



## Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “MyPlate” coloring sheet (1 per participant)
- “MyPlate” poster
- Clear plastic sleeves (optional)
- Several crayons
- Display table

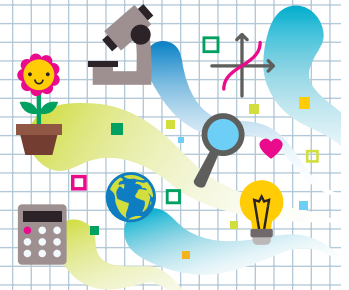
## Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print copies of the “MyPlate” coloring sheet.
- ▶ Print at least five copies of the “MyPlate” poster and place each in a clear plastic sleeve, or print and laminate.
- ▶ Arrange display table with instructions.





# HEADS IN, HEARTS IN



## Get Healthy With MyPlate Guide for Families

### Learning Objectives

#### What you need to know:

There are five food groups:

- ▶ Grain Group (for example, whole wheat bread, pasta or rice)
- ▶ Vegetable Group (for example, broccoli, carrots or peas)
- ▶ Fruit Group (for example, strawberries, grapes or bananas)
- ▶ Dairy Group (for example, milk, yogurt or cheese)
- ▶ Protein Group (for example, meat, eggs or peanut butter)

At each meal, you should try to make your plate look like the U.S Department of Agriculture MyPlate poster displayed. Notice that half of the plate is filled with fruits and vegetables.

#### What you will do and learn:

It's important to have a well-balanced diet that contains an appropriate amount of each food group. Explore the five food groups using MyPlate.

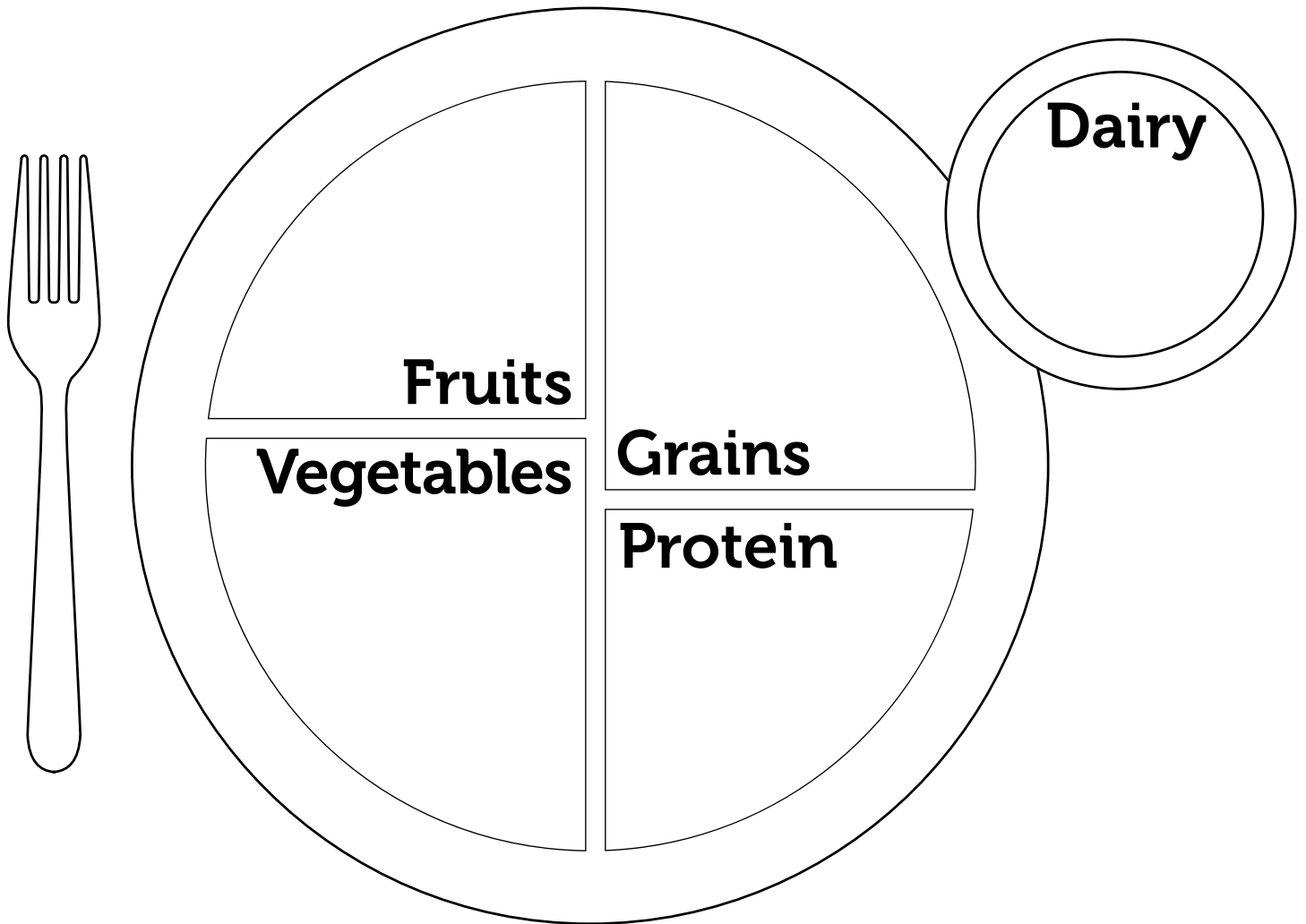
### Instructions

1. Look at the “MyPlate” poster that is displayed on the table.
2. Notice that each food group is represented by a different color.
3. Grades K-1: Using the crayons, color your “MyPlate” coloring sheet. Make each section a different color.

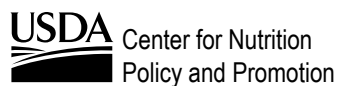
Grades 2-5: Think of different foods that you like in each of the five food groups. Draw them in to the correct section of the “MyPlate” coloring sheet. For example, if you like apples, draw an apple in the Fruit Group section and color it. Continue to draw and color foods into each food group section.

# Get Healthy With MyPlate

## MyPlate Coloring Sheet handout

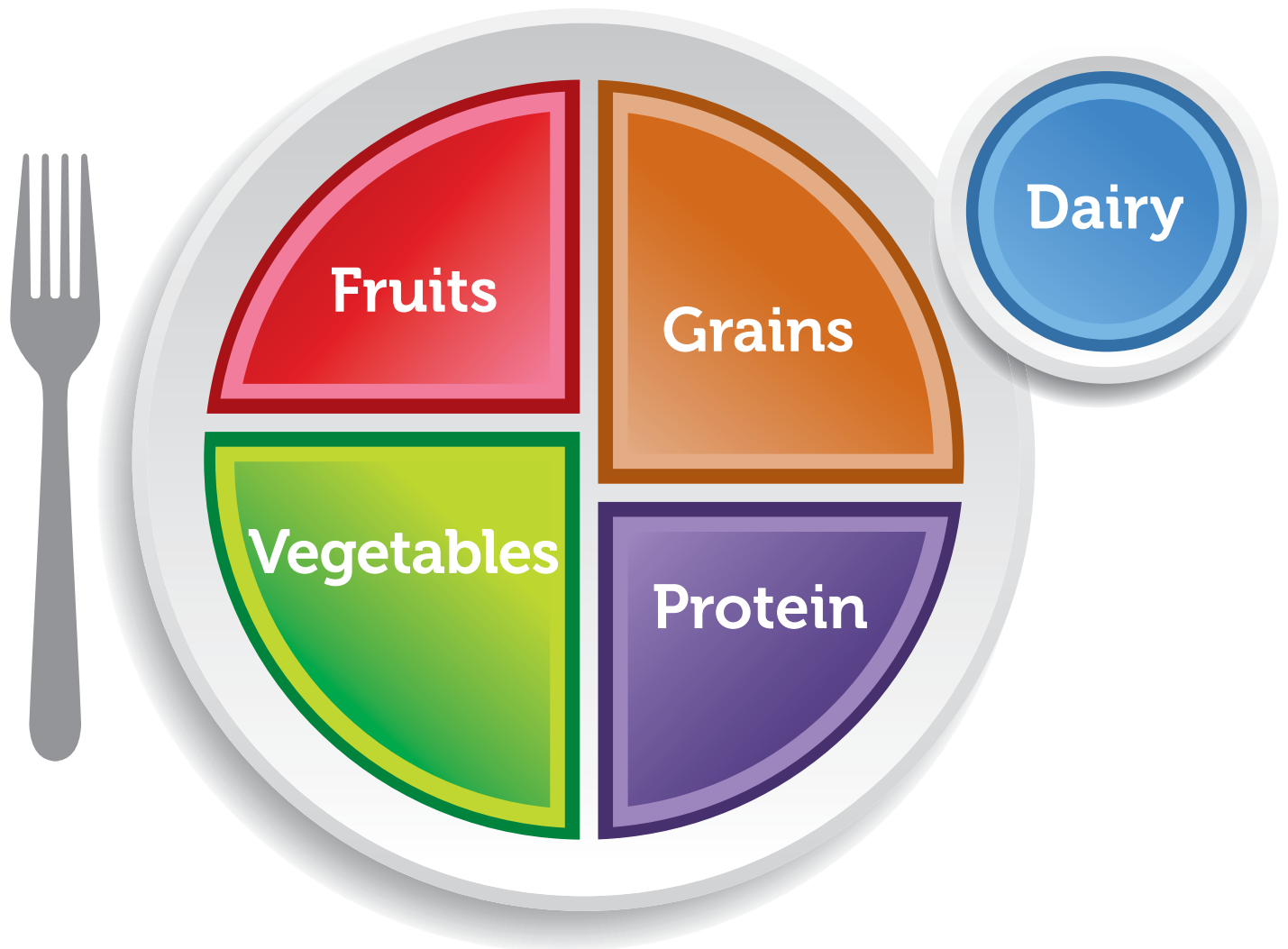


Choose **MyPlate**.gov



# Get Healthy With MyPlate

## MyPlate Poster handout



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