



# CAULIFLOWER

## LESSON

### EDUCATOR

You will be getting cauliflower today.

**Here's a recipe you can use at home**, and you can hang the card on your refrigerator if you want to.

Cauliflower is part of a healthy diet. They can help support **heart health, immune system, and vision**.

One way you can create a healthy diet is by using MyPlate. **Have you heard about MyPlate?**

### PARTICIPANTS

*If the participants answer "yes," ask them what they know about MyPlate. If the participants answer "no," explain what MyPlate is.*

### EDUCATOR

**MyPlate helps you figure out a healthy amount for each food group at every meal.**

**It is made up of 5 food groups: fruits, vegetables, protein, grains, and dairy. It is good to make half of your plate fruits and vegetables at every meal.**

**Using all the food groups on the poster, what is a complete meal you and your families like to make using cauliflower?** Or if you don't already eat cauliflower, what is a complete meal you would like to try making with it? Put all the parts of the meal in their correct groups on the MyPlate poster. You can also say your ideas out loud, and you can work together.

### PARTICIPANTS

*Participants answer the questions using the MyPlate poster.*

### KEY MESSAGES

1. MyPlate is made up of 5 food groups: fruits, vegetables, grains, protein and dairy.
2. Make half of your plate fruits and vegetables.
3. Try the fruit or vegetable and the recipe talked about in this lesson.