

# Keeping our Bodies Healthy- My Plate

**Skills:** ELA, Math, Science and Health, K-5

**Objective:** Students will explore concepts of nutrition. Topics will range from different processing and packaging methods, grocery store ads and math, learning about My Plate, what nutrients our bodies need to stay healthy and examining the elements of a healthy meal.

**Background:** Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. Obese youth are more likely to have risk factors for cardiovascular disease, prediabetes, bone and joint health and sleep apnea. In the long run, children who are obese are more likely to be obese as adults, have an increased rate of stroke, cancer, heart disease and type 2 diabetes. CDC– Childhood Obesity Facts

## Materials and Hand-outs:

- *Five Food Groups (Attachment #01)*
- *Grocery Store Ads*
- *Measuring Up (Attachment #02)*
- *Fruit and Veggies on MyPlate (Attachment#03)*
- *Food Group Poem and Puzzle Cards (Attachment #04)*
- *Empty, clean, food containers, 5 grocery sacks, tape to mark floor or classroom*
- *Portion Size Guide, MyPlate Guide (Attachments #05, #06)*
- *Various items to show portion sizes, deck of cards, ping pong ball, tennis ball etc. in a bag you cannot see through.*
- *Texas Farm Bureau MyPlate Placemats can be used to illustrate the role farmers and ranchers play in providing healthy food. (Attachment #07)*

The following lessons were gathered from various sources, such as National Ag in the Classroom, various state's Ag in the Classroom programs, commodity groups and government publications. Every effort has been made to cite sources. Where appropriate, a subscription has been purchased. Materials for educational use only.

## TEKS

### English /Language Arts

Kinder-14B

1st grade- 8, 17A-E, 18B

2nd grade-17A-E, 18B, 20

3rd grade-17A-E, 18B, 20A, 21

4th grade-15A-E, 16B, 18A, 19

5th grade-15A-E, 16B, 18A,19

### Math

First Grade-1A

2nd grade-1A, 2A, 4BCD,5B

3rd grade-1A, 2A, 4AB,

4th-1A

5th-1A, 2C

### Health

Kinder-1B, 3B

1st grade-1A

2nd grade-1CDG

3rd grade-1CD

4th grade-1A

5th grade-1BC

### Science

Kinder-10ABD

1st grade-10B





# The Five Food Groups

The following is an at-a-glance chart of foods that belong to each food group. It is not a complete list. For more information on each food group, visit: <http://www.choosemyplate.gov/food-groups/>

FOOD GROUP	FOODS IN THE FOOD GROUP	
<p><b>FRUITS</b></p> <p>Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried; and may be whole, cut-up, or puréed.</p>	<p>Apples Apricots Bananas Cherries Grapefruit Grapes Kiwi fruit Mangoes Oranges Papaya Peaches Pears Pineapple Plums Raisins</p>	<p><b>BERRIES</b> Blackberries Blueberries Raspberries Strawberries</p> <p><b>MELONS</b> Cantaloupe Honeydew Watermelon</p>
<p><b>VEGETABLES</b></p> <p>Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. There are five Vegetable Subgroups: Beans and Peas, Dark Green, Red and Orange, Starchy, and Other Vegetables.</p>	<p><b>BEANS AND PEAS</b> Black beans Black-eyed peas Chickpeas (garbanzo beans) Lentils Red beans Soy beans Split peas White beans</p> <p><b>DARK-GREEN VEGETABLES</b> Bok choy Broccoli Collard greens Dark-green leaf lettuce Kale Romaine lettuce Spinach</p> <p><b>RED AND ORANGE VEGETABLES</b> Butternut squash Carrots Red/orange bell peppers Pumpkin Sweet potatoes Tomatoes</p>	<p><b>STARCHY VEGETABLES</b> Corn Green peas Plantains Potatoes Taro</p> <p><b>OTHER VEGETABLES</b> Asparagus Avocado Beets Cauliflower Celery Cucumber Eggplant Green beans Iceberg lettuce Mushrooms Radicchio Sugar snap peas Yellow bell pepper Zucchini</p>



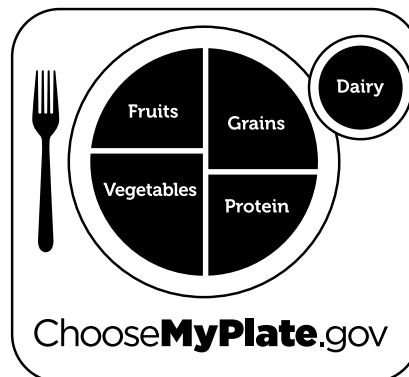
# The Five Food Groups (continued)

FOOD GROUP	FOODS IN THE FOOD GROUP	
<p style="text-align: center;"><b>GRAINS</b></p> <p>Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into two subgroups:</p> <ul style="list-style-type: none"> <li>• Whole Grains contain the entire grain kernel — the bran, germ, and endosperm.</li> <li>• Refined Grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins.</li> </ul>	<p style="text-align: center;"><b>WHOLE GRAINS</b></p> <p>Amaranth</p> <p>Bread products made primarily from 100% whole grains (such as whole-wheat breads, buns, rolls, and pitas)</p> <p>Brown rice</p> <p>Buckwheat</p> <p>Bulgur</p> <p>Millet</p> <p>Muesli</p> <p>Oatmeal</p> <p>Popcorn</p> <p>Quinoa</p> <p>Rolled oats</p> <p>Whole-grain barley</p> <p>Whole rye</p> <p>Whole-wheat crackers</p> <p>Whole-wheat pasta</p> <p>Whole-wheat tortilla</p> <p>Wild rice</p>	<p style="text-align: center;"><b>REFINED GRAINS*</b></p> <p>Bread products made with refined “white” flour (such as white rolls, buns, pitas, etc.)</p> <p>Cornbread</p> <p>Corn tortillas</p> <p>Couscous</p> <p>Flour tortillas</p> <p>Grits</p> <p>Noodles</p> <p>Pastas (spaghetti, macaroni)</p> <p>Pretzels</p> <p>Some ready-to-eat breakfast cereals</p> <p>White rice</p> <p style="font-size: small;">* Most of these products are made from refined grains. Some are made from whole grains. Check the ingredients list for the words “whole grain” or “whole wheat” to decide if they are made from a whole grain. Some foods are made from a mixture of whole and refined grains.</p>
<p style="text-align: center;"><b>DAIRY</b></p> <p>All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group.</p> <p>Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not considered to be in the Dairy Group. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.</p>	<p style="text-align: center;">Fluid milks (flavored or unflavored)</p> <p>Lactose-reduced milks</p> <p>Lactose-free milks</p> <p>Calcium-fortified soy beverages (soymilk)</p> <p style="text-align: center;"><b>CHEESE</b></p> <p>Cheddar</p> <p>Mozzarella</p> <p>American</p> <p>Cottage cheese</p>	<p style="text-align: center;">Yogurts</p> <p style="text-align: center;"><b>MILK-BASED DESSERTS</b></p> <p>Puddings</p> <p>Ice cream</p> <p>Frozen yogurt</p> <p>Ice milks</p>



# The Five Food Groups (continued)

FOOD GROUP	FOODS IN THE FOOD GROUP	
<p><b>PROTEIN FOODS</b></p> <p>All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.</p> <p>Beans and peas are also part of the Vegetable Group.</p>	<p><b>BEANS AND PEAS</b></p> <p>Black beans Black-eyed peas Chickpeas (garbanzo beans) Lentils Red beans Soy beans Split peas White beans</p> <p><b>SEAFOOD</b></p> <p>Anchovies Catfish Clams Cod Crab Crawfish Flounder Lobster Oysters Salmon Sardines Shrimp Squid (Calamari) Tilapia Tuna</p> <p><b>NUTS AND SEEDS (AND BUTTERS)</b></p> <p>Almonds Peanuts Pumpkin seeds Sunflower seeds Walnuts</p>	<p><b>PROCESSED SOY PRODUCTS</b></p> <p>Tofu Tempeh Texturized Vegetable Protein (TVP) “Veggie Burgers”</p> <p><b>POULTRY</b></p> <p>Chicken Duck Turkey</p> <p><b>EGGS</b></p> <p><b>MEATS (LEAN CUTS AND GROUND MEATS)</b></p> <p>Beef Ham Lamb Pork Veal</p>



# MEASURING UP MyPlate

SECOND COURSE • REPRODUCIBLE 2



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Lucia needs your help to eat smart and play hard. On the chart below, circle foods and drinks for her for 1 day. On another piece of paper, write a menu for her meals and snacks using the foods you circled. Lucia is a moderately active 9-year-old girl. She needs to eat the following amounts from each food group each day:



**Vegetables**  
2 cups



**Fruits**  
1 1/2 cups



**Grains**  
5 ounces



**Protein Foods**  
5 ounces



**Dairy**  
3 cups

Add up the amounts of foods in each food group your circled food choices provide. Do the meals and snacks you planned give her what she needs for the day?

Note: "oz" is the abbreviation for ounce.

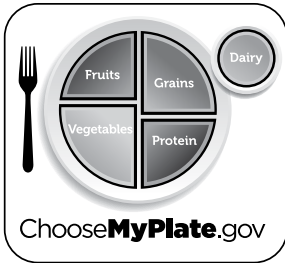
VEGETABLES	FRUITS	GRAINS	PROTEIN	DAIRY
small bowl of romaine lettuce (1/2 cup)	small orange (1/2 cup)	2 slices whole-wheat bread (2 oz whole grains)	slice of turkey (1 oz)	glass fat-free milk (1 cup)
small bowl spinach (1/2 cup)	small apple (1/2 cup)	5 whole-wheat crackers (1 oz whole grains)	1 hard-boiled egg (1 oz)	2 slices low-fat Swiss cheese (1 cup)
medium baked potato (1 cup)	large banana (1 cup)	1/2 cup cooked brown rice (1 oz whole grains)	1/2 cup cooked black beans (2 oz)	1.5 oz low-fat shredded cheddar cheese (1 cup)
12 baby carrots (1 cup)	16 grapes (1/2 cup)	packet of instant oatmeal (1 oz whole grains)	small hamburger patty (3 oz)	snack-size container low-fat yogurt (1/2 cup)
large sweet potato (1 cup)	mango (1 cup)	3 cups popped popcorn (1 oz whole grains)	small chicken breast half (3 oz)	1 fat-free milk chug (1 cup)
6 - 8 cherry tomatoes (1 cup)	large peach (1 cup)	medium piece of cornbread (2 oz refined grains)	12 almonds (1 oz)	slice low-fat American cheese (1/2 cup)
large ear of corn (1 cup)	large plum (1/2 cup)	small whole-wheat tortilla (1 oz whole grains)	small salmon patty (3 oz)	small low-fat milk carton (1 cup)
side of cooked collard greens (3/4 cup)	snack container of pineapple (1/2 cup)	1 slice white bread (1 oz refined grains)	2 slices ham (2 oz)	
side of cooked lentils (1/2 cup)	small bowl of blueberries (1/2 cup)	1 cup whole-wheat pasta (2 oz whole grains)	3 small turkey meatballs (2 oz)	
4 tablespoons tomato sauce (1/4 cup)	glass of 100% fruit juice (1 cup)	1 bowl low-fat granola (1 oz whole grains)	1 cup veggie chili (2 oz)	
<b>TOTAL CUPS:</b>	<b>TOTAL CUPS:</b>	<b>TOTAL OUNCES:</b>	<b>TOTAL OUNCES:</b>	<b>TOTAL CUPS:</b>



# Fruits and Veggies on MyPlate

## LESSON 1 HANDOUT 2

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Edible plant parts are found in more than two of the five **MyPlate** food groups we need each day for good health. Do you know which ones? (Circle them below).

**Fruit Group**

**Vegetable Group**

**Grain Group**

**Protein Foods Group**

**Dairy Group**

Look at the school lunch menu below and fill in the table by answering the following questions:






**1) What is the original ingredient?**

For each menu item, list the major ingredient from which it was made. Pizza is a combination food made up of foods from three food groups. Provide answers for each food in the pizza, as well as for the rest of the meal.

**2) What food group does it belong to?**

**3) Did it come from a plant? Answer "yes" or "no."**

**4) Which edible plant part is it?**

Lunch Menu Item	Original Ingredient		Food Group	Does It Come From a Plant? (yes/no)	Edible Plant Part
 <b>WHOLE-WHEAT CHEESE PIZZA</b>	a. Crust (example)	Wheat Flour	Grain Group	Yes	Seed
	b. Tomato Sauce				
	c. Cheese				
 <b>BAKED SWEET POTATO FRIES</b>					
 <b>BOWL OF BROCCOLI</b>					
 <b>APPLESAUCE</b>					
 <b>FAT-FREE MILK</b>					

**5) What fruits and vegetables are on this menu? List them:** \_\_\_\_\_



**Cinquain Poem**  
**Favorite Foods**

**Noun**

**2 adjectives**

**3 words that describe action**

**4 word phrase**

**Synonym**

**Dessert**

**Cold, Creamy**

**Slurp, Giggle, Dribble**

**Cone with Three Scoops**

**Ice Cream**

**Vegetables**

**Broccoli  
Carrots  
Squash  
Greens  
Cauliflower**

**Potassium  
Fiber  
Folic Acid  
Vitamins A, E, and C**

**Reduce the  
risk of chronic  
disease and  
help maintain  
healthy blood  
pressure.**



**Dairy**

**Cheddar  
Cottage Cheese  
Milk  
Yogurt**

**Calcium  
Protein  
Vitamin D  
Potassium**

**Helps build  
strong bones  
and teeth.  
Provides  
nutrients while  
keeping  
saturated fat  
and cholesterol  
intake low.**

**Protein**

**Meat  
Poultry  
Fish  
Beans  
Eggs**

**Protein  
B Vitamins  
Vitamin E  
Iron, Zinc, Magnesium**

**Helps build  
bones,  
muscles,  
cartilage,  
skin, and  
blood**

**Grains**

**Cereal  
Pasta  
Popcorn  
Whole Grain Bread**

**Fiber  
B Vitamins  
Minerals**

**Reduce risk of  
heart disease  
and other  
chronic  
diseases.**

**Fruits**

**Apples  
Oranges  
Kiwi  
Grapes  
Bananas**

**Potassium  
Fiber  
Folic Acid  
Vitamin C**

**Provides fiber,  
helps reduce  
risk of chronic  
disease, and  
helps in  
healing  
process.**

## My Plate

Nutrition is important for any age group, from infant to the elderly. As our bodies age, it requires different nutrients for developmental aspects. The current dietary guideline is called MyPlate. An at-a-glance chart of foods that belong to each food group can be found at <http://1.usa.gov/1LZOU3y>. (Attachment#01) MyPlate has divided up what our bodies need into five different categories:

- Fruits
- Vegetables
- Grains
- Dairy
- Protein

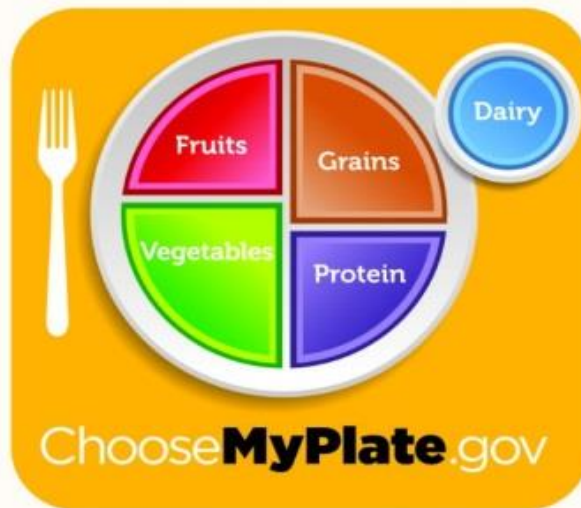
The amount needed in each food group depends on a person's daily caloric needs, age, sex and level of physical activity. By eating the correct portion in each food group and exercising, our bodies can stay healthy and live productive lives. Remember, the three keys to healthy eating are:

- Balance- eating the correct number of servings from each food group
- Variety- picking different foods within each food group
- Moderation- being careful not to eat too much of any one food

### Pack Smart!

Help your kids stay healthy and focused in school— pack them a nutritious lunch. Each lunch should be about  $\frac{1}{2}$  Fruits and Vegetables,  $\frac{1}{4}$  Grain, and  $\frac{1}{4}$  Protein with one serving of Dairy.

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients like the ones below and let kids help with preparation!



Fruits	Vegetables	Grains	Protein	Dairy
<i>Go easy on juice and make sure it's 100%.</i>	<i>Use dark green and orange veggies.</i>	<i>Make half of the grains whole grain.</i>	<i>Use low-sodium, lean or lowfat meats.</i>	<i>Choose lowfat or fat-free dairy.</i>
Apple Orange Pear Peaches Grapes Melon Dried Fruit	Broccoli Carrots Cauliflower Red Peppers Zucchini Broccoli Cucumber	Whole Wheat Bread Pita Bread Brown Rice Cereal Pasta Salad Sunflower Seeds	Chicken Turkey Fish Nuts Seeds Peas Beans	Yogurt Milk Cheese
				<b>TIP</b> Mix yogurt with cinnamon or garlic to make a delicious dip for fruits or veggies!

Source: U. S. Department of Agriculture

**Remember, Texas Farmers and Ranchers provide us with an abundance of healthy foods that MyPlate recommends. Some of those are:**

## **Fruit Group**

-Fruit can be fresh, canned, frozen or dried

Nutrients

- Vitamin C
  - Growth and repair of body tissue
  - Heals cuts and wounds
  - Keeps gums and teeth healthy
- Potassium
  - Helps heart pump blood in body

## **Vegetable Group**

Five categories

- Dark green
- Starchy
- Red and orange
- Beans and peas
- Other

Nutrients

- Vitamin A
  - Keeps eyes and skin healthy
  - Protects against infections
- Vitamin C
  - Growth and repair of body tissue
  - Heals cuts and wounds
  - Keeps gums and teeth healthy
- Iron
  - Helps carry oxygen in the blood

## **Grains**

-Foods made from wheat, rice, oats, cornmeal or barley such as bread, pasta, oatmeal, cereal, tortillas and grits

Whole Grains have extra nutrients and are made with the germ, endosperm and bran. White flour is made with only the germ and endosperm.

Nutrients

- Vitamin B
  - Makes your body work
  - Releases energy that's in food
- Iron
  - Helps carry oxygen in the blood

## **Dairy**

-Milk, yogurt, cheese

Nutrients

- Calcium
  - Builds strong bones and teeth
- Vitamin D
  - Bone health
- Potassium
  - Helps heart pump blood in the body
- Protein
  - Gives us energy
  - Builds muscle, skin and bone

## **Protein**

-Beef, pork, chicken, turkey, seafood, beans, eggs and nuts

Nutrients

- Protein
  - Gives us energy
  - Builds muscle, skin and bone
- Iron
  - Helps carry oxygen in the blood
- Zinc
  - Creates a healthy immune system
- Vitamin B
  - Brain health
  - Gives bodies energy

**Calories** are a way to measure food energy, which keeps our bodies energized throughout the day. An abundance of calories can lead to weight gain if you aren't careful. The number of calories you need depend on a number of factors such as age, sex, weight and physical activity level. In general, daily caloric intake should be:

- 1,600 calories for most women and older adults
- 2,200 calories for kids, teens girls, active women and most men
- 2,800 calories for teen boys and active men

One way that you can count your calories is by monitoring your serving sizes.

### **Know Your Serving Sizes**

Recommended Daily Servings based on 2,000 calories a day:

Fruits & Veggies: 7-10 servings per day

Apple = Baseball - 1 fruit or veggie

Can of Fruit = 1 Handful - 1/2 cup canned fruit

Salad = 2 Handfuls - 1 cup of salad

Grains: 5-7 servings per day

Pasta = 1 Handful - 1/2 cup of pasta or cereal

Slice of Bread = CD Case - 1 slice of whole wheat bread

Bowl of Cereal = Baseball - 1 cup whole wheat flakes

Protein: 2-3 servings per day

Chicken Breast or steak = Deck of Cards or palm of hand

2 small eggs or 1 large egg

Beans = 1 Handful - 1/2 cup cooked beans

Dairy: 2-3 servings per day

Yogurt Cup = Fist - 3/4 cup of yogurt

Cheese Cubes = 4 Dice - 1 ounce of cheese

Cup of Milk = Tennis ball - 1 cup of milk



## Activities

### A. Grocery Store Ads

1. Collect store ads and have students categorize the food items in the ad to their correct food groups.
2. Have students "cook" their perfect meal with the ads and write why it would be healthy. Have students calculate the cost of the meal.
3. Cut up the ads into food groups and preform relay races to see which group can place the ads into the correct groups the fastest.

### B. Five Senses

1. Have your students use descriptive words about their five senses to convince someone reading their paper that a certain food tastes good.

### C. Healthy Lunch Worksheet

1. This worksheet requires students to circle what a girl needs for her healthy lunch. Students also add up the nutrients she will receive from the lunch.
2. Worksheet found at <http://1.usa.gov/1P7S0a9> (Attachment #02)

### D. Fruits and Veggies on My Plate

1. Students break down a food item such as cheese pizza. Students list what the item is made of, what food groups it consists of, if it comes from a plant and which part of the plant.
2. Worksheet found at <http://1.usa.gov/1M3pKVg> (Attachment #03)

E. Food Group Puzzle and Poem- Adapted from National Ag in the Classroom

1. Print one set of the Food Group Puzzle Pieces per group of students. Cut out the puzzle pieces.

[https://naitc-api.usu.edu/media/uploads/2015/06/24/Food\\_Group\\_Poem\\_and\\_Puzzle\\_Pieces.pdf](https://naitc-api.usu.edu/media/uploads/2015/06/24/Food_Group_Poem_and_Puzzle_Pieces.pdf)

(Attachment #04)

2. Distribute one set to each team. Instruct teams to complete the puzzle which contains food groups, examples of the food group, nutrients and health benefits from the food group.
3. Students can also complete the puzzle online by searching Jigsaw Planet Food Group Puzzle.

F. Poems

1. Create a poem about their favorite food item or meal.
2. Use the food group it belongs to, the nutrients it contains, why it is good for you and why it is so great.

G. The Healthy Hop `n Shop- Adapted from Iowa 4-H Development Program

Materials

- Empty, cleaned food containers (1 per student)
  - o Examples could be boxes, bags or cans without sharp edges or fruits and vegetables from the garden. Students can bring these from home or teacher can supply items.
- 5 grocery sacks
- Item to mark the floor into the MyPlate diagram

Directions

1. Have students sit on the floor with the MyPlate diagram
2. Explain they are surrounding the grocery store called The Healthy Hop `n Shop and that the grocery store divides their store into food groups. Your students are grocery store employees.
3. Pass out the empty food containers until each student has one food container.
4. Go around the circle and ask the students to identify their food and which food group it belongs to.
5. Once identified, have them stand up and place it in the correct part of the grocery store. When they place their item say, "I am stocking (product) and it belongs to (food group). They then return to their seat.
6. Continue until every student has placed their food items.

## H. Portion Size Comparison- Adapted from National Ag in the Classroom

### Materials Needed

- 1 large bag that you cannot see through
- Computer mouse
- 7 cotton balls
- Baseball
- Cupcake liner
- Tube of chapstick
- 9-volt battery
- Deck of cards
- Ping pong ball
- Tennis ball
- Fist (your fist will be the demonstration)
- Postage stamp
- Film canister
- Amount you can hold in one hand (form a cup in your hand as demonstration)

### Directions

1. Discuss proper serving sizes with students and how to compare them to common objects.
2. Hand out "Portion Size Guide" to students. (Attachment #05)
3. Using the materials section, have one student at a time pull one item out of a bag. Students then will fill the correct portion of the worksheet by using the item pulled out of the bag.

Name \_\_\_\_\_ Date \_\_\_\_\_

## Portion Size Guide

Directions: Complete the chart by filling in the correct food group for each food item. The completed chart may be used as a guide to help you understand proper portion sizes.

<b>Food Item</b>	<b>Food Group</b>	<b>Measurement</b>	<b>Comparison</b>
Chopped vegetables		½ cup	Computer mouse
Fresh fruit		½ cup	7 cotton balls
Raw, leafy vegetables		1 cup	A baseball
Cooked rice or pasta		½ cup	Cup cake liner
String cheese		2 oz.	Tube of chapstick or
Hard cheese		1 ½ oz.	A 9-volt battery
Meat		2-3	A deck of playing cards
Salad dressing		2 T.	A ping pong ball
Milk or Yogurt		1 cup	A tennis ball
Apple or peach		1 medium	A tennis ball
Ice cream		½ cup	A tennis ball
Broccoli or mashed potatoes		1 cup	A fist
Butter		1 t.	A postage stamp
Nuts		1 oz.	Amount you can hold in one hand
Peanut butter		2 T.	A film canister

# TEXAS Farmers and Ranchers Fill My Plate

\* Texas farmers and ranchers provide us with an abundance of healthy foods that MyPlate recommends.



## GRAINS

Farmers grow fields of grains like wheat, rice, oats, cornmeal and barley that can be made into foods like:



**Bread**



**Oatmeal**



**Pasta**

Grains give us energy and fiber.



## VEGETABLES

Vegetable farmers provide us with a variety of healthy foods from their gardens & fields like:



**Lettuce**



**Carrots**



**Broccoli**

Vegetables are rich in vitamins A, E and C.



## FRUITS

Some farmers care for orchards and vineyards where fruits are grown. They grow fruits like:



**Apples**



**Grapes**



**Berries**

Fruits are high in potassium, fiber and vitamin C.



## DAIRY

Farmers can also own a dairy. Dairy cows are cared for & milked to give us the foods we find in the dairy group:



**Milk**



**Ice Cream**



**Cheese**

Foods in the dairy group have calcium and vitamin D.



## PROTEIN

Some farmers produce cattle, poultry, catfish & even beans. In the protein group, you will find food like:



**Hamburgers**



**Fish**

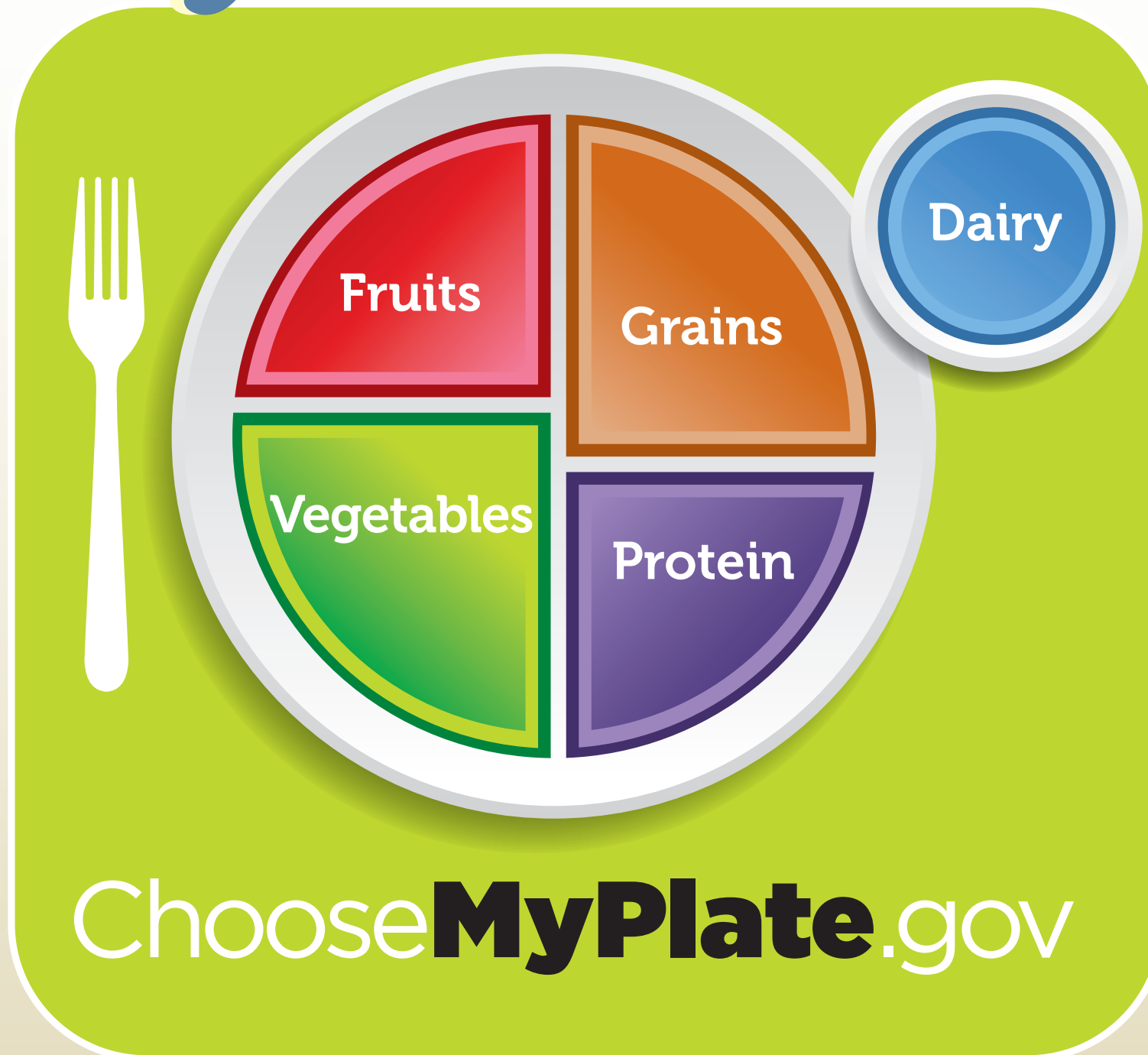


**Beans**

The protein group is high in protein and iron.

# MyPlate

## WHAT IT ALL MEANS



### Ten tips to a great plate.

- \* **Balance calories**
- \* **Enjoy your food, but eat less**
- \* **Avoid oversized portions**
- \* **Foods to eat more often**
  - \* **Fruits, vegetables, grain and fat-free or low-fat milk**
- \* **Make half of your plate fruits and vegetables**
- \* **Drink fat-free or low-fat (1%) milk**
- \* **Make half of your grains whole grains**
- \* **Foods to eat less often include:**
  - \* **Cakes, cookies, ice cream, candies, sweetened drinks, etc.**
- \* **Compare sodium in foods**
  - \* **Choose lower sodium foods**
- \* **Drink water instead of sugary drinks**