

MyPlate

MyPlate Lesson

MyPlate replaced MyPyramid in 2011. MyPlate is a great visual to illustrate the five food groups that make up a healthy diet. Next time you prepare a meal, think about each of the food groups and how it makes up your plate. Make half your plate fruits and vegetables. Make half your grains whole. Go lean with protein. Get your calcium-rich foods. Eating a balanced diet that contains all food groups will provide essential

Quick Tips:

Make healthy foods more fun for children. Provide healthy ingredients and let children help with preparation, based on their age and skills.

- Create smoothies using different fruits and blend with fat-free or low-fat yogurt or milk.
- Make quick, delicious dips to serve with vegetables using yogurt and seasonings. For fruit dips, try vanilla yogurt with cinnamon.
- Make personalized pizzas together using whole grain English muffins. Top with sauce, low-fat cheese, and fruits and vegetables. Let your children help create their favorites!
- Try Bugs on a Log – use celery as the log and add peanut butter. Top with dried fruit such as raisins or cranberries to symbolize the bugs!
- Decorate half a baked potato. Use low-fat cheese, sliced cherry tomatoes, and other vegetables to make a funny face.

Did you Know?

You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

Source: USDA, ChooseMyPlate.gov (10 tips Nutrition Education Series – Be a Healthy Role Model for children)

Please complete the form on the back of this paper and return it to school with your child, so that they can get a cool prize. Thank You!

MyPlate

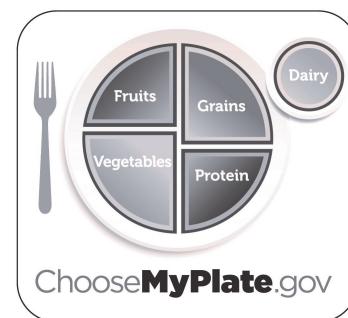
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Activities Parents and Children can do Together

Build a **MyPlate Parfait** for a healthy snack! The whole family will enjoy this treat.

Ingredients

- 2 graham crackers and a small clean plastic bag
- ½ container of yogurt (4 ounces)
- 1 piece of fruit (banana, apple, pear, peach, berries, etc.)
- 1 tablespoon nuts (4 or 5 whole nuts, broken into smaller pieces)



Directions

- Put the graham crackers in the plastic bag and crush them into crumbs.
- Put some of the graham cracker crumbs into the drinking glass or bowl. This is part of the Grain Group of MyPlate.
- Add some of the fruit to the glass to represent the Fruit and Vegetable Groups of MyPlate. Then spoon half of the yogurt into the glass to represent the Dairy Group.
- Make the same layers again, until you have used all of the ingredients.
- Sprinkle with nuts on the top, for the Protein Group.
- Eat and enjoy your MyPlate Parfait snack!

**For more information on
Eat Smart Idaho classes contact:**

Please complete the bottom of this form and return it to school with your child.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number.

The University of Idaho is an equal opportunity employer, provider and educational institution.

I have read the information in the newsletter and participated in this activity with my child.

Student's Name: _____

Parent/Guardian Signature: _____ Date: _____

Fill out this worksheet and bring back to the next class and you will receive a cool prize!