

# Session 4

## Categorizing Food With My Plate

Today we are going to learn a little bit about food groups and appropriate meals. Part of being healthy is eating a balanced diet with a variety of foods that will meet your body's needs. There are 5 food groups we are going to focus on today: Fruits, Vegetables, Grains, Protein and Dairy. For today's question to think about we want you to list two examples of each category and select which food group is your favorite.

My favorite food group is: \_\_\_\_\_

Fruits: \_\_\_\_\_

\_\_\_\_\_

Vegetables: \_\_\_\_\_

\_\_\_\_\_

Grains: \_\_\_\_\_

\_\_\_\_\_

Protein: \_\_\_\_\_

\_\_\_\_\_

Dairy: \_\_\_\_\_

\_\_\_\_\_

# Session 4 Activity

## Building a Healthy Sandwich

The best types of meals are ones that can include multiple food groups as they help provide your body with vitamins and minerals needed to be healthy. The foods we eat can help us gain energy, stay healthy and feel better so it is very important that we balance what we put in our body correctly. For today's activity we want you to build a sandwich that incorporates at least 4 of the food groups, but you can include them all if you would like! Here are some examples for each group that you can build your sandwiches with, but feel free to come up with one on your own.

Fruit: tomato, strawberry, apple, peach, banana

Vegetable: cucumber, lettuce, green peppers, red peppers, broccoli, spinach

Grains: whole wheat bread, white Bread, other bread types, tortillas, pasta

Protein: chicken, beef, eggs, nuts, salmon, tuna

Dairy: cheese, yogurt, milk

Take the time now to create 3 sandwiches with the choices above or choices of your own, make sure you include at least 4 of the 5 categories for each sandwich.

Sandwich 1

Sandwich 2

Sandwich 3

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## Session 4 Conclusion

Today we introduced you to the 5 food groups and showed you how you can build a healthy sandwich. Understand that we won't always be able to eat just sandwiches and may have a variety of different meals so it is important to learn the food groups and how to include them in your meals as you get older and can control more of what you eat.

For today's session we want to think about another item that can be very different among people: your favorite food. Think about what your favorite food is and compare that to your family or friend's favorite. Sometimes they are the same, but most of the time they are different. Just because someone else doesn't like the same food you do does not mean you are any worse or better than that person. Each of us have different taste buds and even if we do not like the same foods can be friends and we still love our favorite food just as much, even if someone you know doesn't. Think about this fact if you are ever down on yourself for being different in any way. We are all unique and even if you may be different from other people you should always like yourself! Now take the time to write down a response for session 4 of your "What I Like about me" page at the end of this binder.