

# Get It Going with

# GOYA®



## Target Audience

This program is designed for use with students in grades 4-6.

## Program Objectives

- To introduce students to the USDA's MyPlate recommendations ([www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)).
- To help students make healthy food choices that include understanding nutrition food labels.
- To foster communication between students and their families about healthy eating.
- To encourage families to incorporate more fruit and vegetables, including beans, into their diets.

## Program Components

- This one-page teacher's guide.
- Three reproducible student activity sheets.
- A wall poster for display in your classroom.
- 30 copies of a special MyPlate brochure from GOYA.
- A reply card for your comments, or comment online at [www.ymiclassroom.com/feedback/goya.html](http://www.ymiclassroom.com/feedback/goya.html).

## Dear Educator,

With the support of First Lady Michelle Obama, the USDA in June 2011 released the new MyPlate guidelines to help families and kids make healthier food choices consistent with the USDA's 2010 Dietary Guidelines for Americans.

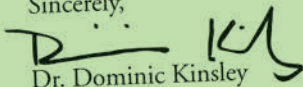
Now, in conjunction with curriculum specialists Young Minds Inspired (YMI), GOYA is collaborating with the White House to bring MyPlate into the classroom thanks to some savvy soccer-playing bean characters who know how important healthy eating and exercise are when it comes to success in sports or in life.

Get It Going with GOYA includes easy-to-implement classroom activities that use MyPlate to help kids create a balanced meal, read food labels for nutritional information, and explore the nutritional value of beans. The activity sheets also include recipes for families to try at home.

We hope that you will share this valuable program with other teachers in your school. Although the materials are protected by copyright, you may make as many copies as needed for educational purposes.

Please use the enclosed reply card to let us know your thoughts on this program, or comment online at [www.ymiclassroom.com/feedback/goya.html](http://www.ymiclassroom.com/feedback/goya.html). We depend on your feedback to continue providing free educational programs that make a real difference in students' lives.

Sincerely,

  
Dr. Dominic Kinsley  
Editor in Chief  
Young Minds Inspired

YMI is the only company developing free, innovative classroom materials that is owned and directed by award-winning former teachers. Visit our website at [www.ymiclassroom.com](http://www.ymiclassroom.com) to send feedback and download more free programs. For questions, contact us at 1-800-859-8005 or e-mail us at [feedback@ymiclassroom.com](mailto:feedback@ymiclassroom.com).

## How to Use This Program

Photocopy the teacher's guide and student activity sheets before displaying the wall poster in your classroom. Then, distribute copies of the activity sheets to all your students. The poster, designed to serve as a daily reminder of the MyPlate recommendations, is also to be used with Activity 1. Please visit [www.ymiclassroom.com/pdf/goyastandards.pdf](http://www.ymiclassroom.com/pdf/goyastandards.pdf) to review the program's alignment with national health education standards.

### Activity 1 What's on Your Plate?

This activity introduces students to the MyPlate guidelines and shows them how much of each food group they should be eating each day, along with food examples and health benefits. Have students take the sheet home and track what they eat for a week, following the MyPlate guidelines as closely as possible. At the end of the week, ask students to share their choices and then assess their progress. Students who have chosen healthy meals and snacks can affix stars or sign their names to the *We're All Stars, Too!* section of the classroom poster in celebration of their achievements.

### Activity 2 It's on the Label

In this activity, students explore the information found on nutrition food labels. Tips are also provided to help them make healthy, balanced food choices. Have students bring product food labels from home to compare and contrast the nutrients in foods that they like. At home, ask them to calculate the nutritional balance of a family dinner based on available product labels. Have students present what they find and discuss any surprises they encounter, such as the amount of sodium and fat they might discover. The activity also includes a recipe parents can try with their children.

### Activity 3 Beans Build a Body

In this activity, students learn health and nutrition facts and complete a quiz about beans. To help families incorporate beans into their diets, the sheet includes a recipe featuring black beans that parents can try at home.

- Answers: 1. vegetables and protein foods; 2. fat, sugar, cholesterol; 3. protein, dietary fiber; 4. complex carbohydrates

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# Activity 1

REPRODUCIBLE MASTER

# What's on Your Plate?



The **GOYA All-Stars** know that fueling your body with the right food is important. The nutrients in food help you grow, keep you healthy, and give you the energy to do things like play soccer.

**MyPlate** can help you make healthy food choices. There are five food groups. Each food group has recommended amounts to eat each day for kids ages 9 to 13.

Here's how to score good health by eating foods from each group.

## Fruits

Daily amounts:  
1½ to 2 cups a day

Fruits that = 1 cup

- 1 small apple
- 1 large orange

Some fruits have Vitamin C, which helps repair body tissue, keeps teeth and gums healthy, and heals cuts and wounds.

The Score

## Vegetables

Daily amounts:  
2 to 3 cups a day

Veggies that = 1 cup

- 1 large tomato
- 1 cup broccoli

Veggies may help reduce the risk of heart disease and type 2 diabetes. Some veggies have vitamin A, which helps keep eyes and skin healthy.

The Score

## Protein Foods

Daily amounts:  
5 to 6 ounces a day

Protein foods that = 1 ounce

- 1 sandwich slice of turkey
- ¼ cup cooked beans, like black, white, red kidney, and pinto beans, or chick peas
- 1 egg

The Score

Proteins help build bones, muscles, skin, and blood.

## Grains

Daily amounts:  
5 to 7 ounces a day

Grains that = 1 ounce

- 1 slice of whole wheat bread
- ½ cup cooked rice or pasta

The Score

Grains have vitamins that can help the body release energy.

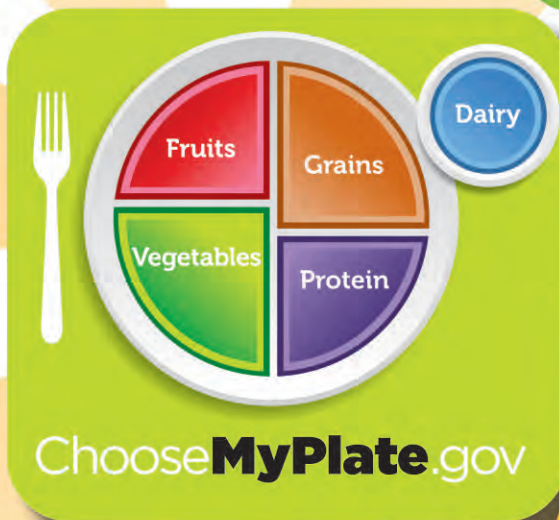
## Dairy

Daily amounts:  
3 cups a day

- 1 cup of yogurt or milk (low-fat or fat-free)
- ½ cup shredded cheese

The Score

Dairy foods help build and keep bones and teeth healthy.



## Get in the Match

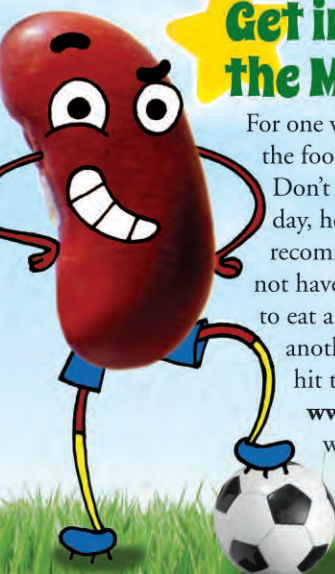
For one week, make **MyPlate** your plate. Write down the foods you eat for breakfast, lunch, and dinner. Don't forget snacks and drinks! At the end of each day, how close did you come to meeting the daily recommendations for each food group? You might not have every food group at every meal, but try to eat a variety and make up any you missed at another time in the day. For each day that you hit the mark, you will earn a star! (Check out [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to learn more about what counts for each food group.)

## Parents, Help Your Kids Become All-Stars!

Help your family get the nutrients they need from the five food groups that make up the USDA's **MyPlate**. Offer your kids a healthy variety of balanced meals and snacks. Have them help you with the shopping and cooking to get them involved in making healthy food choices. For quick, affordable recipe ideas like Bean Burritos and Southwestern Chicken Salad, check out [www.goya.com](http://www.goya.com).

## You ½ to Know This:

- Make half your plate fruits and veggies.
- Make at least half your grains whole grains.





# Activity 2

REPRODUCIBLE MASTER

# It's on the Label



Most food products have black-and-white labels that list nutrition information. Since it's the nutrients in foods that help make you strong and healthy, it's important to check out the label to see how a food measures up.

Look at this example from a can of pinto beans. Read the tips to help you compare different kinds of food labels so you can make smart choices.

**Know how much you're eating.** The information on a nutrition label is for the amount of food listed as the **Serving Size**.

The calories represent the energy in the food. Eat the right amount of calories for you.

**Go Low** – Choose foods with lower amounts of trans fats, saturated fats, cholesterol, sodium, and sugars.

Protein is needed to build and repair muscles, organs, and blood.

Nutrition Facts	
Serving Size 1/2 cup (126 grams)	
Servings Per Container about 3.5	
Amount Per Serving	
Calories 80	Fat Calories 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrates 18g	6%
Dietary Fiber 8g	32%
Sugars less than 1g	
Protein 6g	
Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	10%

\*Percent Daily Values are based on a 2,000 calorie diet.

**Read the numbers** – The food's nutrients are measured in grams (g) and milligrams (mg). The % Daily Value shows how much of each nutrient someone who needs 2,000 calories a day will get from eating one serving. Learn about your calorie needs at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

**Go High** – Choose foods with higher amounts of nutrients like fiber and vitamins A & C, calcium, and iron.

## Way to Go!

Here's a tip about % Daily Value to help you decide whether the nutrients in a food are low or high: 5% DV or less is low, and 20% DV or more is high.



## Home Field Advantage

### Tasty Lemon and Herb Chicken

Cook in the oven for an easy baked chicken dish, or on the grill for a tasty outdoor variation.

**Makes 4 servings**  
(1 chicken breast half each)

**Prep time:** 10 min.

**Total time:** 35 min., plus marinating time

### Ingredients

- 1/4 cup GOYA Extra Virgin Olive Oil
- 2 tbsp. GOYA Lemon Juice
- 2 tsp. freshly chopped cilantro
- 2 tsp. GOYA Minced Garlic, or 4 cloves garlic, finely chopped
- 2 tsp. dried oregano leaf
- 1 packet Sazón GOYA Natural and Complete
- 1/2 tsp. GOYA Adobo Light All-Purpose Seasoning with Pepper
- 1/2 tsp. ground cumin
- 1/2 tsp. red pepper flakes
- 4 bone-in, skin-on chicken breast halves, about 2 lbs. (remove skin before eating)

### Directions

- In bowl, mix together olive oil, lemon juice, cilantro, garlic, oregano, Sazón Natural and Complete, Adobo Light, cumin, and red pepper flakes; transfer to large zip-top bag. Add chicken; turn to coat completely. Transfer to refrigerator; marinate at least 2 hours, or up to 24 hours for best results. Bring chicken to room temperature 30 minutes before cooking, discard marinade.
- Place chicken skin side-up on foil-lined baking tray. Cook chicken until golden brown and cooked through (internal temperature will register 165°F on quick-read thermometer when inserted into thickest part of meat without touching the bone), about 25 minutes. Remove and discard bone and skin before eating.

## Strike the Balance

Does your family dinner have a good balance of nutrients? To find out, collect the food labels from the foods used in your meal. (For nutrition labels for fresh fruits and vegetables, check out [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).) Calculate the combined nutrients in the meal by adding together the numbers for each nutrient. Were your counts too high on nutrients like sodium and fat, or too low on nutrients like calcium, iron, and fiber? What improvements could you make?





# Activity 3

REPRODUCIBLE MASTER

# Beans Build a Body

In nutrition, beans are like the all-star team. They are healthy foods with lots of nutrients. Here are 9 facts about beans that give them that all-star quality.

**1.** Beans like kidney, pinto, black, and white beans, and peas like chick peas (garbanzo beans) appear in two food groups on MyPlate. They are both a vegetable and a source of protein.

**2.** Beans are low in fat.

**6.** Beans have lots of complex carbohydrates, which provide energy to the muscles and brain.

**7.** Beans are a great source of dietary fiber. Fiber helps keep your digestive track healthy.

**8.** Beans have potassium, which may help keep your blood pressure in check.

**9.** Beans have folate, which is a type of vitamin B that helps promote proper growth.

**3.** Beans are low in sugar.

**4.** Beans are cholesterol free.

**5.** Beans are a great source of protein. Protein is used to make and repair muscles and bone tissue.

## Drill Time

Test your knowledge of beans by answering these questions:

**1.** Which food group do beans belong to?

**2.** Beans have low amounts of which three nutrients?

**3.** In which two nutrients do beans rank high?

**4.** Which nutrient in beans provides the body with energy?

## Kick-Off to Great Flavor

### Rice with Black Beans

This versatile side dish packs a delicious, seasoned bite that won't overwhelm these naturally low-fat beans.

Makes 6 Servings  
(about 1 cup beans and 1/3 cup cooked rice each)

Prep time: 10 min.

Total time: 25 min.

### Ingredients

- 2 tbsp. **GOYA** Extra Virgin Olive Oil
- 1 tsp. **GOYA** Ground Cumin
- 1 tsp. **GOYA** Minced Garlic
- 1 tsp. **GOYA** Oregano Leaf
- 1 packet **Sazón GOYA** Natural and Complete
- 2 tbsp. **GOYA** Golden Cooking Wine for flavor
- 2 cans (15.5 oz. each) **GOYA** Low-Sodium Black Beans, undrained
- 2 **GOYA** Bay Leaves
- 1 tsp. brown sugar
- 1 tsp. **GOYA** White Distilled Vinegar
- ¼ tsp. **GOYA** Adobo Light All-Purpose Seasoning with Pepper
- 1 cup of dry **Canilla** Extra Long Grain Rice, cooked according to package directions
- Finely chopped white onions
- Fresh cilantro leaves



### Directions

- 1.** Heat oil in medium saucepan over medium heat. Add cumin, garlic, oregano, and **Sazón** Natural and Complete to pot. Cook until fragrant, about 30 seconds. Add wine; bring to a boil so that it will evaporate. Add 1 cup water, beans, bay leaves, brown sugar, and vinegar to pot; bring bean mixture to a boil. Reduce to medium-low and simmer, uncovered, stirring occasionally, until mixture thickens and flavors come together, about 15 minutes.
- 2.** Season beans with Adobo; discard bay leaf.
- 3.** Divide beans evenly among serving dishes. Garnish with onions and cilantro, if desired. Serve with rice.

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# Get It Going with



Chick Pea, The goalkeeper



White Bean, the forward

Get in the game by making healthy food choices and staying active every day.

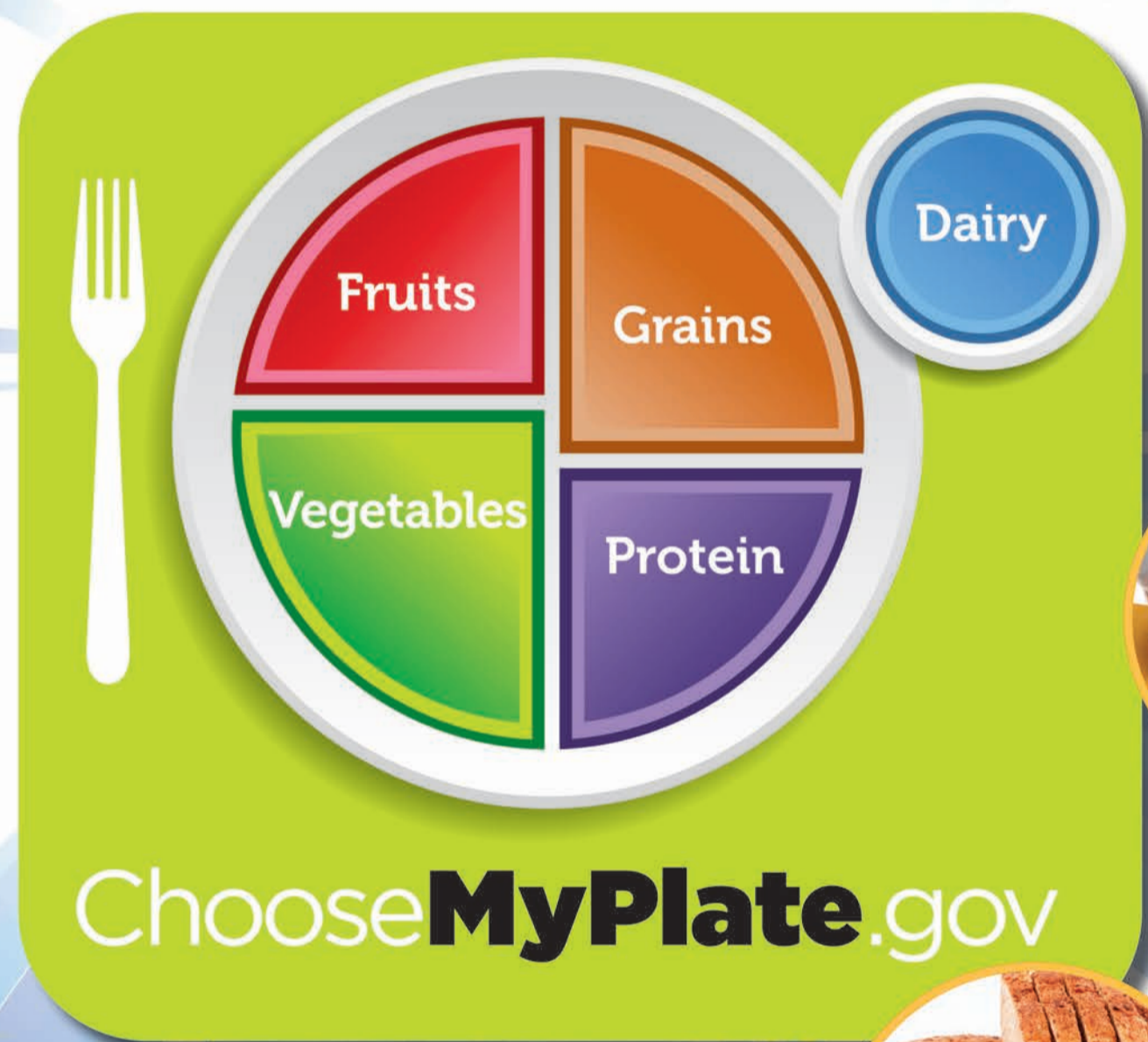


Pinto Bean, the striker

**Know Your Goals-**  
Learn more at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)  
USDA daily recommended total amounts for kids ages 9 to 13.



- ★ Make half your plate fruits and veggies.
- ★ Make at least half your grains whole grains.
- ★ Limit sugary drinks and sweets.
- ★ Get moving. Be active for at least 60 minutes a day. Walk, shoot hoops, ride your bike, play a team sport, jump rope, dance...do what you like!



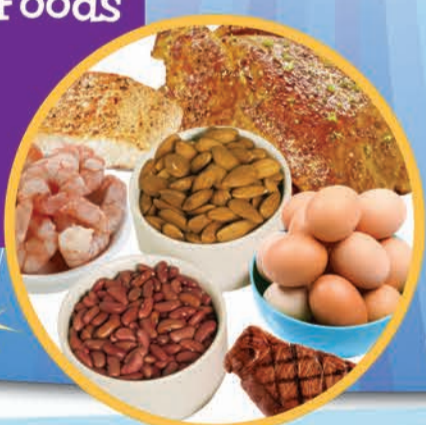
**Fruits**  
1½ to 2 cups a day



**Vegetables**  
2 to 3 cups a day



**Protein Foods**  
5 to 6 ounces a day



**Grains**  
5 to 7 ounces a day



**Dairy**  
3 cups a day



Black Bean, the fullback

**GOYA All-Stars**  
We're eating healthy!

**We're All-Stars, Too!**  
(Add your name to the list.)

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Red Kidney Bean, the midfielder

Learn more at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)



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