

GRAUING GARDENS LSU AG CENTER + CHILDREN'S COALITION

LESSON OF THE MONTH

Lesson Title | MyPlate: Eat Smart to Play Hard

Book | *Two Bite Club* by USDA

Objectives:

- To encourage children to make healthy food and beverage choices from all 5 food groups
- To understand that the correct foods give "fuel" for active play

CLASS Focus: Concept Development, Language Modeling, and Quality of Feedback

CLASS TIPS

Concept Development:

What are the 5 parts of MyPlate? Emphasis the parts (fruits, veggies, grains, protein, and dairy) and that each group has its own color (analysis and reasoning)

What do you see on the Eat Smart To Play Hard With MyPlate poster?

Why do you think the children can move that way?

What might they be eating? (prediction, brainstorming)

Quality of Feedback:

Child: "I see a boy running on the poster, maybe the meat he ate makes him run fast."

Teacher: "Yes, he is running very fast. Meat is protein and it does make energy." (specific feedback)

Language Modeling:

Tell me what we ate from the dairy group at lunch today?

Was it a solid food or liquid? (open ended questions).

Child: "It came from a cow."

Teacher: "Yes, it did come from a cow, and it was good on our sandwich."



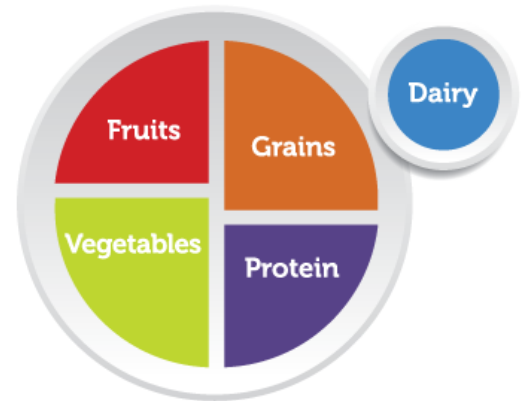
Photos from Kiddie Garden, Monroe | Little Flower Academy, Monroe | + Craft Kids, Bastrop
Submit photos to sfloyd@childrenscoalition.org



MORE ABOUT MYPLATE

For more information, visit: <http://bit.ly/2IWvr2X>

The USDA established MyPlate as the nutrition icon to remind Americans to eat healthfully and to make better food choices. It uses the familiar image of a place setting to show proper proportioning of the five basic food groups as they would fit into a daily meal plan. Use the MyPlate theme to get your child on the path to healthy eating.



- Make half your plate fruits and vegetables
- Add lean protein
- Make half your grains 100% whole wheat
- Offer a variety of healthy foods
- Be mindful of sweet drinks and other foods
- Don't forget to stay active!

GARDEN TIPS | GROWING, HARVESTING + PLANTING

Keep the soil evenly moist as crops finish maturing, trim off any dead leaves to let the plants focus their energy on producing their last fruits and vegetables and even reduce or stop watering a week or 2 before you harvest to concentrate flavor. If you're planting new seeds you may need to hand-water in addition to using your drip irrigation to nurture your seeds before they get their deeper roots.

What We're Harvesting | summer squash, eggplant, okra, purple hull peas, tomatoes, & cucumbers

What to Plant in September

- Direct sow seeds (plant these directly in the beds if you have space or start in containers if your beds are still producing): beets, Brussels sprouts, cabbage, carrots, Swiss chard, collards, English and snow peas, kale, kohlrabi, leek, lettuce, mustard greens, onion, radish, rutabagas, snap beans, turnips
- Plant transplants (from the greenhouse on Hall St or from your local garden center): broccoli & cauliflower (or direct sow seeds early)
- Plants sets of shallots and plant small whole Irish potatoes saved from the spring crop.

Cindy may bring you some starts from our greenhouse when she comes to visit or you can always pick up plants and garden skills on Super Saturday, September 21.

