

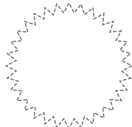
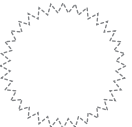
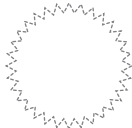
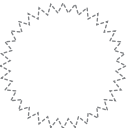


STAR Chart

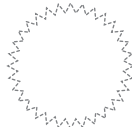
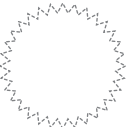
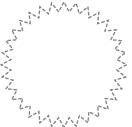
(Student Achievement Recognition Chart)

Name _____

Lesson 1 • Meet the Five Food Group Friends

Achievement Markers	<ol style="list-style-type: none"> 1. Named the five food groups 2. Named a food that belongs to each food group 3. Demonstrated proper handwashing 4. Named a time when it is important to wash hands 	1.	2.
			
		3.	4.
			
Comments			

Lesson 2 • Discover MyPlate

Achievement Markers	<ol style="list-style-type: none"> 1. Named five foods that make a MyPlate meal 2. Identified the MyPlate icon 3. Explained how the MyPlate icon serves as a reminder to eat from all five food groups 	1.	2.
			
		3.	
Comments			

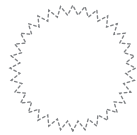
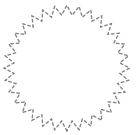
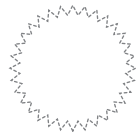
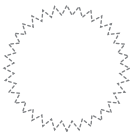


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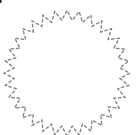
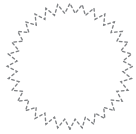
(Student Achievement Recognition Chart)

Name _____

Lesson 3 • Eat Your Colors!

Achievement Markers	<ol style="list-style-type: none"> 1. Named a reason why we should eat fruits and vegetables of different colors 2. Named two different-colored fruits 3. Named two different-colored vegetables 4. Tasted a new fruit or vegetable 	1.		2.	
		3.		4.	
		Comments			

Lesson 4 • Planting the Seeds for Healthier Eating

Achievement Markers	<ol style="list-style-type: none"> 1. Planted a bean sprout 2. Identified the sequence in the plant life cycle as a tomato grows from a seed into a plant 3. Named three things a plant needs to grow 	1.		2.	
		3.			
		Comments			

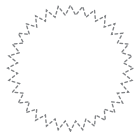
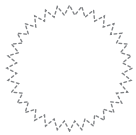
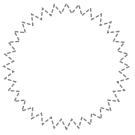


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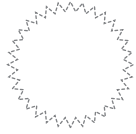
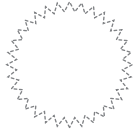
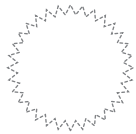
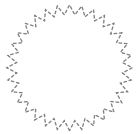
(Student Achievement Recognition Chart)

Name _____

Lesson 5 • Starting Our Day the MyPlate Way

Achievement Markers	<ol style="list-style-type: none"> 1. Named a reason why it is important to eat breakfast 2. Described feeling hungry or full 3. Ate a breakfast with foods from at least three food groups 	1. 	2. 
		3. 	
Comments			

Lesson 6 • Let's Play, Let's Party!

Achievement Markers	<ol style="list-style-type: none"> 1. Named three different ways to be physically active 2. Named two reasons why it is important to be physically active every day 3. Explained that healthy food choices help fuel our bodies to play and be active 4. Prepared (and tasted!) a MyPlate snack 	1. 	2. 
		3. 	4. 
Comments			