

### Materials/Preparation

#### Classroom Materials

- Crayons and/or colored pencils
- Blank paper (one sheet/student)



#### Provided in the Healthy Steps for Healthy Lives Kit

- MyPlate poster



#### Before the Activity

- Post poster

### Opening the Activity

1. **Introduce the Healthy Steps for Healthy Lives MyPlate poster to the class.** The poster helps us remember how to eat and move healthy.
2. **Tell students that they're going to learn about the messages and symbols on the poster.** Build excitement by letting students know that later on in the activity, they will have a chance to stump the teacher by asking you questions about the MyPlate poster while you cover your notes.

### Leading the Activity

3. **Explain the pictures, symbols, and messages on the poster** using the Taking a Closer Look: Healthy Steps for Healthy Lives MyPlate Poster Discussion Points. Give each student a piece of blank paper. Have students turn the paper horizontally and draw a place setting with a plate and bowl (similar to the MyPlate icon on the poster). Students will color and record information as you explain the poster.

➡ **Symbol:** MyPlate icon

**Message:** Before you eat, think about what goes on your plate or in your cup or bowl.

Have students draw and color each food group section the correct color and approximate portion of the plate. Write the name of each group on the section.

➡ **Symbol:** Pictures of foods from the five food groups

**Message:** You can build a healthy plate by choosing foods from the five food groups.

Next to each food group section on the plate, have students draw a picture of a favorite healthy food that belongs in each food group.

➡ **Symbol:** Different sized color sections on the MyPlate icon

**Message:** Eat the right amount of food for you.

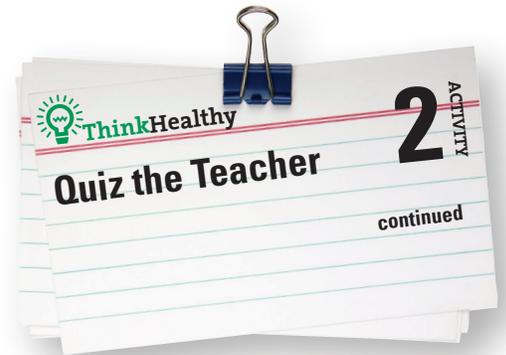
Next to each food group section on the plate, have students record the amount they should eat of each food group every day. The amounts provided on the poster are estimates for children in your age range who are active for at least 60 minutes every day.

- Grains = 6 ounces
- Vegetables = 2 ½ cups
- Fruits = 1 ½ cups
- Dairy = 2 ½ cups
- Protein = 5 ounces

➡ **Symbol:** The pictures of the kids being active

**Message:** Be physically active your way.

Have students draw a picture of their favorite physical activity and record the number of minutes of physical activity that they should aim for every day (at least 60 minutes).



## Sample Quiz the Teacher questions

- How many food groups are there?
- What food group do nuts belong in?
- How many minutes should we move for every day?
- Name the five food groups.
- How much do we need to eat or drink from the Dairy Group every day?

4. Explain the directions for Quiz the Teacher (steps 6 - 9).
5. Ask students to write one question and answer for Quiz the Teacher on the back of their paper.
6. Take one final look at the poster. With your back to the poster and your notes covered, have students quiz you by taking turns asking you their questions. (Students are allowed to look at their notes and the poster, you are not.)
7. Keep score on the board with a column for “Teacher” and a column for “Class”.
8. Put a tally mark in the “Teacher” column if you answer the question correctly. Put a tally mark in the “Class” column if you give the wrong answer; the student then has to give you the answer, and/or you have to look it up.
9. After every student has a turn to ask a question, tally the points to determine the winner (you or the class).





## Closing the Activity

### 10. Ask students to list other things we do to be healthy besides eating right and being active.

- Ideal responses: Getting enough sleep; Drinking water; Frequent hand-washing; Brushing teeth regularly; Wearing sunscreen; Wearing helmets when riding bikes or scooters.

### 11. Students draw and label a new clue (symbol) to represent one of the additional healthy behaviors discussed.

### 12. Students share new clues and pictures with a partner.



## Taking a Closer Look: Healthy Steps for Healthy Lives MyPlate Poster

### Discussion Points

#### THINK HEALTHY

➔ **Symbol/Pictures:** MyPlate icon

➔ **Message:** Before you eat, think about what goes on your plate or in your cup or bowl.

The MyPlate icon shows us how to build a healthy plate. The healthy plate we see on the poster is made of different colored portions. The colored portions represent the five food groups and remind us to build our healthy plate at each meal by choosing foods from the five food groups.

#### Healthy steps to build a healthy plate:

- Make half your plate fruits and vegetables
- Switch to skim or 1% milk
- Make at least half your grains whole
- Vary your protein food choices

#### EAT HEALTHY

➔ **Symbol/Pictures:** MyPlate icon and pictures of foods from the five food groups

➔ **Message:** You can build a healthy plate by choosing foods from the five food groups.

The food groups are represented by different colored portions on the plate and in the cup. In the cup: the blue portion is for Dairy. On the plate: orange is for Grains; green is for Vegetables, red is for Fruits, and purple is for Protein. A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains.

#### Know the food groups, know yourself, and know your plate:

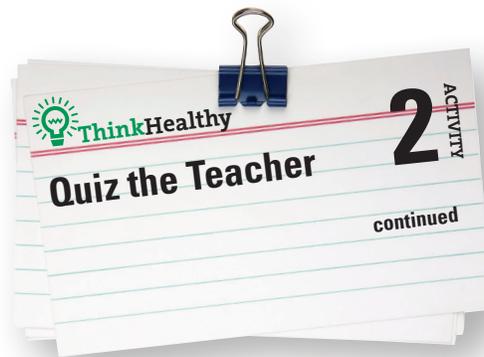
##### Vegetables

- Fresh, frozen, and canned vegetables, or 100% vegetable juice all count
- Remember to eat red, orange and dark green vegetables
- Eat 2 ½ cups every day

##### Fruits

- Fresh, frozen, canned, and dried fruits, or 100% fruit juice all count (choose fruits canned in their own juices and not in heavy syrup which adds extra calories)
- Use fruits as snacks, salads or desserts
- Eat 1 ½ cups every day

*continued next page*



## Modifications

Reduce the suggested time for this activity by having students use the MyPlate template provided on Student Activity Sheet 1 (provided at [www.nestleusa.com/healthysteps](http://www.nestleusa.com/healthysteps) and [www.neahealthyfutures.org](http://www.neahealthyfutures.org)). Completing Student Activity Sheet 1 can replace part of step 3 for this activity. There is also a place for students to record their Quiz the Teacher question on Student Activity Sheet 1. Extend the activity by repeating the game. Each time you play, challenge students to develop more difficult questions for you which will deepen their understanding of the topic. Make this activity more inclusive by turning it into a cooperative learning activity. Have students work in small groups to play the game, taking turns trying to stump each other. Consider hosting a Quiz Me About MyPlate tournament.



## Taking a Closer Look: Healthy Steps for Healthy Lives MyPlate Poster

### Discussion Points (continued)

#### Dairy

- Milk, yogurt, and cheese all count
- Low-fat or fat-free dairy foods have the same amount of calcium and other nutrients, but less fat and calories
- Get 2 ½ cups every day

#### Grains

- Choose foods that name a whole grain first on the ingredient list
- Choose 100% whole grain cereals, breads, crackers, rice and pasta
- Eat 6 ounces every day

#### Protein

- Keep meat and poultry portions small and lean
- Twice a week, make seafood the protein on your plate
- Eat 5 ounces every day

#### Oils

- Not a food group
- Provide essential nutrients; we do need some healthy oil every day
- Most people get enough oil in the foods they eat, like nuts, fish, cooking oil, and salad dressings
- Get 4 teaspoons every day
- Foods with solid fats are not sources of healthy oils

➔ **Symbol/Pictures:** Different sized color sections on the MyPlate icon and ChooseMyPlate.gov

➔ **Message:** Eat the right amount of food [calories] for you.

Another hint on the MyPlate icon is the different sizes of each food group portion on the plate and in the cup. This hint reminds you to eat the right amount of food [calories] for you. We need to eat different amounts of each food group every day.

- Make skim or 1% milk the beverage with your meal or add other fat-free or low-fat dairy products

- Think about how you can adjust the portions on your plate to get more of what you need
- Avoid oversized portions
- The right amount of food for you depends on factors about you – such as your age and physical activity level
- Get your personal daily intake amounts at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

➔ **Symbol/Pictures:** Nutrition Facts Label

➔ **Message:** Know your limits with added sugar, salt, and solid fats.

Use the nutrition facts label and ingredient list to be a nutrition detective. You are on the case to find the best foods to eat.

- Choose water instead of sugary drinks
- Look for 100% juice when choosing fruit juice
- Make sure foods that are high in solid fats (i.e., cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs) are occasional choices, not everyday foods
- Look out for salt (sodium) in foods you choose – it all adds up

#### MOVE HEALTHY

➔ **Symbol/Pictures:** Pictures of active kids

➔ **Message:** Be physically active your way.

Aim to be active for 60 minutes or more every day.

- Pick activities you like and do each for at least 10 minutes at a time
- Choose moderate and vigorous activities
- Health benefits increase as you spend more time being active
- Avoid being sedentary for long periods of time

*Note: Daily intake amounts are based on a 1,800-calorie pattern*

