

Different Plates for Different Mates

3-5

SS.1.2

Objectives

Students will be able to:

- Identify food choices within each food group.
- Name different types of diets.
- Explain the differences between regular, vegetarian and vegan diets.

Standards Met

- **1a.** Know the five nutrient groups and the functions.
- Recognize that family and cultural influences affect food choices. (2.2.N)
- Compare food choices from different cultures.

Overview of MyPlate

MyPlate is the nation's newest guidelines for healthy eating and it is a great resource for learning and teaching general nutrition. This tool shows the five food groups that make up a healthy diet and highlights the recommended proportions for each food group. MyPlate encourages food variety and portion control while recommending foods high in nutrients and low in saturated fats, salt and added sugars.

MyPlate also provides up-to-date information on current nutrition recommendations, as well as tips and ideas to make healthy lifestyle changes with ease.

Use MyPlate in the classroom:

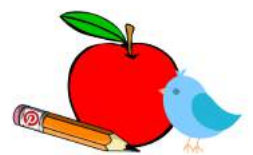
- To show the components of a healthy diet, including the five food groups.
- To help students visualize how much of each food group should be eaten in order to have a balanced diet.
- As a tool to help students become interested in nutrition.

MyPlate healthy eating guidelines:

- Include foods from the five groups: fruits, veggies, grains, dairy and protein.
- Make half your plate fruits and veggies. Buy them fresh, frozen or canned.
- Make at least half your grains whole grains. Choose brown rice, whole grain pasta and cereals.
- Switch whole fat dairy for 1% or fat-free dairy products.
- Vary your protein sources. Choose proteins like eggs, skinless chicken, lean beef, seafood, beans, nuts, etc.

For more information on MyPlate and the five food groups, go to:

www.mentorprojectfiu.com



M.E.N.T.O.R. Project



United States
Department of
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National Institute
of Food and
Agriculture



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Make The Connection

Materials

- Worksheet: “Different Plates for Different Mates” for Grades 3-5
- Supplemental Material: “Different Plates for Different Mates”

Using the worksheet titled “**Different Plates for Different Mates**” for Grades 3-5, help your students understand different diets and how they can all provide a balanced meal.

Write the five food groups on the board (fruits, vegetables, grains, protein and dairy) and write an example for each category. Then, begin the discussion by explaining to your students that there are many different ways to have a balanced diet, and that MyPlate can look different for every person based on the kind of food they eat. Ask your students if they know what it means to be pescetarian, vegetarian or vegan.

1

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Introduce your students to different types of diets, specifically pescetarian, vegetarian, and vegan diets.

Refer to Supplemental Material: “Different Plates for Different Mates” for a more detailed description of each diet

Explain how:

- Pescetarians eat fish, but do not eat any other type of meat like poultry, beef or pork.
- Vegetarians do not eat any kind of meat, but do eat some animal products. There are different types of vegetarians:
 - Lacto-vegetarians eat dairy products, but do not eat eggs.
 - Ovo-vegetarians eat eggs, but do not eat any dairy products.
- Vegans do not eat any type of animal products and therefore only eat fruits, veggies, grains, and nuts.

Both vegetarians and vegans get a lot of their protein from nuts, seeds, and soy products like tofu and tempeh.

After you present the information above, do an overview of the “**Different Plates for Different Mates**” worksheet for Grades 3-5 and clarify any questions the students may have.

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USDA United States Department of Agriculture National Institute of Food and Agriculture **FIU**

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Different Plates for Different Mates

Diet Definitions and Nutritional Information

Omnivore	An omnivore eats food of both plant and animal origin. An omnivore's diet includes red or white meat, fish, eggs and dairy, as well as all types of fruits and vegetables.
Pescetarian	Pescetarians restrict their meat consumption to fish and seafood only. Pescetarians do not consume red meat or white meat. When decreasing meat consumption, pescetarians should consume a variety of iron sources to meet daily requirements. Good sources of iron include soybeans, dark green, leafy greens, beans and eggs. Also, consuming good sources of vitamin C, such as citrus fruits, orange juice and tomatoes at each meal, increases iron absorption.
Lacto-Vegetarian	Lacto-vegetarians do not eat red or white meat, fish or eggs. However, lacto-vegetarians do consume dairy products such as cheese, milk and yogurt. Protein is found most abundantly in animal foods, so when vegetarians exclude animal foods from their diets they must make sure they receive an adequate amount of protein from other sources like beans, whole grains, soy products, nuts and nut butters and dairy products.
Ovo-Vegetarian	Ovo-vegetarians do consume egg products, but do not eat red or white meat, fish or dairy products. Dairy products are a rich source of calcium, therefore, when ovo-vegetarians exclude dairy products from their diet, they must make sure to eat other calcium rich foods. Fortified cereals, fortified soy milk, broccoli, dark leafy greens, beans, almonds and soybeans are all examples of vegetarian friendly sources of calcium. Ovo-vegetarians may also want to consider taking a vitamin D supplement since few foods are naturally high in vitamin D. A few vegetarian sources of vitamin D include eggs and vitamin D fortified soy milk.
Vegan	Vegans do not eat any type of animal products or by-products. Therefore vegans do not consume any meats, fish or poultry, nor do they eat eggs, dairy, honey, gelatin or any other animal by-product. Vegans only eat fruits, veggies, grains, and nuts. Vitamin B12 is found in all foods of animal origin. When choosing to follow a vegan diet, vegans may need to supplement their diet by choosing fortified breakfast cereals or by taking vitamin B12 supplements. Vegans may also want to consider taking a vitamin D supplement since few foods are naturally high in vitamin D.



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Diet Reference Chart

DIET	FRUITS	VEGGIES	GRAINS	NUTS	MEAT	FISH	DAIRY	EGGS
Omnivore	✓	✓	✓	✓	✓	✓	✓	✓
Pescetarian	✓	✓	✓	✓		✓	✓	✓
Lacto-vegetarian	✓	✓	✓	✓			✓	
Ovo-vegetarian	✓	✓	✓	✓				✓
Vegan	✓	✓	✓	✓				



Name: _____ Date: _____

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1) Match the diet style with the correct MyPlate example and explain your answer.

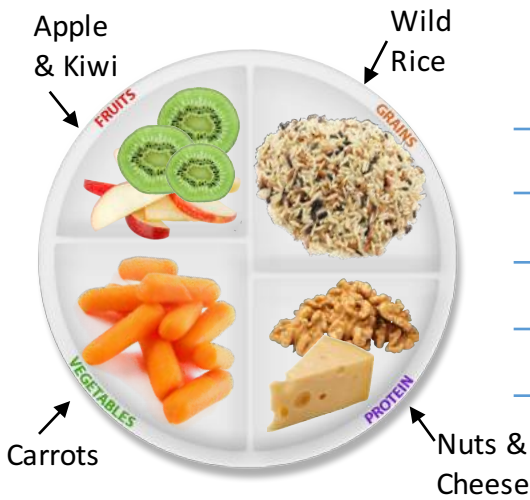
Lacto-vegetarian

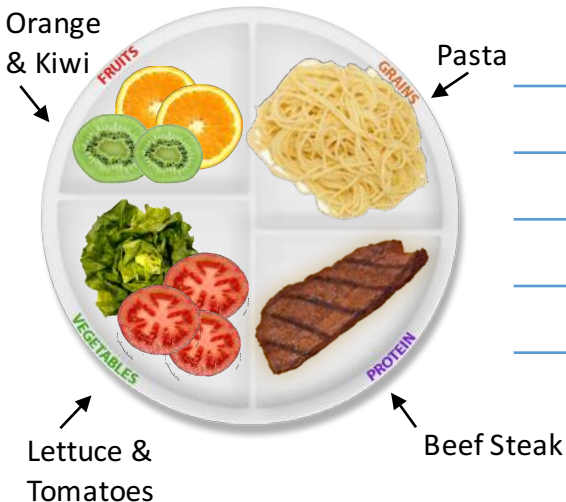
Omnivore

Ovo-vegetarian

Pescetarian

Vegan





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ANSWER KEY

1) Match the diet style with the correct MyPlate example and explain your answer.

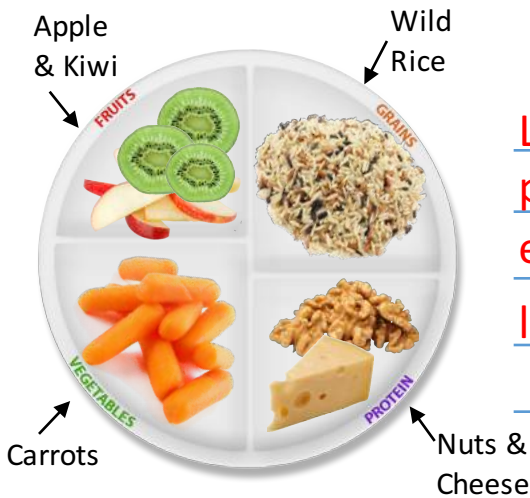
Lacto-vegetarian

Omnivore

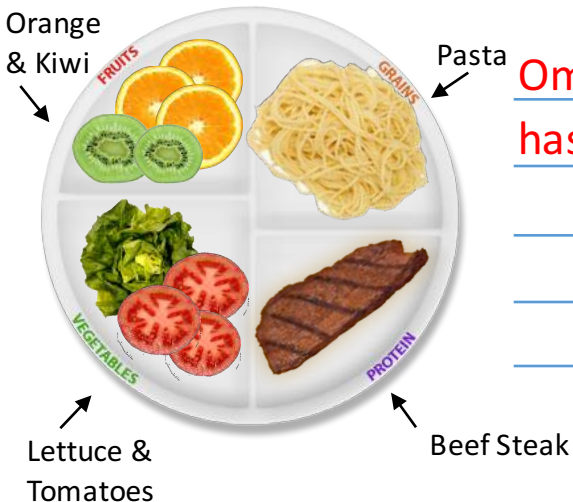
Ovo-vegetarian

Pescetarian

Vegan



Lacto-vegetarian diet, because the plate does not have any meat or eggs, but does have milk products like cheese.

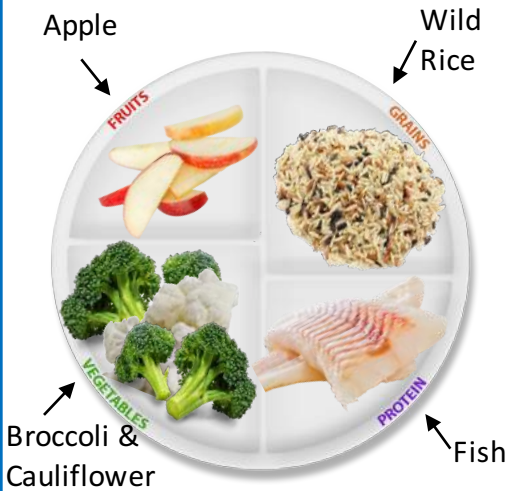


Omnivore diet, because the plate has food from plants and meat.

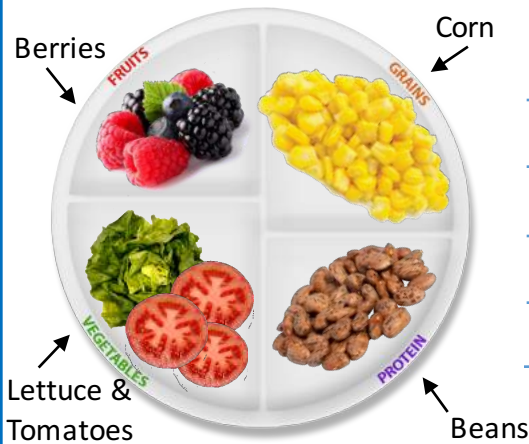
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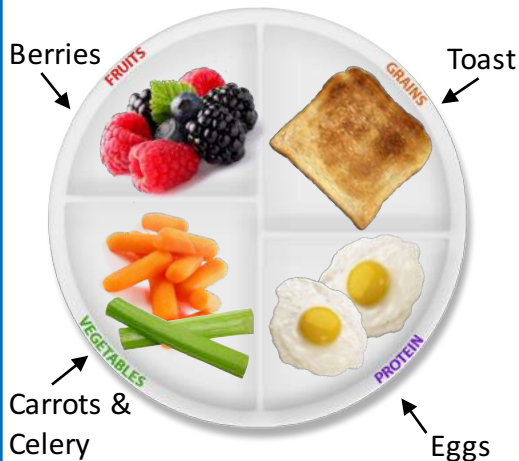
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Pescetarian diet, because the protein part of the plate only has fish.



Vegan diet, because the plate does not have any meat, milk, or eggs.



Ovo-vegetarian diet, because the plate does not have any meat or milk, but does have eggs.