



Read & STEAM

Right This Very Minute



Lesson Summary

Students will learn about nutrition through the book *Right This Very Minute* and completing a MyPlate activity

Grade Level

K-5

Length of Lesson

45 minutes

Materials

- One grocery bag per group of 4-5 students
- One dairy, grain, fruit, vegetable, and protein food product per group of 3-5 students
- Printed copies of the MyPlate image

Reading Guide

1. Introduce the story using these questions **(2 min)**

- a. What did you eat for breakfast this morning?
- b. Where do these foods come from?
- c. "Now we are going to read a book about where each part of our meals come from!"

2. Read *Right This Very Minute* by

Lisl Detlefsen **(10 min)**

3. Reflect on the story with these questions **(3 min)**

- a. Share at least three foods you learned about in the story
- b. Where were these foods grown and raised?
- c. Share three things farmers are doing to raise food right this very minute.
- d. "Today we will put together a balanced meal to learn about how we can eat the food farmers are producing right this very minute!"

Vocabulary

Nutrition: how our body gets the food and nutrients it needs to grow, stay healthy, and have energy

Food Group: a category of foods that share similar nutritional properties

Grain: small, hard, edible seed of certain plants that are grown for food

Protein: a nutrient found in food that your body needs to build, repair, and maintain muscles, tissues, skin, hair, and organs.

Additional Lesson Links

- Matrix Lessons
 - [A Search for the Source](#)
 - [What's On MyPlate?](#)
 - [Give Me Five!](#)
 - [Home Grown In Your State: Fruits and Vegetables](#)
- Other Resources
 - [WI Ag Stats + Facts](#)
 - [Agriculture Across Wisconsin Map](#)

Standards

NALO:
T2.K-2.b
T3.3-5.a
T3.3-5.g
T5.K-2.a
T5.K-2.f
T5.3-5.e

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MyPlate

1. Begin MyPlate activity (25 min)

- Divide students into groups of 4-5
- **Explain: "MyPlate is a guide created by the U.S. Department of Agriculture (USDA) to help people make healthy food choices and build balanced meals. It shows us how much of each food group we should try to eat with every meal."
- Give each group a grocery bag full of five different food items (one from each food group on the My Plate image)
- Have each student take turns pulling a food out of the bag and placing it on the corresponding food group on the MyPlate image
- Ask them to share with their group what type of farmers are producing their food item "right this very minute"
- Once they have gone through all of their food items, have them come up with a meal of their own with their groups, and have them categorize each food item on the MyPlate image
- Let groups share what they chose for their meals

2. Review the activity with these questions (5 min)

- What are the five food groups we can include in every meal?
- Why is it important to have different food groups in our meals?
- What types of farmers produce the food we eat every day?
- Final message: "When we want to eat right this very minute, we have to remember to include each food group and thank the farmers who produced it!"

**If needed, explain that "sometimes" foods are ok for special occasions, but are not meant for every day. Moderation is important, and it means having a mix of different foods.



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