

UF/IFAS Extension Family Nutrition Program Youth Understanding MyPlate (YUM) - Florida Standards

Grade	Lesson	Florida Standards	Activity	Physical Activity	Recommended Book	Parent Letter	Match Packets
PK/K	1 - A Date with MyPlate	LACC.K.L.3.4, LACC.K.L.3.6, LACC.K.RL.2.5, LACC.K.SL.1.2, HE.K.B.3.2, HE.K.C.1.1., HE.K.C.2.1., HE.K.P.1.1., MU.K.S.2.1., PE.K.L.1.5., PE.K.L.2.4., PE.K.M.1.1., PE.K.R.1.1., PE.K.R.2.3.,	MyPlate Colors	Jump MyPlate	Spriggles Health & Nutrition by Jeff and Martha Gottlieb.	✓	✓
PK/K	2 - The Good on Grains	LACC.K.L.1.1, LACC.K.L.1.2, LACC.K.L.3.4, LACC.K.L.3.5, LACC.K.SL.1.2, LACC.K.SL.1.3, LACC.K.SL.2.4, LACC.K.W.1.2, HE.K.C.1.1, HE.K.P.1.1, PE.K.C.1.2, PE.K.C.1.8, PE.K.L.2.6, PE.K.R.1.1, PE.K.R.2.3	Grain Exploration	The Great Grains Relay Race	Macaroni and Rice and Bread by the Slice by Brian P. Cleary	✓	✓
PK/K	3 - Fun with Fruits and Vegetables	LACC.K.L.3.4, LACC.K.L.3.5, LACC.K.RI.4.10, LACC.K.SL.2.4, LACC.K.SL.2.5, LACC.K.W.3.8, HE.K.B.2.2., HE.K.C.1.1., HE.K.C.1.Pa.a., HE.K.C.1.Su.a., SC.K.N.1.in.c., PE.K.C.1.1., PE.K.R.1.2., DA.K.F.3.1., DA.K.S.3.2.,	Eat A Rainbow Full of Fruits and Vegetables	Fruit and Veggie Follow the Leader	The Fish Who Wished He Could Eat Fruit by Kathleen Stefancin, MS, RD	✓	✓
PK/K	4 - Delicious Dairy	LACC.K.L.3.4, LACC.K.L.3.5, LACC.K.RF.1.1, LACC.K.SL.1.2, LACC.K.SL.1.3, LACC.K.SL.2.5, MACC.K.G.1.2, PE.K.C.1.6., PE.K.R.1.2.,	Dairy Group Activity Sheet	Dairy Group "Stop" and "Go"	Carlos and Clarice Mooove to Lowfat Milk! by K. Reeves	✓	✓
PK/K	5 - The Power of Protein Foods	LACC.K.L.3.4, LACC.K.L.3.5, LACC.K.L.3.6, LACC.K.SL.1.2, LACC.K.SL.1.3, LACC.K.SL.2.4, HE.K.C.1.1., HE.K.B.2.2, HE.K.B.2.In.b., HE.K.B.2.Su.b, HE.K.2.Pa.b., PE.K.M.1.1., PE.K.M.1.In.a., PE.K.M.1.Su.a., PE.K.M.1.Pa.a., PE.K.R.1.2., PE.K.R.1.In.b., PE.K.R.1.Su.b., PE.K.R.1.Pa.b., PE.K.R.2.4., PE.K.R.2.In.d., PE.K.R.2.Pa.d.,	Farm Food Match	Barnyard Yoga	Acorn Healthy Eating: Meat and Protein by Nancy Dickmann	✓	✓
PK/K	6 - Create Your Plate	LACC.K.L.3.4, LACC.K.L.3.5, LACC.K.L.3.6, LACC.K.SL.1.2, LACC.K.SL.1.3, LACC.K.SL.2.4, HE.K.P.1.1., HE.K.P.1.In.a, HE.K.P.1.Su.a., HE.K.P.1.Pa.a., PE.K.C.1.1., PE.K.C.1.In.a., PE.K.C.1.Su.a., PE.K.C.1.Pa.a.	Explore Your Plate	Your Plate Conga	Gregory, the Terrible Eater by Mitchell Sharmat.	✓	✓
First	1 - A Date with MyPlate	HE.1.B.2.2, HE.1.C.1.1, LACC.1.W.3.8, LA.1.5.2.1, VA.1.H.3.1, PE.1.C.1.7, PE.1.C.1.9, PE.1.L.2.7, PE.1.L.2.8, PE.1.R.1.3	Make MyPlate	MyPlate Says	Eat a Rainbow: Healthy Foods by Susan Temple Kesselring	✓	✓
First	2 - The Good on Grains	LACC.1.L.1.1, LACC.1.L.3.4, LACC.1.L.3.5, LACC.1.RI.1.3, LACC.1.RL.2.5, LACC.1.RL.2.6, LACC.1.RL.3.7, LACC.1.SL.1.2, LACC.1.SL.1.3, HE.1.P.2.1, HE.1.P.1.2, HE.1.C.1.6, E.1.C.1.1,	Grainville Story	Fiber Friends Workout	The Whole Grain Choo Choo Train by Kathy Reeves, Mary Stickney, Diane Bowden, and Rob Gelhardt.	✓	✓
First	3 - Fun with Fruits and Vegetables	HE.2.P.1.1, HE.2.P.1.2, LACC.1.SL.1.2, LACC.1.SL.2.4, VA.1.S.3.4, LA.1.4.3.1, SC.1.L.1.4.2	Vitmain A and C Worksheet	Fruit and Veggie March	Green Beans, Potatoes, and Even Tomatoes: What is in the Vegetables Group? by Brian P. Cleary	✓	✓
First	4 - Delicious Dairy	LACC.1.L.3.4, LACC.1.L.3.5, LACC.1.L.3.6, LACC.1.SL.1.2, PE.1.M.1.1., DA.1.S.3.3.,	Dairy Group Bingo	Dairy Group Relay	Yogurt and Cheeses and Ice Cream That Pleases: What Is in the Milk Group? by Brian P. Cleary	✓	✓
First	5 - The Power of Protein Foods	HE.1.C.1.1, HE.1.C.1.6, HE.1.B.2.2, HE.1.P.1.2, LA.1.1.6.1, LA.1.1.6.3, PE.1.C.1.1, PE.1.C.1.7, PE.1.C.1.9, PE.1.L.1.5, PE.1.L.2.7	Protein Foods Guess Who	Protein Foods March	Protein on MyPlate by Mari Schuh	✓	✓
First	6 - Create Your Plate	LACC.1.L.3.4, LACC.1.L.3.5, LACC.1.RI.2.6, LACC.1.SL.1.1, LACC.1.SL.1.2, LACC.1.SL.2.5, MACC.1.G.1.3, HE.1.P.1.1., HE.1.P.1.Su.a, HE.1.P.1.Pa.a.,	Make Your Plate	Food Group Corners	Picky Peggy by Jennifer Dussling	✓	✓

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Second	1 - A Date with MyPlate	LACC.2.L.3.6, LACC.2.RI.1.3, LACC.2.RI.3.7, LACC.2.SL.1.1, LACC.2.SL.1.2, LACC.2.SL.1.3, LACC.2.SL.2.4, LACC.2.SL.2.5, HE.1.C.1.1, HE.1.B.3.2, HE.1.P.1.1, HE.2.C.1.1, HE.2.B.1.3.L, HE.2.B.4.1, HE.2.P.1.1, VA.1.S.1.3, VA. 2.C.2.1, VA.2.O.2.1, PE.1.L.1.5.	MyPlate Picnic	MyPlate Corners	Spriggles Activity and Exercise by Jeff and Martha Gottlieb	✓	✓
Second	2 - The Good on Grains	HE.2.B.3.2, HE.2.C.1.6, PE.2.M.1.1, PE.2.L.2.8, PE.2.L.2.9, DA.2.F.3.1, DA.2.S.3.2, DA.2.S.3.3, SC.2.L.1.4.1	From Seeds to Your Food	Whole Grain Freeze	Pancakes, Pancakes! By: Eric Carle	✓	✓
Second	3 - Fun with Fruits and Vegetables	LACC.2.RL.2.4, LACC.2.L.3.5, HE.2.B.2.2, PE.2.L.2.11, DA.2.C.1.2, MU.2.S.2.1	My Fruit and Veggie Plant	Fruit and Veggie March	"Tops & Bottoms" by Janet Stevens	✓	✓
Second	4 - Delicious Dairy	LA.2.2.2.2, LACC.2.RL.3.7, HE.2.P.1.1, HE.2.P.1.2, DA.2.S.2.1, DA.2.S.2.2, DA.2.S.3.2	Adventures in Dairy Land	Calcium Song	The Delicious Dairy Group, from Capstone Press' MyPlate and Healthy Eating Series.	✓	✓
Second	5 - The Power of Protein Foods	LACC.2.L.3.5, LACC.2.L.3.6, LACC.2.RI.3.7, LACC.2.SL.1.1, LACC.2.SL.1.2, LACC.2.SL.1.3, SC.2.L.14.1, SC.L.14.1, SC.2.L.14.In.a., SC.2.L.14.Su.a., SC.2.L.14.Pa.a., DA.2.S.3.3, DA.2.C.1.2, DA.2.S.3.4,	Muscle Puzzle	Protein Hokey Pokey	Find Out About Food: Meat and Beans by Tea Benduhn	✓	✓
Second	6 - Create Your Plate	PE.2.C.1, PE.2.L.1.2, PE.2.L.2.11, HE.2.P.1.1	MyPlate Max, MyPlate Me!	Step Up to MyPlate	MyPlate and You by Gillia Olson	✓	✓
Third	1 - A Date with MyPlate	PE.2.C.1, PE.2.L.1.2, PE.2.L.2.11, HE.2.P.1.1	Around the World with MyPlate	MyPlate Zumba	Evening Meals Around the World. By: Michele Zurakowski	✓	✓
Third	2 - The Good on Grains	MACC.3.NBT.1.2, PE.3.L.2.7, PE.3.L.2.12, PE.3.R.1.1, PE.3.R.1.4, PE.3.R.2.3	Find it on a Food Label	Find it on the Food Label Relay!	Bread (What's for Lunch?) By: Honor Heat	✓	✓
Third	3 - Fun with Fruits and Vegetables	LACC.3.RF.4.4, LACC.3.SL.1.2, HE.3.B.3.6, HE.3.C.1.1, PE.3.R.1.2, PE.3.R.1.1, PE.3.R.2.3, LA.3.1.6.2, LA.3.5.2.1	Race to Fill MyPlate	Fruit and Veggie Balloon Blast	The World of Plants: Fruits and Vegetables By: Carrie Branigan and Richard Dunne	✓	✓
Third	4 - Delicious Dairy	LACC.3.RI.1.1, LACC.3.RI.3.7, LACC.3.RL.1.3, LA.3.2.2.2, PE.3.R.1.1, PE.3.R.1.2, PE.3.R.2.3	Mystery of the Missing Milk	Balloon Balancing	Eating Right with MyPlate: Dairy, by Megan Borgert-Spaniol	✓	✓
Third	5 - The Power of Protein Foods	MA.3.A.1.1, MA.3.A.1.2, MA.3.A.2.3, MA.3.A.6.2, HE.3.B.3.1, HE.3.B.3.3, HE.3.B.3.5, HE.3.C.1.1, LA.3.1.6.1, LA.3.1.6.2, LA.3.1.6.5, PE.3.L.2.1, PE.3.L.2.9, PE.3.R.2.3	Protein Foods Baseball	Protein Foods Pilates	Your Healthy Plate Protein by Katie Marsico	✓	✓
Third	6 - Create Your Plate	HE.3.B.3.3HE.3.B.3.5, HE.3.P.1.1HE.3.B.4.1HE.3.P.2.1, LACC.3.RF.4.4, LACC.3.W.1.2	Keys to a Healthy Plate	Key Message Quest	Eating Right With MyPlate: Healthy Eating by Megan Borgert-Spaniol	✓	✓
Fourth	1 - Go, Slow, Whoa	LA.4.5.2.1, DA.4.C.1.2	Go, Slow, Whoa Bingo	Pack It Up!	✗	✗	✓
Fourth	2 - Start Your Day with Breakfast	LAFS.4.RF.4.4, MAFS.4.MD.1.2, MAFS.4.NBT.2.4, PE.4.R.6.1, PE.4.M.1.1	The Power of Breakfast Worksheet	The Big Breakfast Freeze	✗	✗	✓
Fourth	3 - Have a Healthy Snack Attack!	LACC.4.SL.1.1, LACC.4.W.3.8, HE.4.B.5.4	Master Chef Snacks	Find a Friend	✗	✗	✓
Fourth	4 - Sugar Shocker!	ELACC.4.SL.1.1c, LACC.4.SL.1.3, HE.4.C.1.4	Sugar Seeker	Sugar Rush	✗	✗	✓
Fourth	5 - Experimenting with Exercise	LACC.4.W.3.7, SC.4.N.1.1, HE.4.C.1.1, PE.4.L.3.1, PE.4.L.3.2, PE.4.L.3.5	What Makes Your Heart Beat?	Cool Down	✗	✗	✓

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Fourth	6 - Create Your Plate	HE.4.B.3.3, PE.4.L.4.7, PE.4.L.1.1, PE.4.L.2.13, SA.PK12.MD.4.1, US.PK12.CM.2.8, US.PK12.IF.3.1a	Knowing Your Needs	Action Amounts	✕	✕	✓
Fifth	1 - Food Safety	HE.5.C.1.4, LA.5.1.7.4, SC.5.L.15.1	Food Safety Story	Careful Around Cooties	✕	✕	✓
Fifth	2 - Breakfast on the Go	PE.5.L.4.6, HE.5.P.8.1, PE.5.M.1.1	Make a Breakfast on the Go	Breakfast on the Go as Fast as You Can!	✕	✕	✓
Fifth	3 - Make It a Goal to Eat More Fruits and Vegetables!	HE.5.B.6.1	SMART Fruit and Vegetable Goals	Ready, Set, Goals!	✕	✕	✓
Fifth	4 - You Can't Fool Me	HE.5.C.2.5	You Can't Fool Me!	Fighting Back	✕	✕	✓
Fifth	5 - Better Choices when Eating Out	LACC.K12.SL.1.2, HE.5.B.3.5, HE.5.P.7.1, PE.5.C.2.1	Choices, Choices, Choices!	Whats Your Move?	✕	✕	✓
Fifth	6 - Advocating for Healthy Food at Home	LACC.5.SL.1.1, HE.5.P.8.1	Breaking Barriers at Home	Namahealthy Stretch	✕	✕	✓