



Social
Studies



Literacy

COLORS ON YOUR PLATE

Grade Level

3-5

Length of Lesson

One to two class
periods

Objective

By completing this activity, students will have a better understanding of nutrition and what food groups should fill up their plates.

Materials

- Copy of [*Auntie Yang's Great Soybean Picnic*](#) by Ginnie Lo
- Paper plates
- Markers, crayons, colored pencils
- Access to the internet (optional)

Standards

Common Core

CCSS.ELA-Literacy:
RI.K.4; RI.1.5; RI.2.5;
RI.3.5; W.4.3; SL.K.1a;
SL.K.2; SK.K.6;

ISSS

SS.G.2.2-3; SS.G.2.5;
SS.G.3.3

Lesson Summary

This lesson uses paper plates to create a fun way for students to strengthen their understanding of nutrition. This lesson is great to also teach about soybean varieties and introduce cultural nutrition.

Suggested Sequence of Events:

1. Read through the AITC Soybean and Nutrition Ag Mags to learn more about soybeans and nutrition. Interactive versions can be found on our website.
2. Complete the activity following the procedures:
 - Read *Auntie Yang's Great Soybean Picnic* out loud to the class.
 - Ask students to observe the pictures and the details of the illustrations. After you're done reading, ask if they noticed anything different about these illustrations from other books. (The illustrations are all on plates!)
 - Go to www.myplate.gov/life-stages/kids and talk about what types of foods should fill up students' plates.
 - Have students think of the types of foods that would fit into each section on their plates. Make a list on the board or have them individually brainstorm and share.
 - Give each student a paper plate.
 - Have students pick their favorite foods that would fit into each category. Once they have decided, have them draw and color those foods on their paper plates.
3. Whole class discussion and reflection of activity. Pair students together and have them share what is on their plates!

TEACHER RESOURCES

Extension Ideas:

- Read [*Pod to Plate: The Life Cycle of Soybeans*](#) by Julie D. Blunier.
- Have students create a comic strip or flip book showing the life cycle of a soybean.
- Show a labeled diagram of a soybean plant.
- Watch a YouTube video showing a soybean farm!
- Invite a soybean farmer into your classroom to talk about soybean farming.
- Learn about the different varieties of soybeans.
- Look up recipes that use varieties of soybeans and look into the history of that recipe. What part of the world inspired these recipes?
- Learn about different species of pollinators that are important for soybean growth.
- Go to www.agintheclassroom.org to contact your County Literacy Coordinator for free classroom sets of our Ag Mags!