

Diana Turrisi

Rowan University

WTPS

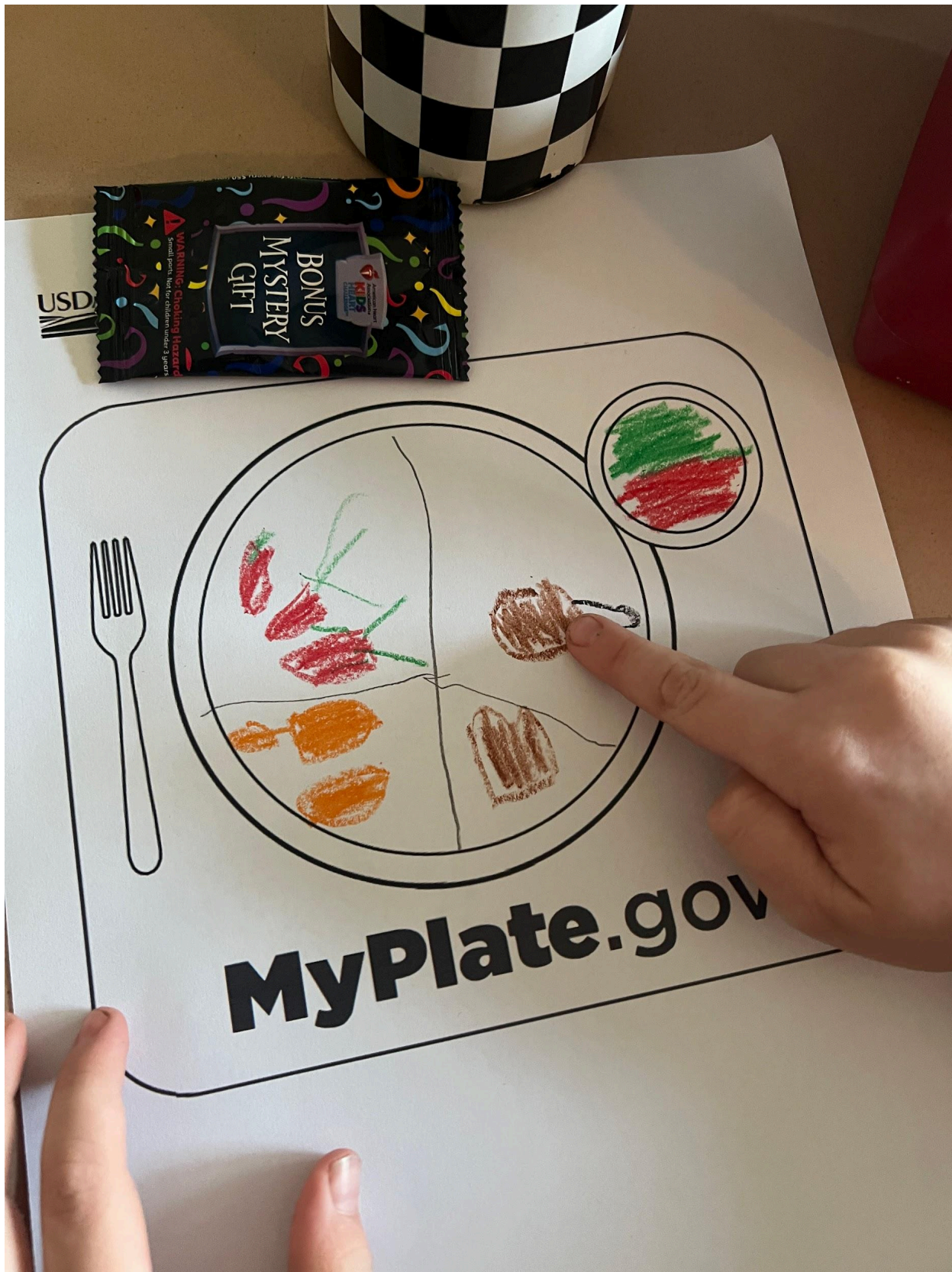
MyPlate Presentation

February 3, 2025

To begin I was able to know my audience. My audience was Kindergarten students in Mr. O'briens class at Whitman Elementary School. I was aware that the students being taught nutrition topics in both their class with Mr. O'brien and in their gym class with Mr. Clark. Mr. Clark was a part of the presentation which was nice to hear about what they talk about within gym class. I was able to then do my presentation on MyPlate. I went over the five categories with them and gave the students knowledge on not only what is within the categories but also went over some vitamins, minerals, etc. Then at the end I was able to have the students design their own MyPlate where they were either coloring the according colors/spaces or some drew fruits and vegetables. The students were very creative and mindful when drawing/coloring. I was truly amazed by these students and how much they knew and how much they wanted to know/grow. They were super fun and I had a great time! Attached is my presentation and some pictures!















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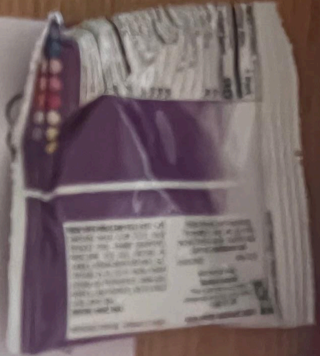




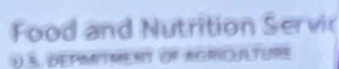




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