

A Balanced Plate + Taco Salad Recipe

What's this lesson all about?

Can you name all of the food groups? When you eat from each of the five food groups, you'll be getting a fantastic mix of the best nutrients and vitamins. In this lesson, you'll be introduced to the five food groups and make a salad featuring all five in a balanced meal.

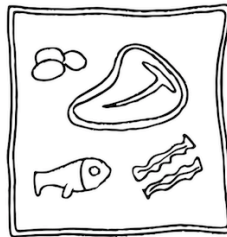
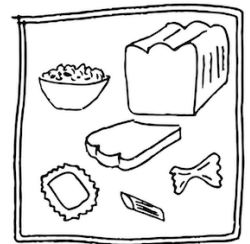
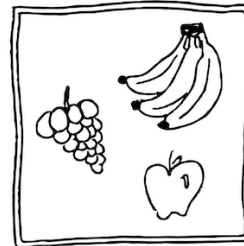
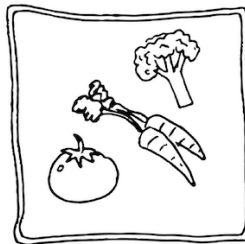
LEARN ABOUT IT

The Fab Five:

The key to a balanced diet is to enjoy a variety of nutritious foods from each of the **5 food groups** in every meal.

The Five Food Groups are:

1. Vegetables
2. Fruits
3. Proteins
4. Grains
5. Dairy



What should my plate look like?

- At least half of your plate should be made up of fruits and veggies.
- The rest should be grains, proteins, and dairy.
- More fruits and veggies are never a bad thing!
- Following these portions for your plate is important to make sure your body gets all the energy and nutrients it needs to get through the day.
- A balanced meal will include mostly fruits, veggies, and grains for energy from fast and slow carbohydrates (sugars), with some proteins and dairy for storing energy for later in the day.
- Don't forget to drink water!

FOOD FOUNDATION STANDARDS: Food is Fun, Food is from the Earth, Food is Fuel

This lesson meets the following Indiana State Academic Standards: 4.RV.1, 5.RV.1, 6.RV.1, 4.SL.1, 5.SL.1, 6.SL.1, 4.SL.2.1, 5.SL.2.1, 6.SL.2.1, 4.SL.2.3, 5.SL.2.3, 6.SL.2.3, 4.SL.2.4, 5.SL.2.4, 6.SL.2.4, 4.SL.2.5, 5.SL.2.5, 6.SL.2.1, SEPS.1, SEPS.2, SEPS. 8, 4.PS.3, 5.PS.1, 5.1.1, 5.1.2, 5.3.1, 5.4.2, 5.4.3, 5.4.6, 5.5.1, 5.5.5, 5.6.1, 5.6.2, 5.6.5, 5.7.1, 5.7.2, 8.1.1, 8.3.2, 8.4.1, 8.4.2, 8.4.3, 8.4.4, 8.5.1, 8.5.3, 8.5.4, 8.5.6, 8.6.2, 8.6.5, 8.7.3

FOOD IS FUN! FOOD IS FUEL. FOOD IS FROM THE EARTH. FOOD IS FOR SHARING!

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BE A FOOD EXPLORER

WATCH: Is a tomato a fruit or vegetable? The answer might surprise you. Learn about veggies vs. fruits in this video from SciShow Kids.

Click this link: https://www.youtube.com/watch?v=DTK-uWx_VQo

LEARN: Travel around the world with Plato to learn about building healthy meals. Eat avocado toast in Australia, baobab fruit in Benin, and sautéed reindeer in Finland. Click this link:

<https://ssec.si.edu/pick-your-plate>

TRY: No taco seasoning? No problem. You can make your own at home in just a few minutes.

Click this link: <https://www.acouplecooks.com/homemade-taco-seasoning/>

MAKE:**Taco Salad**

This recipe makes 5-6 servings. You can store leftover cooked turkey in the fridge or freezer for later, or cut the recipe to reduce number of servings. (For example, to cut the recipe in half, divide the quantity for each ingredient by 2). Feel free to make substitutions as needed. Use what you have on hand! Make sure you have a grown-up to help you while cutting and cooking with heat.

Ingredients

- 1lb ground turkey
- Taco seasoning
- 1-2 heads romaine lettuce
- 3 tomatoes, diced
- 1 green pepper, diced
- 1 red pepper, diced
- 1 cup shredded cheddar
- 1 bunch green onion
- A couple handfuls corn tortilla chips
- 1 ½ cup salsa-ranch dressing (half salsa, half ranch dressing or sour cream)

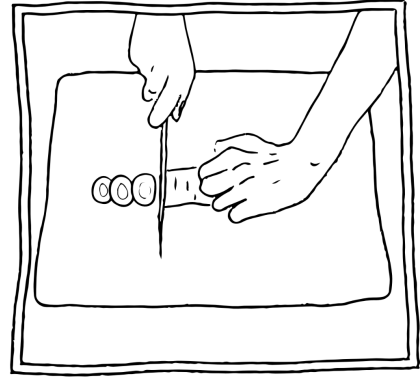
Materials

- Serving tongs
- Tossing spoons
- Mixing bowls
- Forks
- Measuring cups
- Knives
- Cutting boards
- Dish towels/washcloths
- Plates for serving

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A Balanced Plate + Taco Salad Recipe**Directions**

1. Add cooking oil to pan.
2. Add turkey and cook, stirring occasionally, for 10-15 minutes or until cooked through.
3. Add taco seasoning to taste.
4. Place dish towel or wash cloth under cutting board before cutting.
5. Chop lettuce and place into mixing bowl.
6. Dice tomato, peppers, and green onion, add ingredients to bowl.
7. Add turkey, cheese, and dressing, then toss.
8. Enjoy with tortilla chips on the side or crumbled on top.



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