



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

TITLE: “MY PLATE”

OBJECTIVES: Children will learn about “My Plate” components and then shade one section of a paper plate to represent the food group that was presented for the day.

MATERIALS:

- Paper Plates
- Coloring Tools (markers, crayons, colored pencils, paints, etc.)

PROCEDURE:

1. Students will each be given a paper plate and coloring tools.
2. Cover each food group, highlighting healthy choices.
3. Then each section can be shaded into the margins of the plate.

Teaching points:



Focus on whole fruits

Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



Vary your veggies

Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sautéed, roasted, or raw.

- **Make half your plate fruits and vegetables**
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.



Make half your grains whole grains

Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



Move to low-fat or fat-free milk or yogurt

Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.

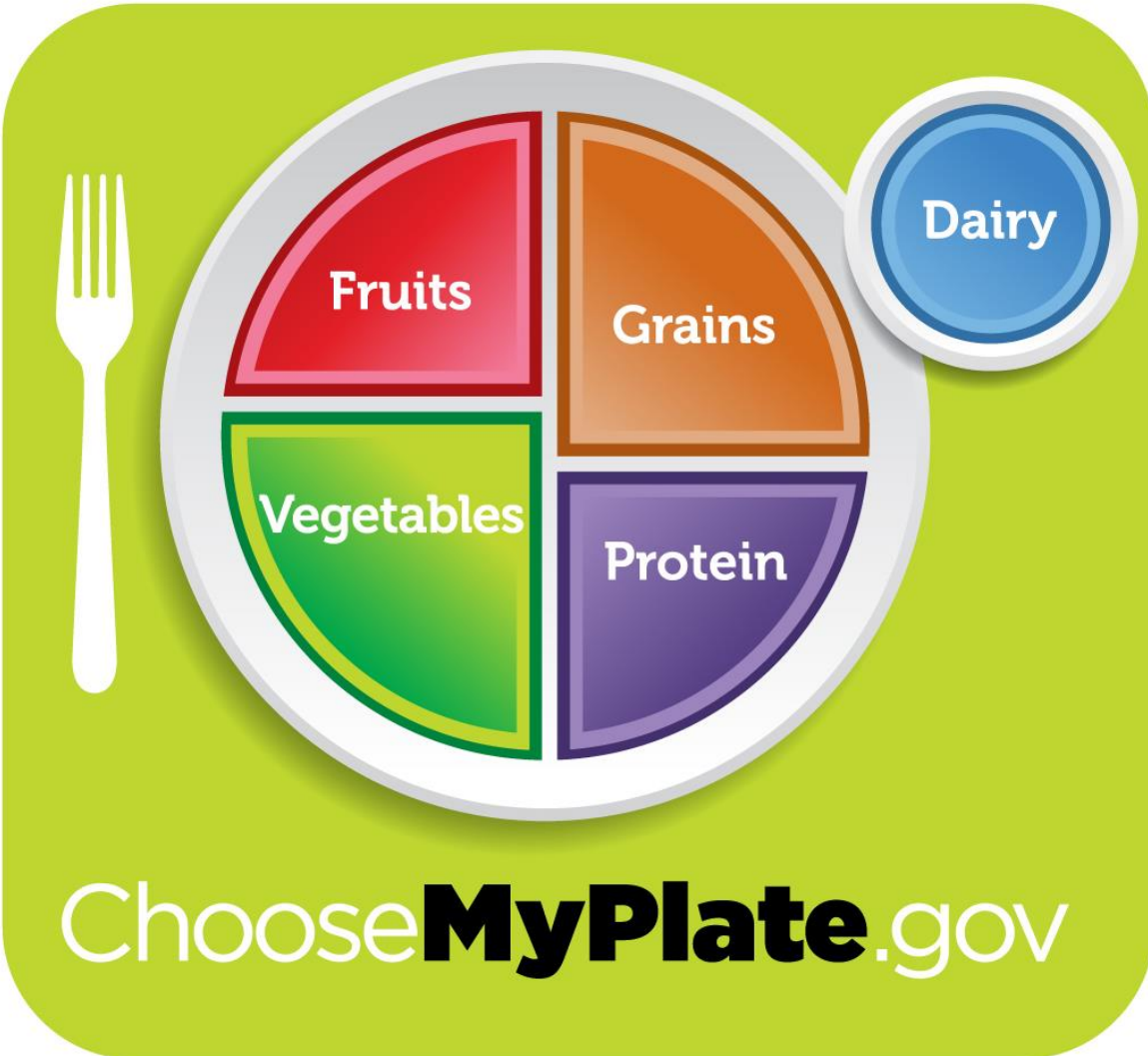


Vary your protein routine

Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.

APPROXIMATE TIME FOR PROCEDURE: 30 MINUTES

My Plate Template



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