



# BEET

## LESSON

30 second version

EDUCATOR

1. MyPlate helps you create a balanced meal and is made up of 5 food groups: vegetables, fruits, proteins, grains, and dairy.
2. Make sure to make half your plate fruits and vegetables at each meal.
3. Beets help your body use the energy in food—try them and the recipe on your recipe card!

If you have more time

EDUCATOR

- You will be getting beets today.
- Here is a recipe that you can use at home, and you can hang the card on your refrigerator if you want.
- Beets are part of a healthy diet. They help your body use the energy in food.
- Who has eaten beets before?

PARTICIPANTS

*Answer “yes” or “no”*

EDUCATOR

- As you may know, beets are part of a healthy diet.
- One way to create a balanced diet is by using MyPlate.
- MyPlate has 5 food groups: vegetables, fruit, protein, grains, and dairy.
- It's important to make half of your plate fruits and vegetables.

### Let's build a balanced meal!

Work together to create a balanced meal you and your family like, or want to try! Make sure to include beets, and put all the parts of your meal in their correct food group.

PARTICIPANTS

*Work together to build a balanced meal and talk with each other about favorite ways to eat beets.*