

MYPLATE ACTIVITY

Description:

Children will learn about MyPlate and the importance of a balanced diet.

Recommended Grades:

- K-2, 3-5

Materials/Resources:

- MyPlate Handouts
- Crayons or Colored Pencils
- Scissors
- Camera

Objectives:

Students will:

- Learn about the five food categories that make up a balanced diet.
- Create a balanced meal using food drawings and MyPlate.

At-Home Use:

Discuss the activity with the child.

Parent/Caregiver Directions:

Ask the child to pick one of the five food groups to learn more about by opening Capstone Interactive and picking a MyPlate title: [Dairy](#), [Fruits](#), [Grains](#), [Protein](#), [Vegetables](#).

1. Pass out the MyPlate handouts.
2. Ask them to color the different types of food.
3. Next, cut out the twelve different foods.
4. Place five of the twelve foods on the MyPlate dish. (Match the food letter to the plate area.)
5. Take a photograph.
6. Put together another meal using a different combination of foods.
7. Take another photograph.
8. When finished, share the MyPlate meal photos with family, friends, and classmates.

Extension Activities:

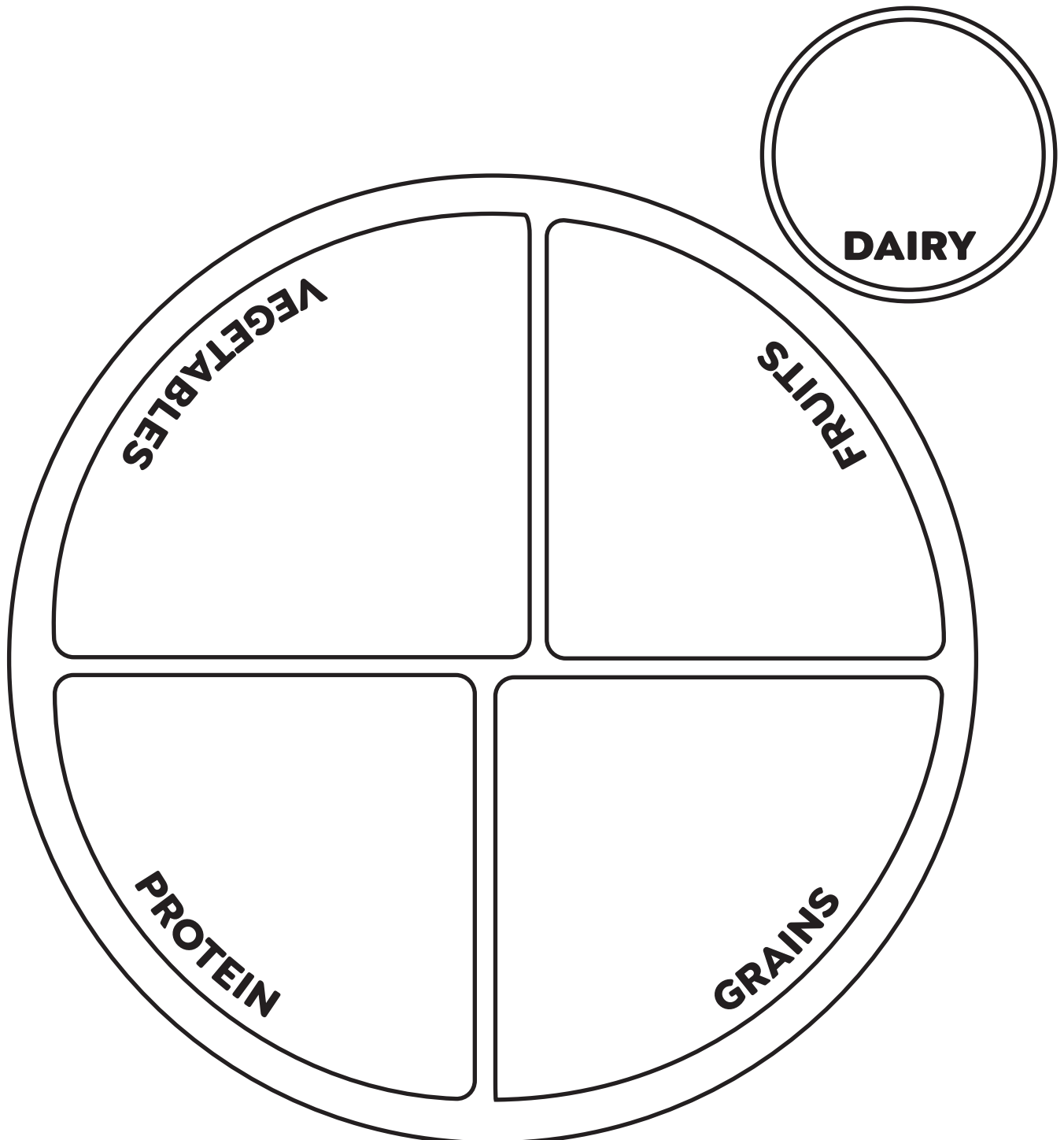
Look for pictures to cut out or draw and color other foods that fit into the five food groups and create meals using them.



FILL MYPLATE

Name: _____

Teacher: _____



Color the pictures on the next page & add them to MyPlate for a balanced diet.

COLOR THE PICTURES AND CUT THEM OUT.

