

# MYPLATE FOR MYBODY



## Goal:

Children will recognize the MyPlate image and know how each food group helps their bodies to grow.

## Required Materials:

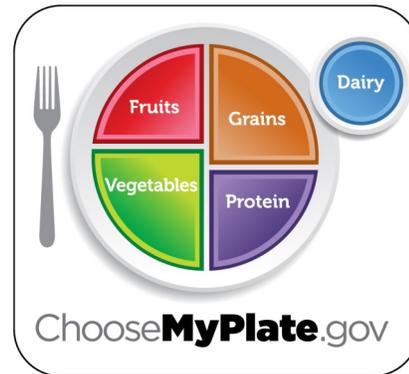
MyPlate Image (use a poster, mat, or print a free image from [www.choosemyplate.gov](http://www.choosemyplate.gov). See examples of available mats/charts in **Appendix A—pages 108-109**)

## Suggested Materials:

Small pictures of different foods from each MyPlate group (visit ChildcareAlive! Pinterest Page for printable pictures or [www.choosemyplate.gov](http://www.choosemyplate.gov) to find foods from each group)

## Activity Plan:

- Show children MyPlate image and talk with them about what they see.
  - *“What does this look like? It’s a plate! And it’s a special plate with a special name—MyPlate! Say that with me, My—Plate!”*
- Point out the different food groups (Dairy, Protein, Grains, Fruit, Vegetable), and the color of each group. Encourage children to repeat the color and name of each group.
- Explain one benefit of each food group. Demonstrate an action for each, encouraging all children to repeat the action with you. (Tip: repeat several times for more active play.)
  - **Dairy:** Builds strong, tall bones (reach up high and stand on tip toes)
  - **Protein:** Builds strong muscles (flex arms)
  - **Grains:** Gives energy to play (run in place)
  - **Fruits:** Helps you to feel full (rub belly and say “yummmm”)
  - **Vegetables:** Helps eyes to see, and ears to hear (hold hand over eyes, and then cup hands over ears)
- If you have pictures of foods, discuss 3-4 foods in each food group using pictures. Ask children to help you match each picture to the correct food group. Focus on how foods help bodies to grow more than the accuracy of foods in each group.



**DID YOU KNOW?**

## Movement Improves Learning

Children will remember what they learn if movement and actions are combined with lessons. Don't forget the food group motions every time you teach MyPlate.