



BOK CHOY

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. Bok choy may help support your bones, vision, and immune system—try it and the recipe on your recipe card!

If you have more time

EDUCATOR

- The vegetable of the day is bok choy!
- Here is a bok choy recipe you can use at home.
- As it says on your recipe card, bok choy may help support your bones, vision, and immune health.
- Who has eaten bok choy before?

PARTICIPANTS

Answer “yes” or “no”

EDUCATOR

- As you may know, bok choy is 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 is 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 bok choy, 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 bok choy.