

DELAWARE 4-H HEALTHY LIVING



Fun activities to reinforce healthy living lessons.

Goals:

To review the recommendations from My Plate :

Participants will increase knowledge of nutrition.

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

Supplies:

1 copy of the my plate handout for each participant.

Crayons

Time Required:

15-30 minutes

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 – portion 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?

Possible answers: 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 food.

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 as milk, yogurt and cheese, or calcium fortified soy milk.

Next: Ask youth to recall what they ate at their last meal that day (Breakfast, lunch or dinner) 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:

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?

4-H hosts train the trainer sessions for teens and adults all year long, in each county. We also hold special fun events for teens and our "Healthy Living Ambassadors" To learn how you can become involved, visit our website at <http://extension.udel.edu/4h> Or email krjohn@udel.edu or

In 2014-2015

- 4-H facilitated 4-H Food Smart Families to over 2500 youth and Up for the Challenge Assets & Fitness to 3300 youth!

For information on

booking 6-10 hours for your club or students, visit our website at <http://extension.udel.edu/4h/>

Or call your County Cooperative Extension



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COLLEGE OF AGRICULTURE &
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Our thanks for supporting DE 4-H "Youth Voice, Youth Choice" building healthy communities through engaged youth!