

# MyPlate

## Learner Objectives:

The 4-H member will:

- Learn the basics of MyPlate.
- Be able to list the 5 different food groups.
- Learn the daily recommendations for each food group.
- Learn how to make a healthy plate.

## Educational Lesson:

### What is MyPlate?

MyPlate was created by First Lady Michelle Obama and the USDA Secretary Tom Vilsack, to “serve as a reminder to help consumers make healthier food choices”. The purpose of MyPlate is to help Americans build healthier diets with resources and tools that detail what should be a part of their everyday meals.

### How to build a healthy plate with the 5 different food groups.

There are 5 different food groups according to MyPlate, this includes: Fruits, Vegetables, Grains, Protein Foods, and Dairy. For healthy meals, make half your plate fruits and vegetables, switch to fat free or low fat milk, make at least half your grains whole grains, and vary your protein food choices (be sure to keep meat and poultry choices small and lean).

### Daily Recommendation of each food group

The daily recommendation of food that one eats depends on your age, sex, and level of activity.

Food Groups	Boys	Girls
Fruits	<ul style="list-style-type: none"> <li>• Ages 9-13: 1.5 cups</li> <li>• Ages 14-18: 2 cups</li> </ul>	<ul style="list-style-type: none"> <li>• Ages 9-18: 1.5 cups</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>• Ages 9-13: 2.5 cups</li> <li>• Ages 14-18: 3 cups</li> </ul>	<ul style="list-style-type: none"> <li>• Ages 9-13: 2 cups</li> <li>• Ages 14-18: 2.5 cups</li> </ul>
Grains	<ul style="list-style-type: none"> <li>• Ages 9-13: 6 ounce equivalents</li> <li>• Ages 14-18: 8 ounce equivalents</li> </ul>	<ul style="list-style-type: none"> <li>• Ages 9-13: 5 ounce equivalents</li> <li>• Ages 14-18: 6 ounce equivalents</li> </ul>
Protein	<ul style="list-style-type: none"> <li>• Ages 9-13: 5 ounce equivalents</li> <li>• Ages 14-18: 6.5 ounce equivalents</li> </ul>	<ul style="list-style-type: none"> <li>• Ages 9-18: 5 ounce equivalents</li> </ul>
Dairy	<ul style="list-style-type: none"> <li>• Ages 9-18: 3 cups</li> </ul>	<ul style="list-style-type: none"> <li>• Ages 9-18: 3 cups</li> </ul>

What foods fall into each food group? ( For more examples go to [www.choosemyplate.gov/food-groups/](http://www.choosemyplate.gov/food-groups/))

Fruits	Vegetables	Grains	Protein	Dairy
Apples	Corn	Brown rice	Beef	Milk
Grapes	Broccoli	Oatmeal	Chicken	Ice cream
Lemons	Avocado	Corn tortillas	Eggs	Cheese
Papaya	Spinach	Spaghetti	Almonds	Yogurt
Watermelon	Black beans	Popcorn	Fish	Pudding
Kiwi	Mushrooms	Pretzels	Peanut Butter	

## MATERIALS NEEDED

- 3 sets of 3-by-5-inch cards. Sets are designated by common color.
- 3 labeled containers (large brown bags will work fine)

## TIME NEEDED FOR LESSON

About 30-35 minutes.



## Activity: Educational Relay

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**Preparation:** Prepare a set of cards for each team (three teams with 15 to 20 cards each). Each set of cards should be the same, but there must be a mark that distinguishes the different teams, or three different colored index cards can be used. Each of the cards will have a picture of food (for example: a carrot, an apple, a zucchini, etc), a word can be used instead of a picture as well. Containers must be made, and should be labeled with the 5 food groups that were discussed in the educational lesson. Large brown bags or large bowls will work fine for this activity as long as they are labeled.

### Rules:

1. 3 teams are selected, and the room is cleared to allow running a relay.
2. Each student must start behind a line, pick up a card, run and place it in the correct corresponding food group, and return to tag the next person in line. The next person repeats until all cards are used.
3. The winning team (first to deposit all of their cards in the containers) receives 5 points for best speed; the second team will receive 3 points; and the last team will receive 1 point.
4. The instructor will go to the containers and remove the cards, checking with the group for correct answers. Each correct answer is worth 1 point.
5. The team with the highest point total is the winner.

## Reflection:

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- How many food groups are there?
- List each food group, and include 5 foods that fall into that category.
- What is the purpose of MyPlate?

## References

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- MyPlate (n.d.). *About Us*. Retrieved on March 5, 2015, from <http://www.choosemyplate.gov/about.html>.
- United States Department of Agriculture (USDA) (n.d.). *How Much Fruit Is Needed Daily?* Retrieved on March 5, 2015, from <http://www.choosemyplate.gov/food-groups/fruits-amount.pdf>.
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- USDA (n.d.). *How Many Grain Foods Are Needed Daily?* Retrieved on March 5, 2015, from <http://www.choosemyplate.gov/food-groups/grains-amount.pdf>.
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- USDA (n.d.). *How Much Food From the Dairy Group is needed Daily?* Retrieved on March 5, 2015, from <http://www.choosemyplate.gov/food-groups/dairy.html>.
- Gilbert, G. G., Sawyer, R. G., & McNeill, B. (2011). *Methods of instruction/intervention*. Health Education: Creating Strategies for School and Community Health (3rd Ed) (pp. 127-128). Sudbury, Mass: Jones and Bartlett Publishers. Adapted by Abby Melendez (2015)



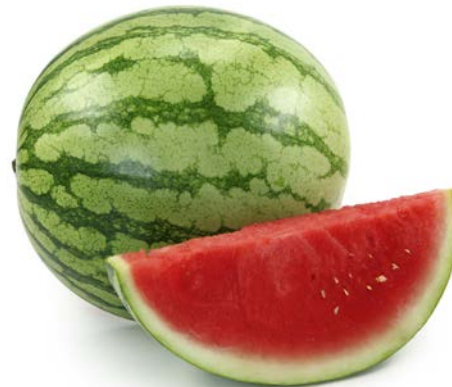
apple



banana



orange



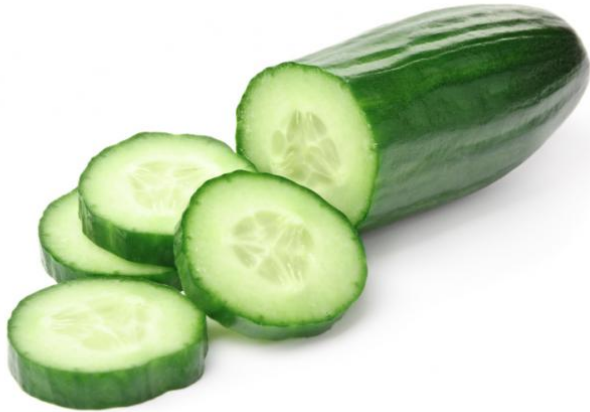
watermelon



carrot



broccoli



cucumber



corn



brown rice



whole wheat bread



popcorn



pasta





chicken



eggs



fish



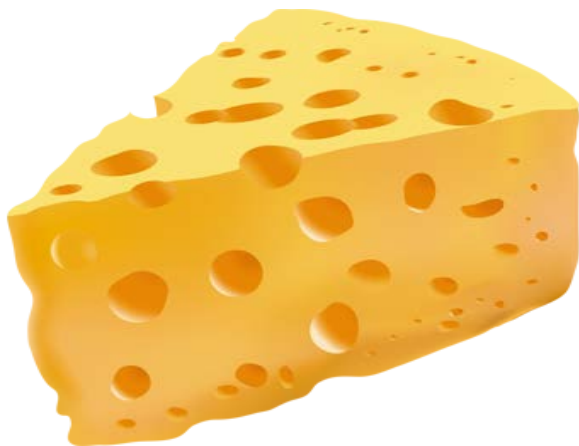
almonds



milk



yogurt



cheese



ice cream