



MY PLATE

DELAWARE 4-H *Healthy Living*

GOALS

To review the recommendations from My Plate.
Participants will increase their knowledge of nutrition.

SUPPLIES

- This sheet of paper
- 1 copy of the My Plate handout for each participant
- Crayons

TIME REQUIRED

15-30 minutes

SUGGESTED AUDIENCE

Ages 8 and up

KEY CONCEPTS

- Make half your plate fruits and vegetables.
- Drink fat free or 1% milk.
- Make at least half of the grains you eat whole grains.
- Vary your protein food choices.

PROCEDURE

Hand out the My Plate Coloring Sheet and Crayons

ASK What does the My Plate symbol look like to you?

ANSWER A plate that represents the two key aspects of good nutrition - protein size and healthy foods. Each of the colors in the plate represents one of the five food groups.

Share with the youth the different colors of the My Plate and instruct them to color their plate as follows:

Orange = Grains Green = Vegetables Red = Fruits Blue = Dairy Purple = Protein

ASK What are some examples of healthy foods from each group?

ANSWER Lean meats, chicken, fish, nuts, beans, green beans, salad, broccoli, whole wheat bread, brown rice, apples, oranges, grapes, low-fat milk, etc.

ASK Why do you think the food on the plate is represented by different size sections and different colors?

ANSWER The My Plate graphic represents proportions of foods we should eat, and a variety of colors of foods.

The fruit and vegetable sections together should make up half of the plate.

The orange section stands for grains and takes up about one quarter of the plate.

Protein foods are represented by approximately a quarter section of the plate.

The blue circle represents low-fat or fat-free dairy such a milk, yogurt, cheese, or calcium-fortified soy milk.

NEXT: Ask youth to recall what they ate at their last meal that day (Breakfast, Lunch, or Dinner). And have them write on their plate the items in the proper categories.

Ask the youth if they ate from each of the five food groups. If they have not, ask how they might improve their meals to be more like the My Plate picture.

REFLECT: Ask Youth

Today we learned about My Plate and recommendations for good nutrition. Ask participants what they will do to improve their plate when making food choices.

Thank you for participating in this fun activity!



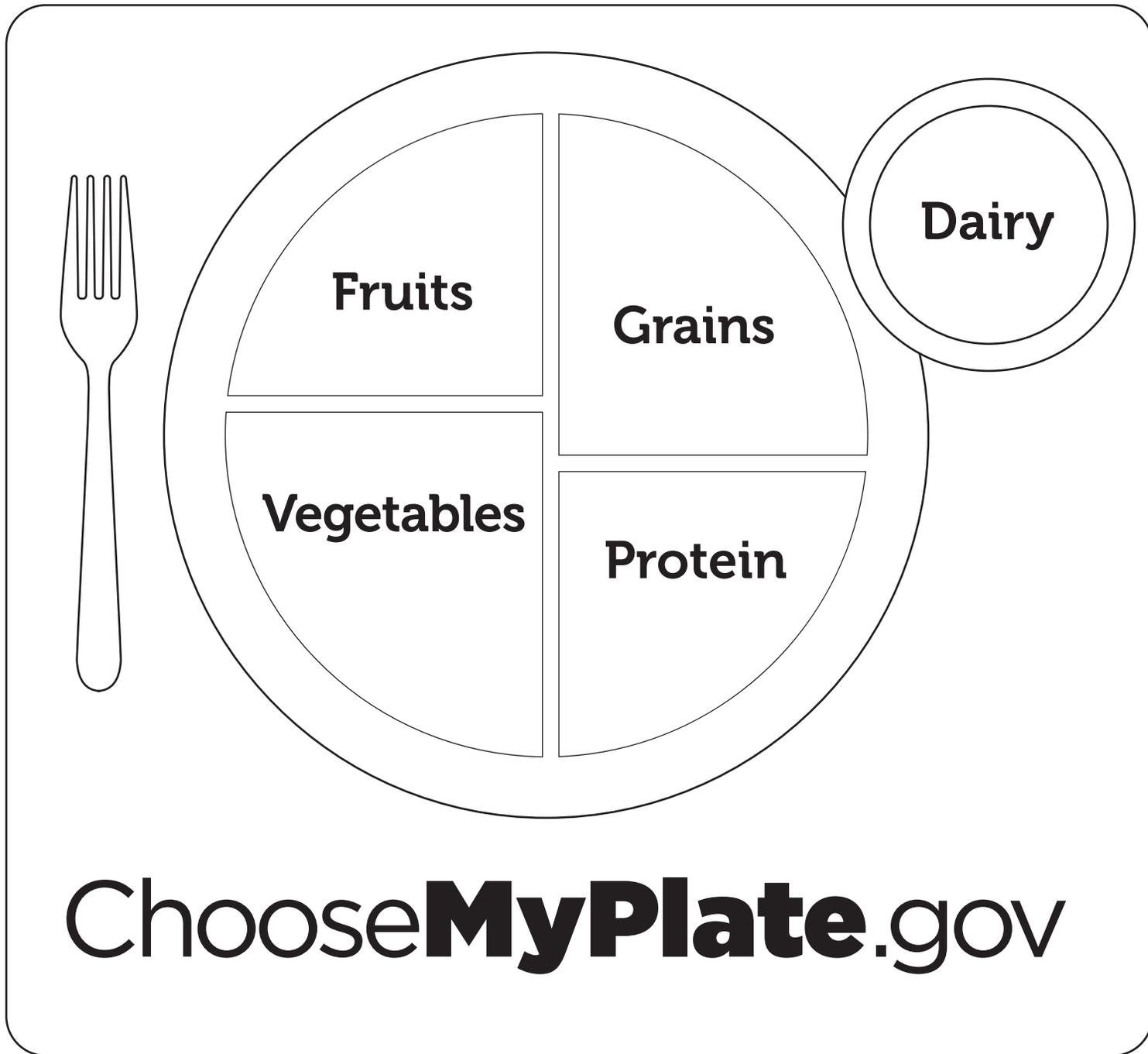
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