Using the Dairy Council Food Models, young children (age three and older) can learn to identify and classify common fruits and vegetables. When they master this initial concept, they can learn what common foods can be classified as grains. Protein and dairy concepts can be learned later in a similar manner.

After the children are comfortable with classifying and identifying foods from these groups, the teacher can introduce the Go Glow Grow concept.

When learning about the foods from the MyPlate, the children will use the following hand and body movements to reinforce the Go Glow Grow concepts:

- The children demonstrate “go” foods by running in place.
- When introducing the “glow” foods, the children are told, “With your hands, smooth your hair and wiggle your fingers next to your face. The glow foods give you shiny hair and sparkly eyes.”
- To demonstrate the “grow” foods, the children are directed to: “Bend over and touch the ground, then stand up and make a muscle with both arms.” The children are then told, “The grow foods make you taller and help you get stronger too.”

A later lesson using the Dairy Council Food Models (or real food) could follow a similar format, but this time the teacher would hold up foods from various food groups and ask for identification using only the body movements (using running in place for “go” making a muscle and jumping up for “grow” and running their hands over their hair for the shiny hair and pointing to their eyes for sparkly eyes part of the “glow.”)

Reinforce this by asking children if foods eaten during the day are Go Glow or Grow foods.