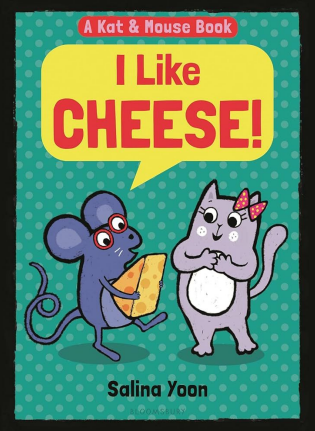


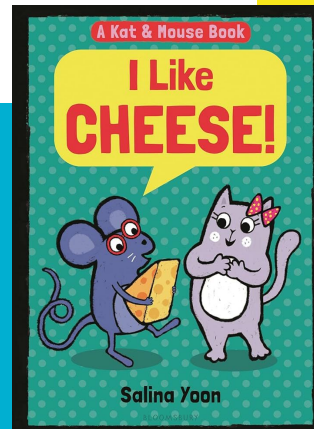


I Like CHEESE!

Author: Salina Yoon

A Comprehensive Health Lesson: *What's on My Plate?*

Developed by Grace Checkosky, Marina Glennon, and Mallory Steadman
for CU Boulder's Children Book Festival 2025, Open Education Resource, Creative
Commons, Available at colorado.edu/event/bookfest



Grade and Academic Standard

Grade Level: Kindergarten

Content Area: Comprehensive Health

Grade Level Expectation:

- ❑ Identify the major food groups and the benefits of eating a variety of foods

Evidence Outcome:

- ❑ Recognize major food groups



Colorado Academic Standard information retrieved from <https://www.cde.state.co.us/apps/standards>

View the full standards at <https://www.cde.state.co.us/standardsandinstruction/standards>

Activity Overview:

“What’s on My Plate?”



[Link for the USDA MyPlate:](#)

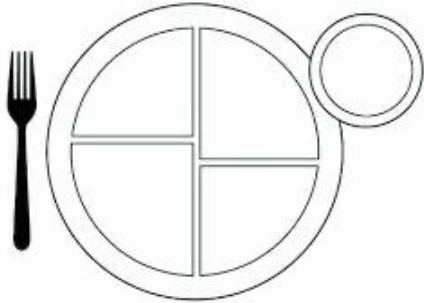
I Like Cheese is a short story about a friendship between a cat and mouse who are very different. The cat eats something new everyday for lunch, while the mouse always eats what he knows he likes - cheese! They learn that it's ok to try new things and also stay true to what you like, and that real friends will appreciate you for you are.

In this whole-class activity, students will listen to the book *I Like Cheese* by Salina Yoon and discuss the importance of eating a variety of foods. They will then create their own pretend lunch using pretend food and drawings of food, afterwards comparing it to the USDA MyPlate.

After noticing which food groups may be missing from their plate, students will then try to adjust their lunch according to the USDA MyPlate. This encourages critical thinking about healthy eating habits in a fun, developmentally appropriate way!

Materials

- Paper plates
- Colored pencils and/or markers
- Assortment of toy foods

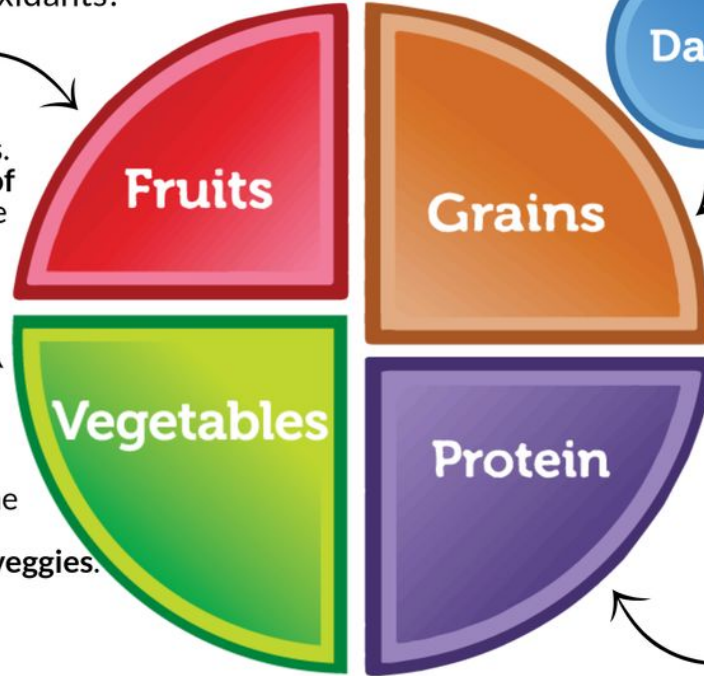


MyPlate: A Guide

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

Fruit: Eat fruits of all colors. Go for **fruit instead of juice**, which has more fiber and fewer calories.

Vegetables: The more colors and types that you eat, the better! Aim to get mostly **non-starchy veggies**.



Dairy:

3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

Grains:

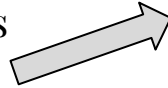
Eat mostly **whole grains**. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more **fiber**, iron, and B vitamins.

Protein:

A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.

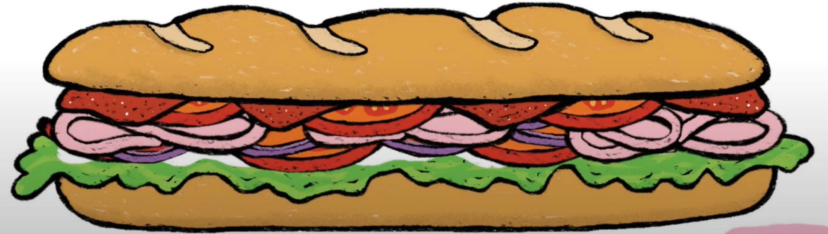
Introducing Foods to The Children

- Take a look at Cat's sandwich! What do we recognize or wonder about? Cat's sandwich has a lot of variety.



... salami, ham, lettuce, tomato, onions,

and pickles—inside a freshly baked roll.

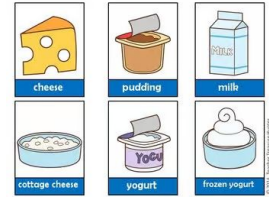


I call it...

★ Invite children to brainstorm foods eaten at home that may fit into each group!

Rather than only listing food groups in words, you could utilize bright, realistic images of each group. (Example on next slide)

- Perhaps teachers could bring in real food packages or safe samples, and even include a short matching game or sorting activity.



Show a variety of foods from each group, especially dairy and grains that children may not recognize or be as familiar with, compared to fruits and vegetables.

- Perhaps ask: *Which of these foods have you tried before? Which ones are new to you?*



Fruits



Strawberries



Apple



Banana



Blueberries



Orange Juice



Watermelon



Grapes



Mango



Pear

Vegetables



Broccoli



Asparagus



Bell Peppers



Corn



Avocado



Carrots



Spinach



Sweet Potatoes



Tomatoes

Grains

Bread, Cereal, Pasta



Tortillas



Cereal



Rice



Bread



Pasta



Popcorn



Crackers



Bagel



Oatmeal

Protein

Meat, Beans, Nuts



Tuna



Eggs



Hamburger



Nuts



Chicken



Tofu



Beans



Salmon



Pork Chops

Dairy

Milk, Yogurt, Cheese



Yogurt



Milk



Cheese



Chocolate Milk



String Cheese



Cottage Cheese



Smoothie



Pudding

Step by Step Directions

1. Introduce the book and activity:
 - Begin by showing the book to the class. Tell students that they will be talking about the importance of eating a variety of foods and then making their own lunch plate.
2. Read the book aloud:
 - Next, read *I Like Cheese* to the class and emphasize each page when the characters are talking about their lunch and how their food is different.
3. Class discussion:
 - Discuss what food groups students saw in the book. Did students see a variety of foods?



Directions continued



4. Explain the activity:

- Each student gets a paper plate. They will have the option to draw/color what is usually in their lunch or use the plastic foods on their plate.
- Then come back together and show a picture of the USDA MyPlate.
- Explain what each section of the plate is and give concrete examples of food (red, green, orange purple, blue).
- Have a class discussion about what happens to our bodies if we do not eat a variety of foods from each category (ex: are we tired, do we have more energy, etc.).

5. “Fix” your plate: **Students will apply what they have learned**

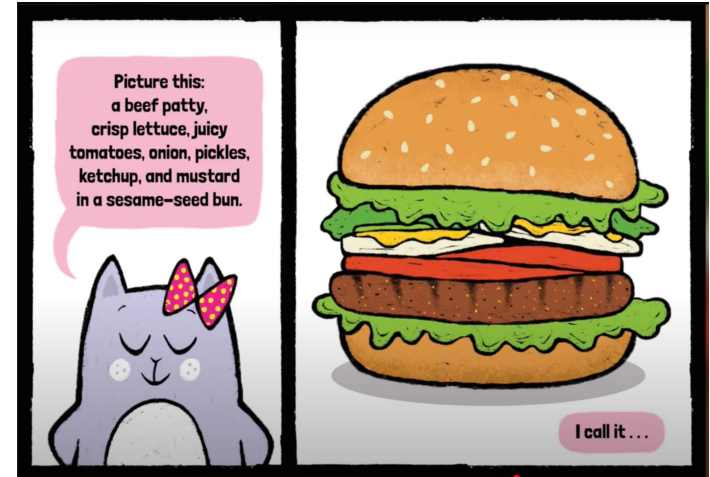
- Tell them to look at their first plate.
- Hand out a new plate drawing and ask them to draw a balanced lunch using the colors of the rainbow to match the plate on the board.
- Walk around and engage with the students to make sure their drawings match expectations.

6. Wrap up and share:

- Have student share their before and after plates with each other or the whole class.
- Ask what they added to make it fit each category of the plate.
- Then tell them one more time to make sure their plates at home look like the MyPlate rainbow.
- Send papers home so they can share with family if students chose to draw.

Connection to book

- ❑ As a class, discuss how food is shown throughout the book.
- ❑ Have students analyze the foods they see and how they represent each food group.
- ❑ In the end, Cat and Mouse combine their lunches so they can have something they both like to eat.



Additional Suggestions

- Link: [Healthy Eating for Kids Tips from the USDA MyPlate website](#)
- To incorporate the book, discuss the different dietary needs for different people (ages, athletes, etc.). The mouse having cheese for lunch is normal for a mouse, but would not be a good lunch for humans!
- Be sure to announce all food is okay to have in moderation!
- For bilingual learners, utilize flashcards with photos of food items with the English name on one side of the card, and the other language on the opposite side.
 - This can be done prior to the activity as a way for bilingual students to learn English food vocabulary and still participate in the activity.
- Another suggestion is to reinforce the fact that different people like different foods and different lunches, and the importance of accepting that and people's differences in food preference!



More from MyPlate.gov

Limit Saturated Fat

Saturated fat is often found in forms that are solid at room temperature. Examples of these include milk fat, butter, or the fat inside or around meat. A few food products such as coconut oil, palm oils, or whole milk remain as liquids at room temperature but are high in saturated fat.

Cut back on saturated fat by replacing foods high in saturated fat with foods higher in unsaturated fat. Some foods that are high in saturated fat are:

- Desserts and baked goods, such as cakes, cookies, donuts, pastries, and croissants
- Many cheeses and foods with cheese, like pizza, burgers, and sandwiches
- Sausage, hot dogs, bacon, and ribs
- Fried potatoes (French fries) if fried in saturated fat or hydrogenated oil
- Regular ground beef (like 85% lean) and cuts of meat with fat you can see
- Fried chicken and other chicken dishes with the skin
- Whole milk and full-fat dairy foods and desserts

(<https://www.myplate.gov/eat-healthy/more-key-topics>)

Cheese is a source
of saturated fat!
Here is a link to the
“Rethink Fats”
tipsheet that offers
suggestions for
alternatives:



<https://www.myplate.gov/tip-sheet/rethink-fats>

Thank You!

We also hope you can join us on Saturday, November 8 at the Boulder Public Library to meet Salina Yoon and hear more about her book *I Like Cheese!* in-person...along with other authors and illustrators!

For more information, visit

<https://www.colorado.edu/event/bookfest>

The CU Boulder School of Education and Boulder Bookstore present the

2025 Children's Book Festival

Saturday, November 8 | Boulder Public Library



**SALINA
YOON**



**NYASHA
WILLIAMS**



**DENISE
VEGA**



**PAM
MUÑOZ RYAN**



**RITA
WILLIAMS-GARCIA**



**SHAREE
MILLER**

Join us on Saturday, November 8, 2025 | 10 a.m. - 4 p.m.

 **Boulder Public Library (Main Branch) - 1001 Arapahoe Ave.**
Free parking available

This **free event** includes author talks, a panel for educators, book sales and signing, children's activities and more. Come for part of the event, or stay for the day!

Free educational resources available on our website. Continuing Education Units (CEUs) available for teachers and librarians.

The CU Children's Book Festival is supported by a grant from the CU Office for Public and Community Engaged Scholarship (PAGES)



See the schedule & register:
[colorado.edu/event/bookfest](https://www.colorado.edu/event/bookfest)

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