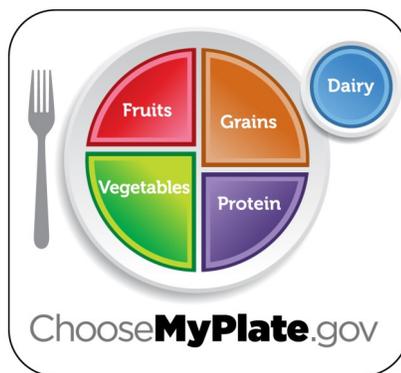


What We Learned Today

Introducing: MyPlate

MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal. During today's ChildcareAlive! activity, your child learned about the five food groups and how they help our bodies grow.



Dairy:

Builds strong bones

Grains:

Give us energy to play and be active

Protein:

Builds strong muscles

Fruits:

Help feel full and prevent illness

Vegetables:

Help eyes to see and ears to hear

Check out www.ChooseMyPlate.gov and find:

- Daily food plans, meal and snack plans, and growth info for preschoolers
- Games, activities, and songs for school-age children
- Weight management and food/activity trackers for adults

More, More, More!

When looking at MyPlate, notice that half of the plate is fruits and veggies. Fruits and vegetables are so important for keeping us healthy, they should make up about half of all the food we eat in a day.



To help you remember to eat more fruits and veggies, try singing the following song at home. Just make up your own tune, or chant it! Try adding motions for each line to add some physical activity, too!

Lyrics:

More, more, more! Fruits and veggies, fruits and veggies

More, more, more! Fruits and veggies, fruits and veggies

Pick, pack, power up!

Quick Tips for Eating More Fruits & Veggies

Eating more fruits and veggies may be easier than you think. Try some of these tips:

- Try frozen vegetables, which are quick, easy, and often just as nutritious as fresh veggies.
- Keep a visible reminder by keeping a bowl of whole fruit on the counter to remind yourself to eat and serve these foods more often.
- Buy fruits and veggies when they are in season. They will have more flavor and will be less expensive.
- Offer fruits in a fun way. Make fruit kabobs with melons, bananas, and grapes, or freeze melons on a stick for a refreshing “popsicle.”
- Satisfy your sweet tooth by choosing a naturally sweet dessert—fruits! Try serving a fruit smoothie, parfait, or even baked apples topped with cinnamon.



Kid-Friendly MyPlate Recipes

Broccoli Pinwheels

Ingredients:

2 Tbsp softened cream cheese
2 Tbsp Light Ranch
Two large flour tortillas
½ cup shredded carrots
½ cup finely diced broccoli
4 Tbsp black beans



Directions:

Mix cream cheese and ranch until well blended and spread on tortillas. Top with vegetables and beans. Roll tortillas tightly and cut each roll into six pieces (or as many as desired). Makes about 4 servings.

Source: NDSU Extension Service. Available at: www.ag.ndsu.edu/foodwise/recipes

Cinnamon Fruit Salad

Ingredients:

1 can (15.5 oz) grapefruit sections, drained*
1 can (15.5 oz) pineapple, drained*
1 can mandarin oranges, drained
Cinnamon (to taste)

**may use fresh fruit if available*

Directions:

Toss fruit together in a bowl. Top with cinnamon to taste. Refrigerate for at least an hour before serving. Makes about 8 servings. (Tip: you may also try making this fruit salad with different seasonal fruits, like strawberries or blueberries in the summer).



Source: NDSU Extension Service. Available at: www.ag.ndsu.edu/publications/food-nutrition

For more recipe and activity ideas, Like ChildcareAlive! on Facebook.

Home Activity for Families:

Using a picture of MyPlate (available at www.choosemyplate.gov) and a favorite family meal, talk about all the different foods in the meal and put the different foods from the meal in the correct group. This may also be done using the menu from your child care provider or school.