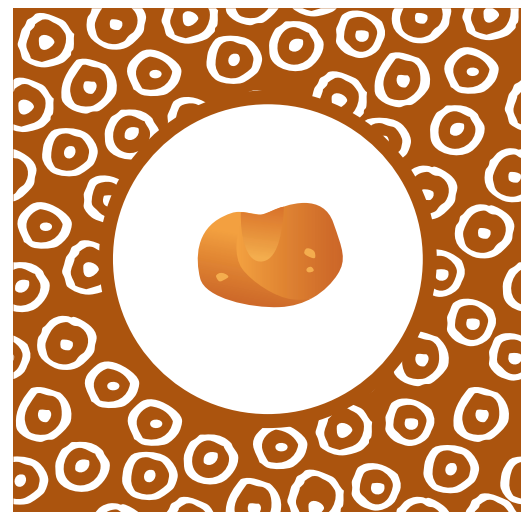
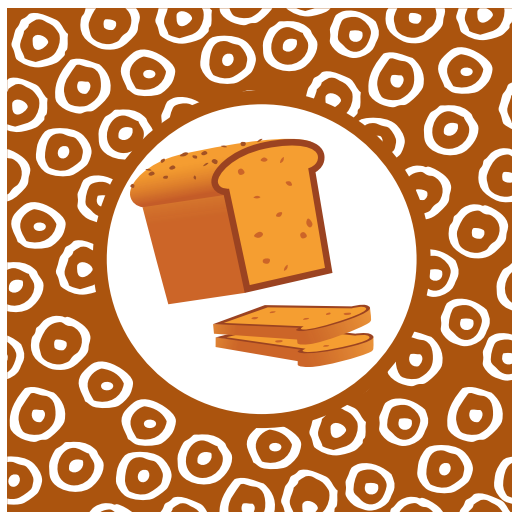
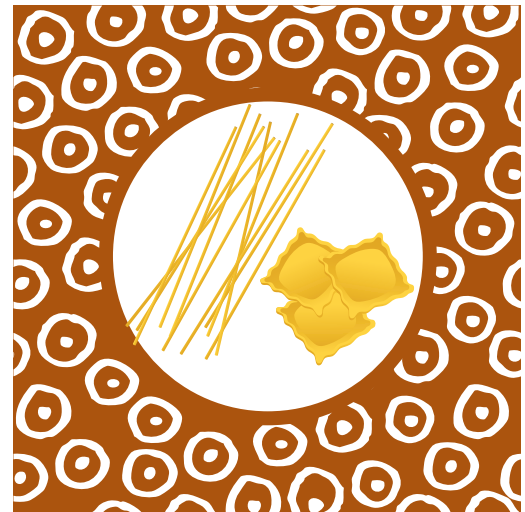
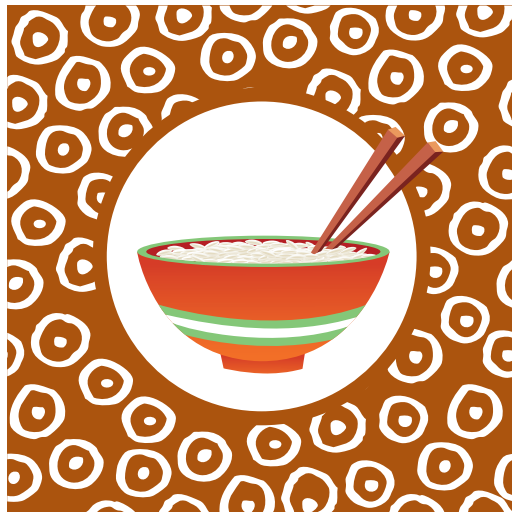
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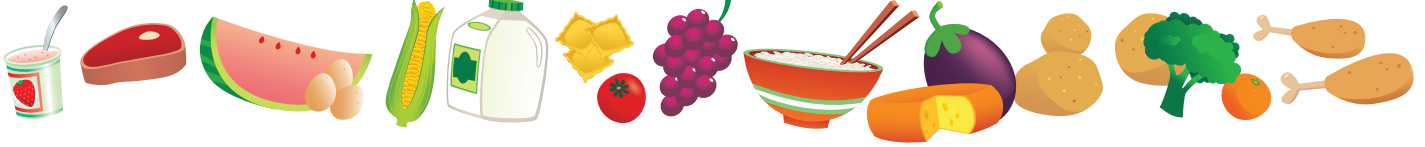




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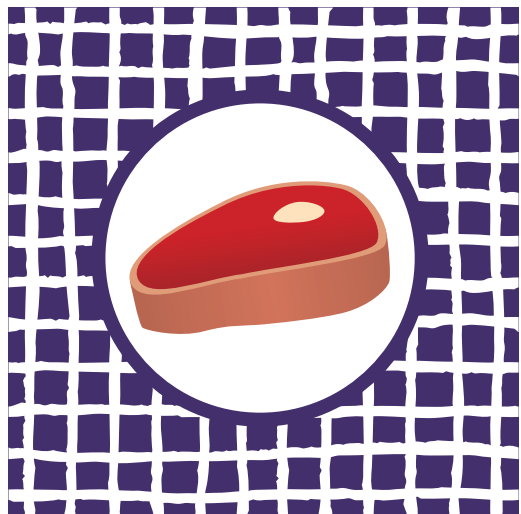
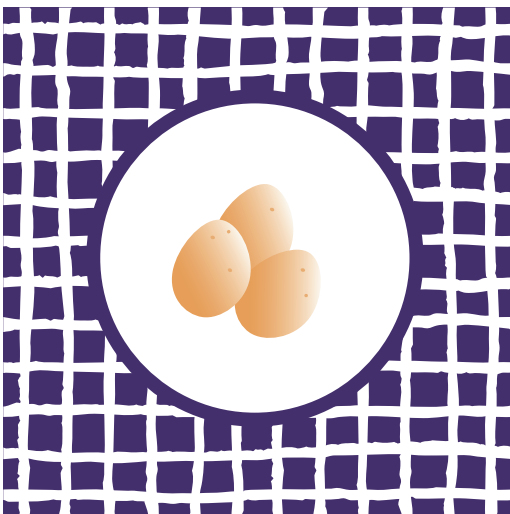
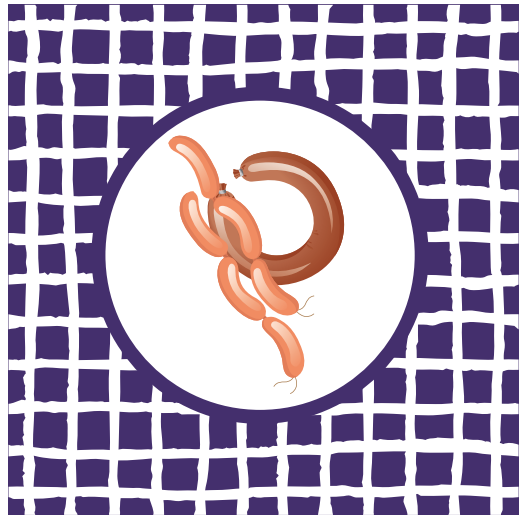
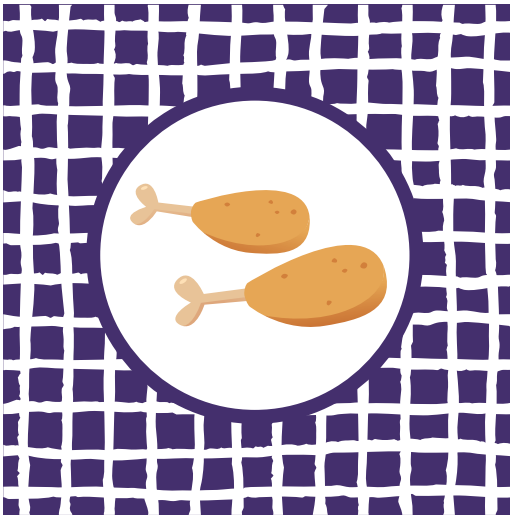
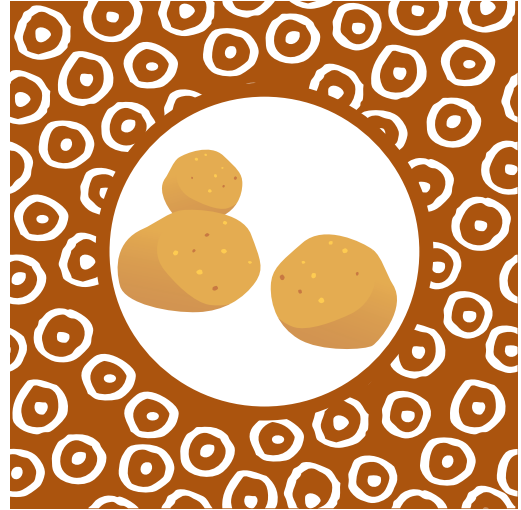
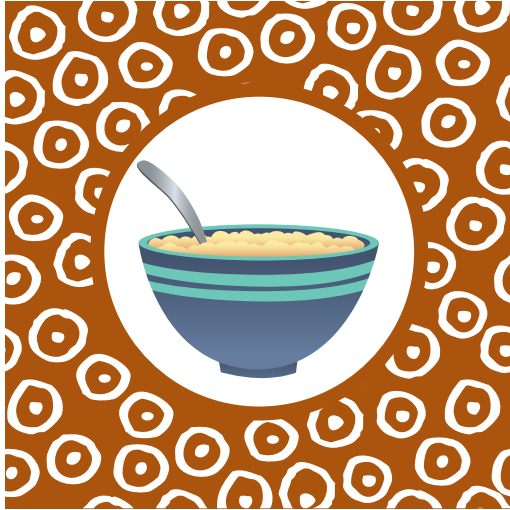
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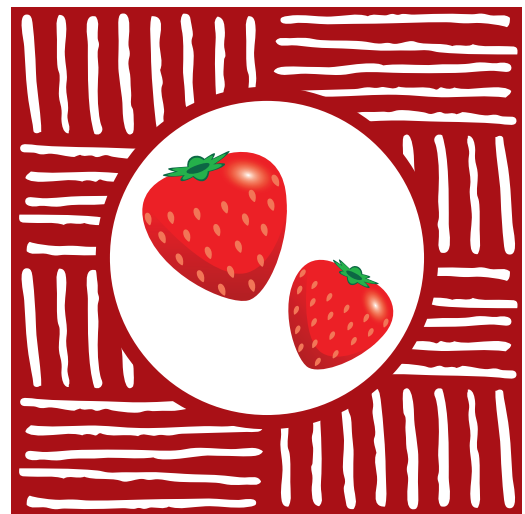
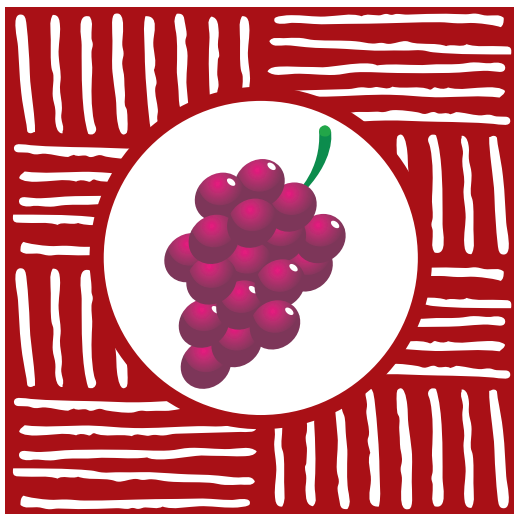
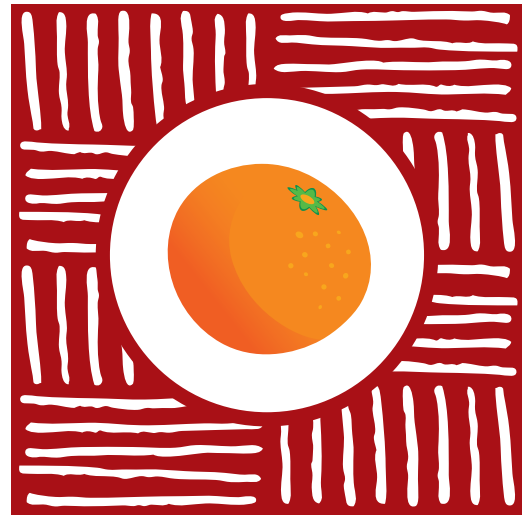
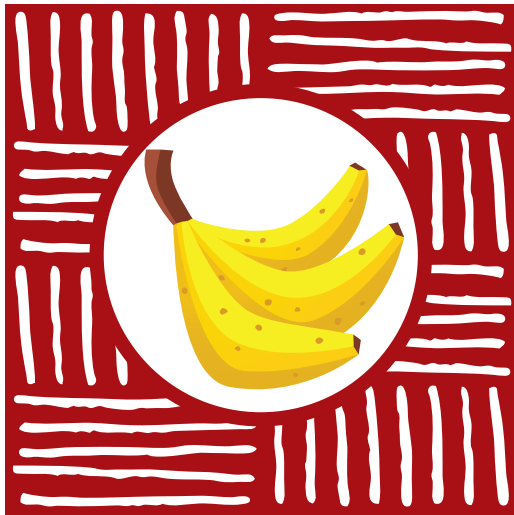
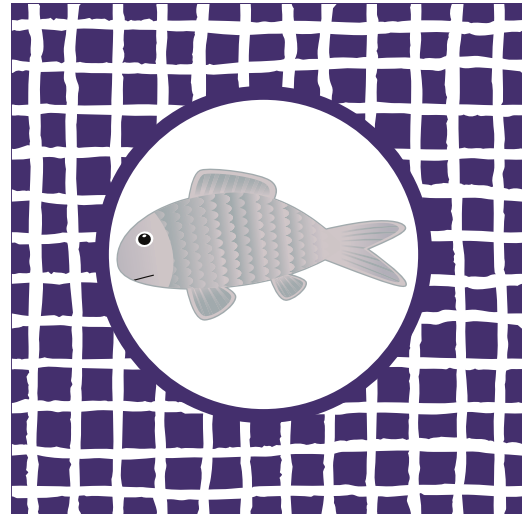
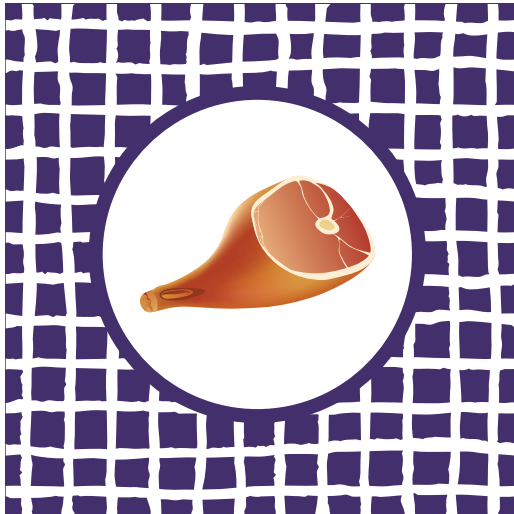
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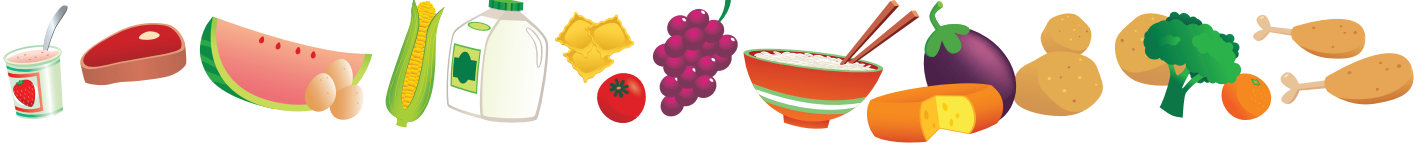




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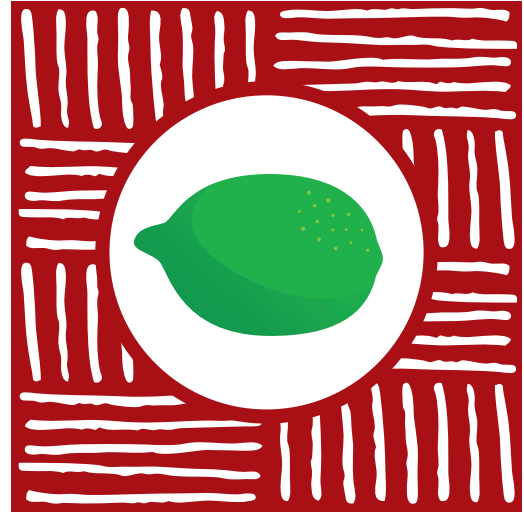
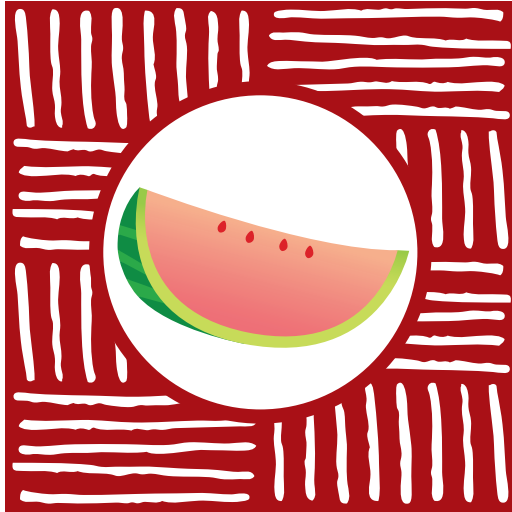
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Activity Four

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Suggested Grocery List

Brown Foods:

Wheat bread
Peanut butter or nut butter
Mixed nuts/almonds
Pretzels

Red Foods:

Red Delicious apples
Strawberries
Kidney beans
Red pepper

Orange Foods:

Carrots
Oranges
Cheddar Cheese
Sweet potato(cut in half so they can see the inside)

Green Foods:

Lettuce
Kiwi
Broccoli
Peas
Green beans

Yellow Foods:

Banana
Yellow pepper
Lemons
Corn
Butter

White Foods:

White bread
Rice
Milk
Eggs
Cauliflower

Classroom Resources . . .



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Go to www.agfoundation.org and click on Resource Orders then AFBFA for more information. The Foundation website explains the ordering procedure for the numerous resources we have for educators and volunteers who want to tell the story of agriculture to young people in their schools and communities.



To purchase the "I met a Farmer today!", "I met a Rancher today!" or "I like Vegetables!" stickers go to www.agfoundation.org and click on *Resource Orders*.

My American Farm . . .

Built for educators, learners and their families with free downloadable Educator Resources and fun Family Activities to explore!



Lesson Extenders:

My American Farm features several games specifically developed for younger ages.



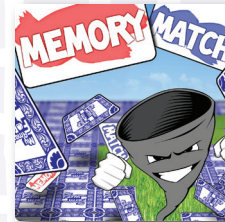
Fact or Fairy tale

- Play time: 7 minutes
- Grades: K-2
- Curriculum areas: Science
- Ag Themes: Agriculture is Everywhere, Farmers Care for Animals, Farmers Feed the World



In My Barn

- Play time: 5-7 minutes
- Grades: Prek-k
- Curriculum areas: Math
- Ag Themes: Farmers Care for Animals



Memory Match

- Playing Time: 10 minutes
- Grades K-2
- Curriculum Area: Language Arts
- Ag Themes: Agriculture is Everywhere, Farmers Steward the Land



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