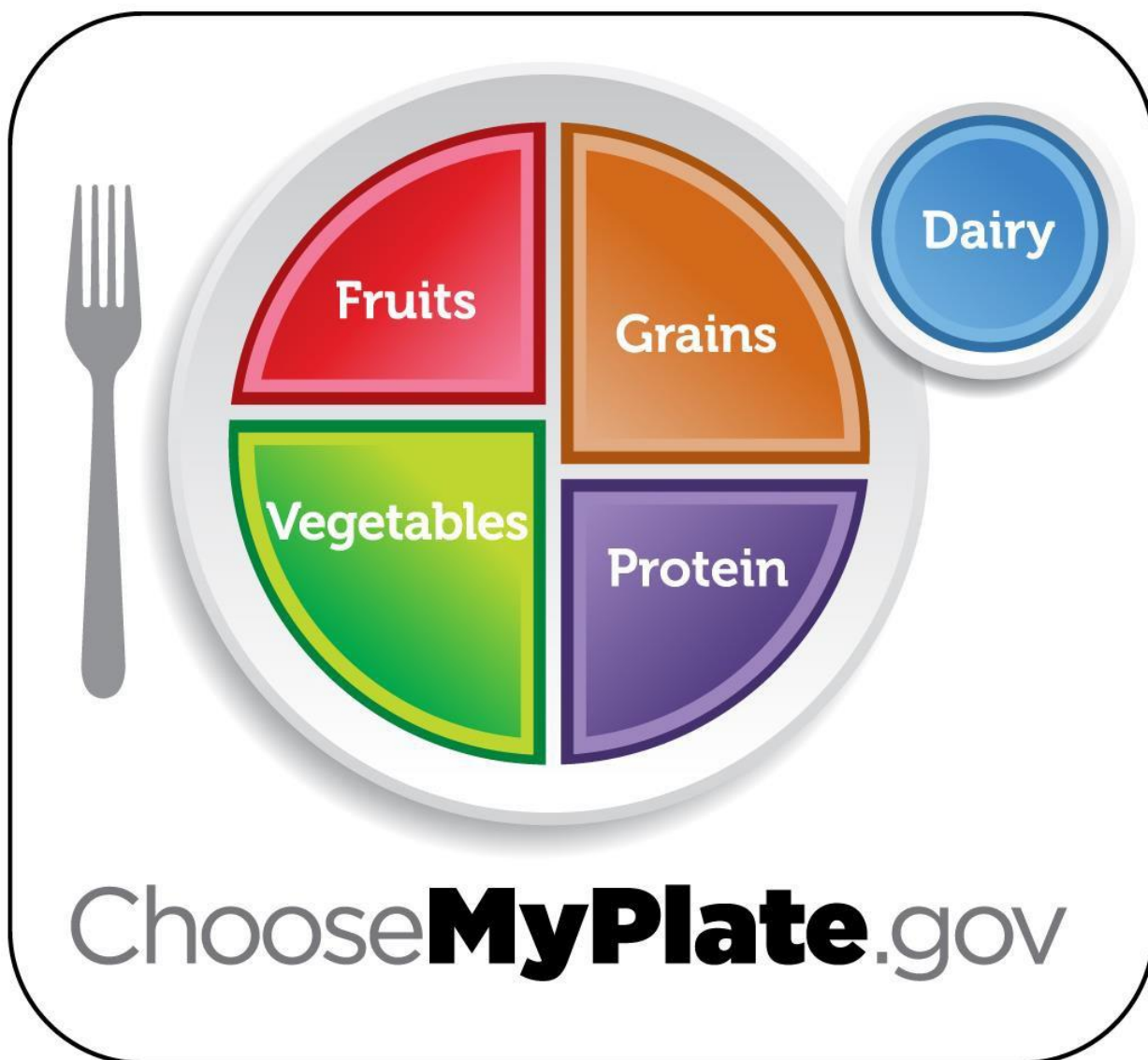




Lesson #1 Activity

Fit4Kidz Teacher's Guide to MyPlate and the Food Groups

The following image shows the new MyPlate, which outlines the different food groups that should be present at each meal. Vegetables and Grains should be consumed in the largest amounts, followed by Protein, Fruits, and Dairy. Have the students review this image and explain that healthy choices from each of these groups should be included in every meal.



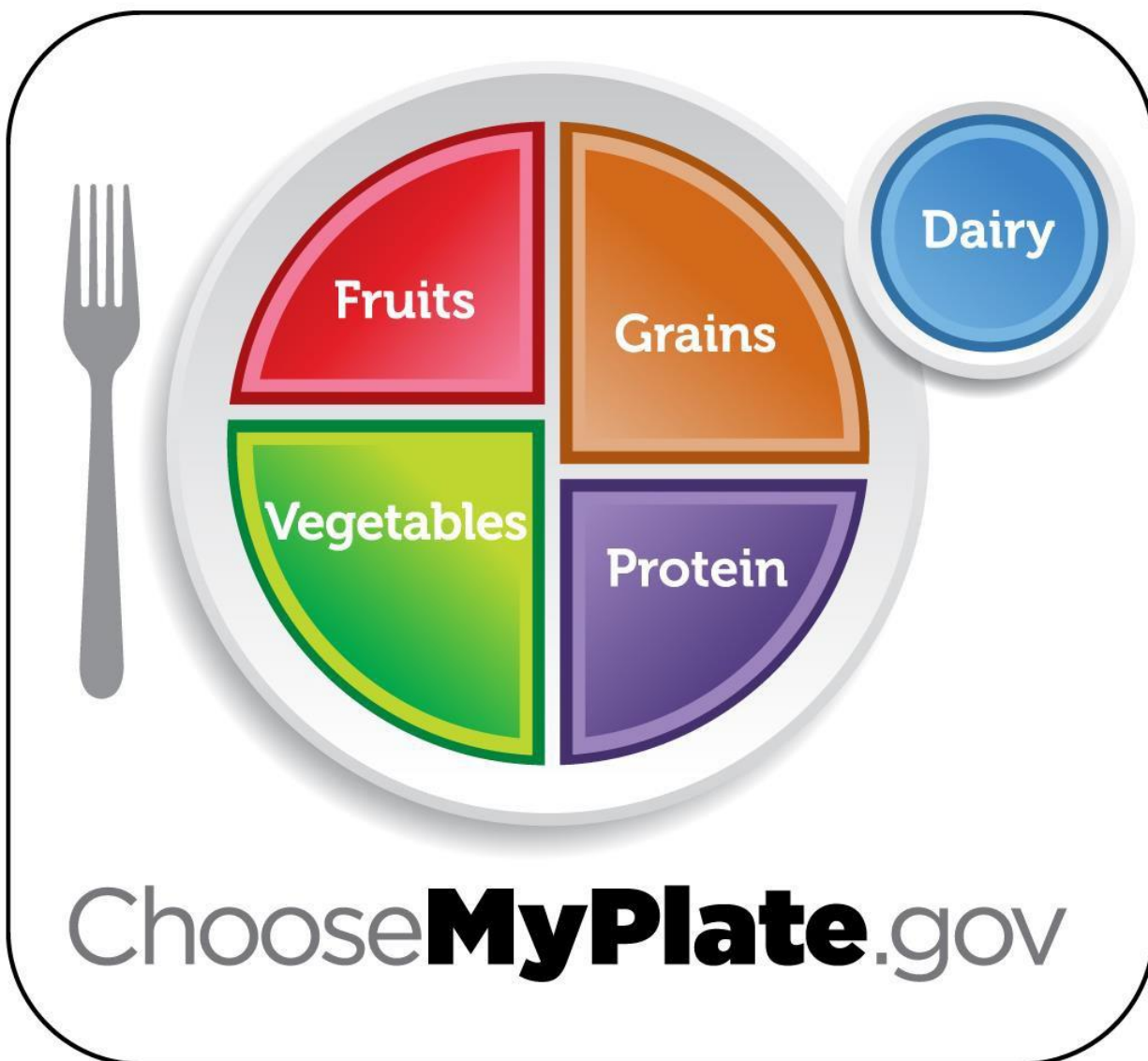


Lesson #1 Activity

Fit4Kidz Guide to MyPlate and the Food Groups

Directions:

Use the image below as a guide to create your own idea of a healthy meal on the worksheet provided. Be sure to include all of the food groups outlined below in the appropriate amounts. For example, the Vegetables and Grains Groups should take up more room on the plate than the Fruits and Protein Groups.





Lesson #1 Activity

Fit4Kidz Guide to MyPlate and the Food Groups

Directions:

Use the provided MyPlate image as a guide to create your own idea of a healthy meal on the worksheet provided. Be sure to include all of the food groups outlined below in the appropriate amounts. You can choose to create a meal or breakfast, lunch or dinner and may draw the foods or cut and paste pictures from magazines.

