



1.

Preparation:

Prepare 1 book for each child following the instructions below.

1. Cut construction paper to fit self-closing bags. Staple 6 self-closing bags together along the seamed side, leaving the self-closing side to slide construction paper into.
2. Make *MyPlate* coloring picture the front page of your book by putting it into the first baggie.
3. Put all construction paper into individual baggies.
4. Make 1 copy per book of *How to Make and Apple Pie and See the World* handout. For small children cut apart the pictures and words on the handout and put a set into one of the stapled baggy books. Older children can cut them apart if time permits, or you can prepare theirs also. It is your choice. **Assemble 1 book per child.**



2.



3.

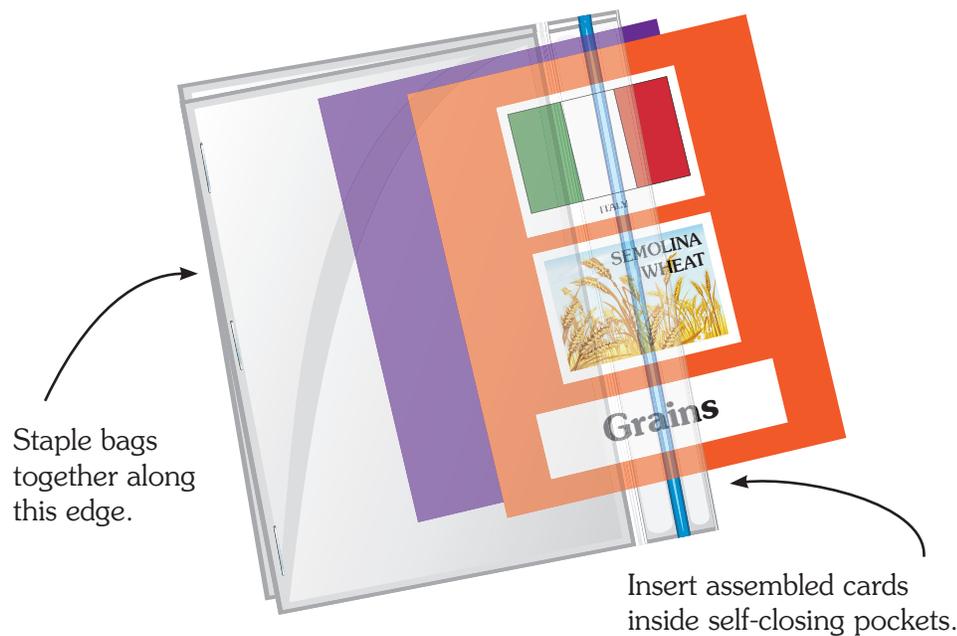
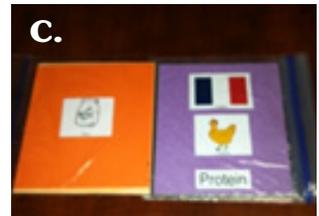
Doing the Activity:

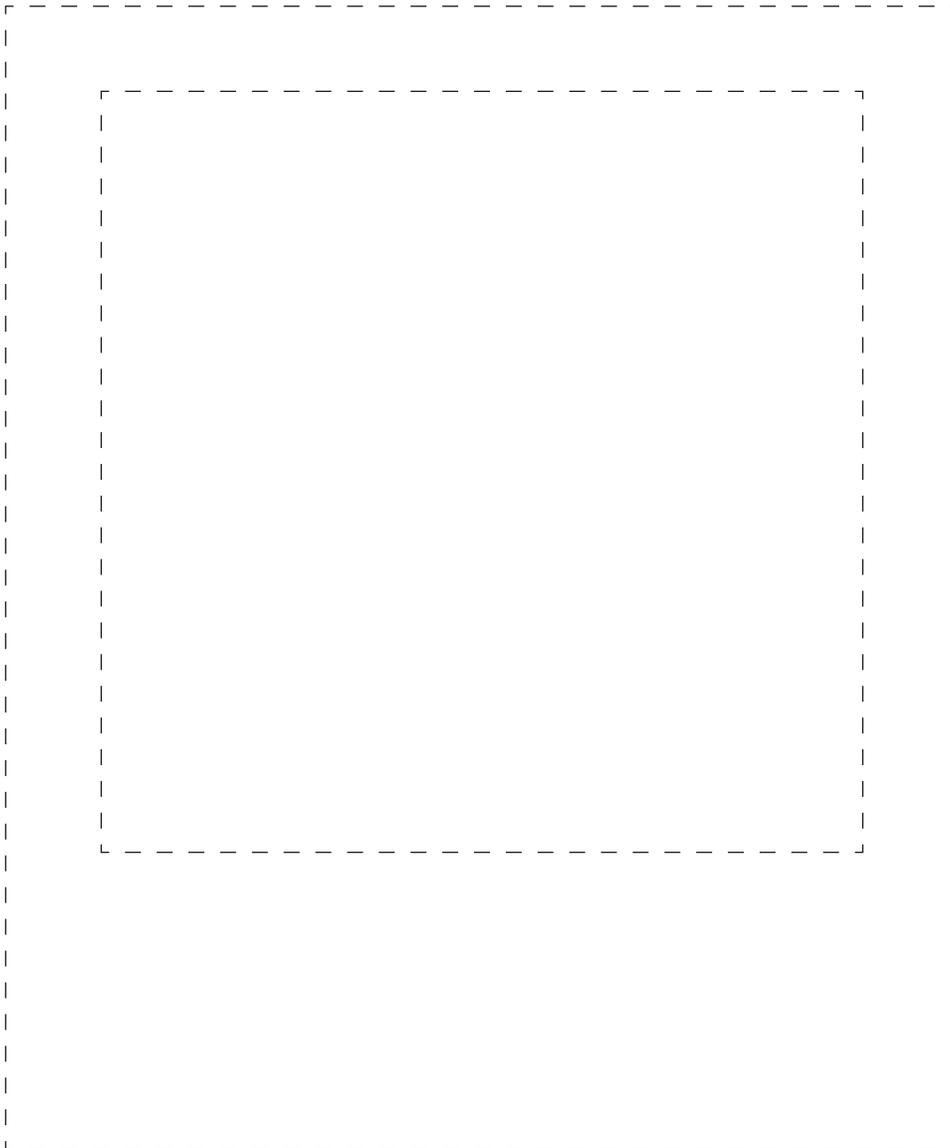
1. Read the book: *How to Make an Apple Pie and see the World*.
2. After the story show the *Choose MyPlate* poster and point out the different colors and list some of the food that belongs to each section. (Grains: bread, spaghetti, oatmeal, etc.; dairy: milk, yogurt, cottage cheese, etc.; fruits: apples, strawberries, pears, etc.; vegetables: green beans, tomatoes, corn, etc.; protein foods: chicken, hamburger, pork chops, etc.)
3. Pass out premade books to children (construction paper).
4. Instruct children to look at the colors of the book and ask them if they look like the colors on the *MyPlate* poster.
5. Have children take out the construction paper from their books.
6. Cut and glue the words that match the colors of the paper (*photo A*).
7. Tell children you are going to make a *MyPlate* book and see the world.
8. Tell children that each country has its own flag, and using the flags from the countries in the story they are going to make a *MyPlate* book.
9. Refer back to the story and tell children the first country that was visited was Italy. Have children cut and glue the Italian flag to the orange piece of construction paper, and ask children what food group the orange color represents.



A.

10. Then ask children what grain food was obtained in Italy. Cut and glue the wheat on to the orange paper (*photo B*).
11. Continue this process with the remaining 4 food groups.
 - Vegetables will only have a title on its page; we will come back to that later.
12. Ask children what the wheat was milled into? On the back of the orange piece of paper glue the sack of flour (*photo C*).
13. Continue this process with the remaining food groups (*photos D - G*).
14. Pass out crayons or markers and have children color MyPlate coloring picture (*photo H*).
15. Ask children what food group was missing from their book.
16. Pass out 4" X 4" pieces of paper and using crayons or markers ask children to draw their favorite vegetable and glue it on the vegetable page of their books.
17. Put all pages of construction paper into the self-closing bags making individual books.
18. Point to the food groups on the *Choose MyPlate* poster and have children tell you what food from their books they have on that color.



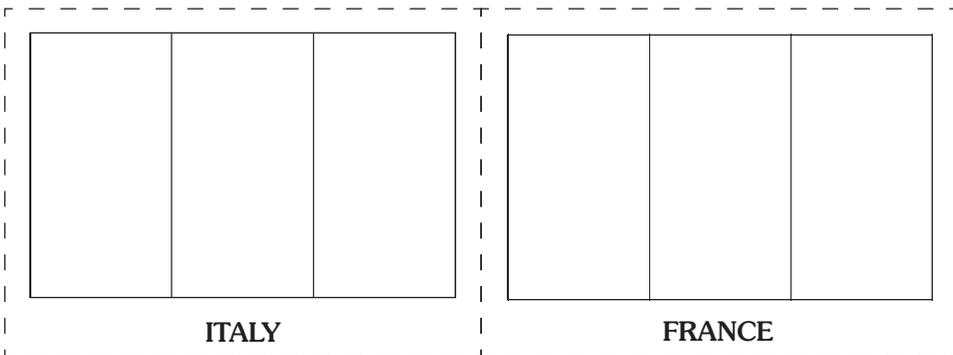


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The outer rectangle is 5 x 6 inches. The inner square is 4 x 4 inches.

Cut construction paper into 5 x 6 inch rectangles to fit a standard size self-closing lunch bag.

Give the students blank 4 x 4 inch paper to draw their favorite vegetable.

Tip: 2 versions of the flags and food graphics are included. Choose either the black and white set to color by hand or print the color set on a color printer.

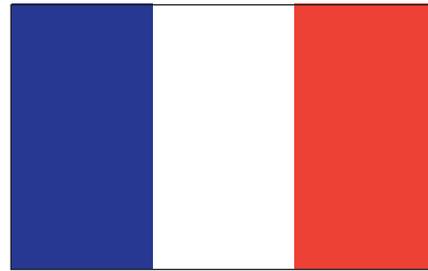


ITALY

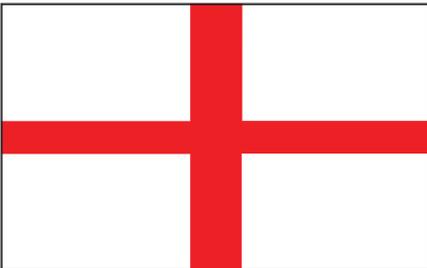
FRANCE



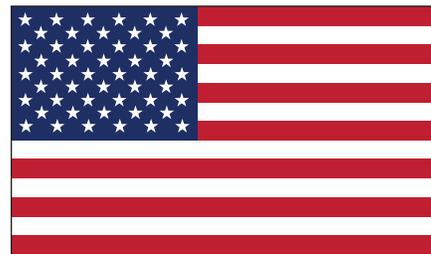
ITALY



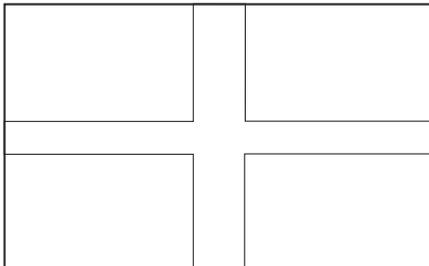
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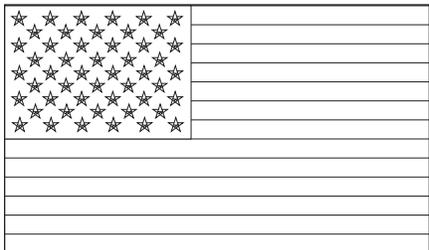
ENGLAND



UNITED STATES of AMERICA



ENGLAND



UNITED STATES of AMERICA

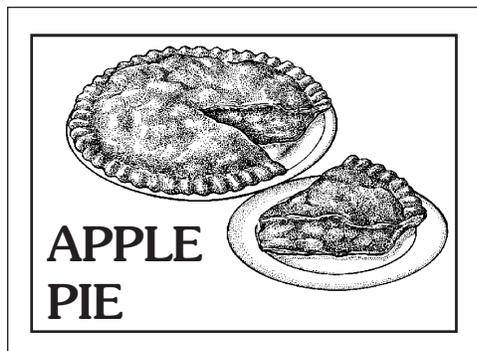
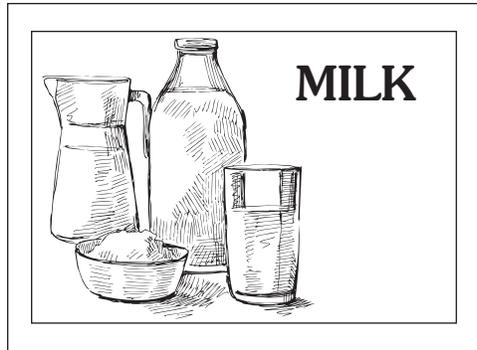
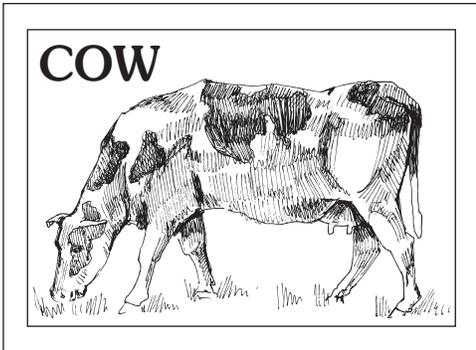
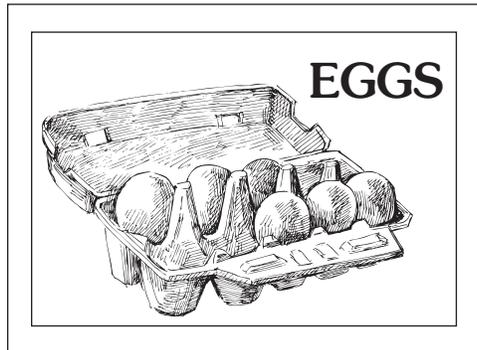
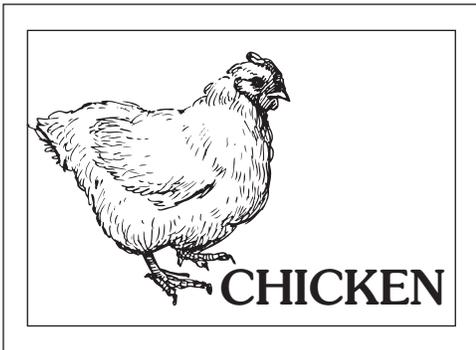
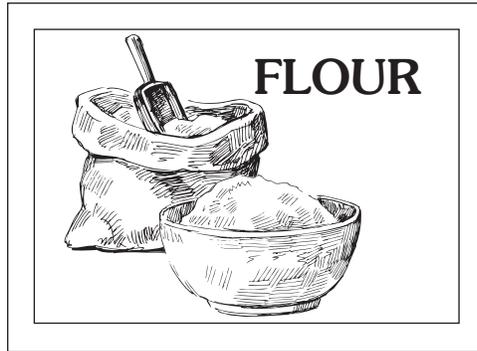
Grains

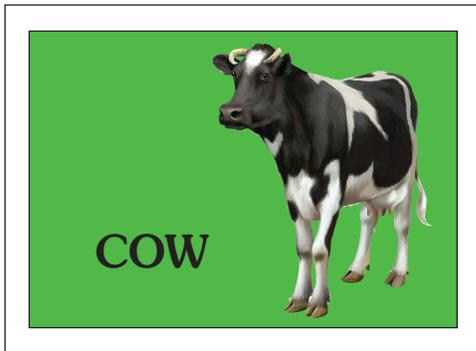
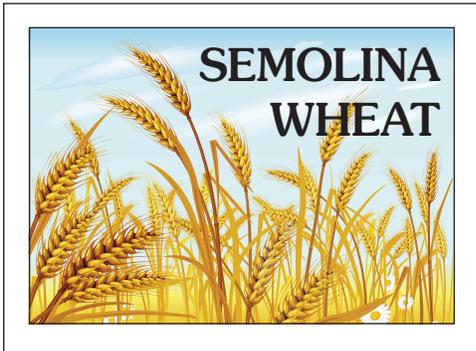
Dairy

Protein

Fruits

Vegetables





MyPlate coloring picture

