



# STAR Chart

(Student Achievement Recognition Chart)

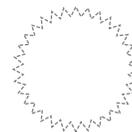
Name \_\_\_\_\_

## Lesson 1 • Meet the Five Food Group Friends

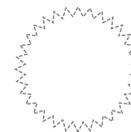
Achievement Markers

1. Named the five food groups
2. Named a food that belongs to each food group
3. Demonstrated proper hand washing
4. Named a time when it is important to wash hands

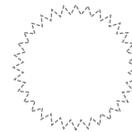
1.



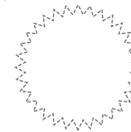
2.



3.



4.



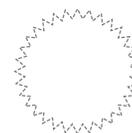
Comments

## Lesson 2 • Discover MyPlate

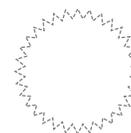
Achievement Markers

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.



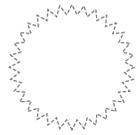
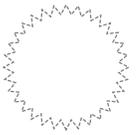
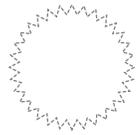
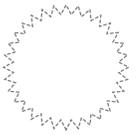
Comments

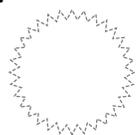
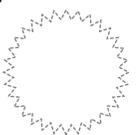
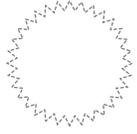


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<b>Lesson 3 • Eat Your Colors!</b>			
<b>Achievement Markers</b>	<ol style="list-style-type: none"> <li>1. Named a reason why we should eat fruits and vegetables of different colors</li> <li>2. Named two different-colored fruits</li> <li>3. Named two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

<b>Lesson 4 • Planting the Seeds for Healthier Eating</b>			
<b>Achievement Markers</b>	<ol style="list-style-type: none"> <li>1. Planted a bean sprout</li> <li>2. Identified the sequence in the plant life cycle as a tomato grows from a seed into a plant</li> <li>3. Named three things a plant needs to grow</li> </ol>	1. 	2. 
		3. 	
<b>Comments</b>			

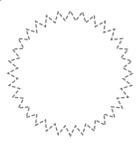
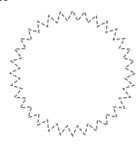
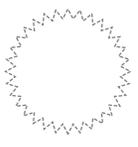


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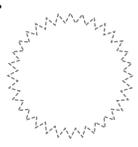
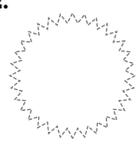
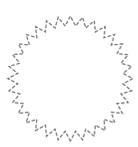
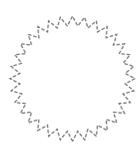
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## Lesson 5 • Starting Our Day the *MyPlate* Way

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

## Lesson 6 • Let's Play, Let's Party!

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