

4-H +Me = Health: Choose My Plate

What will we learn? 4-H members will identify, describe, and demonstrate the different parts of *My Plate* by making a *My Plate* of their own.

Why is this important? Youth establish lifelong food and nutrition habits during their early years. Well-nourished children are more likely to perform better in school because they have more energy to stay alert and engage in learning. Skills and knowledge learned at a young age help guide children's food choices during childhood and into adulthood.

Prep time needed: 15–20 minutes

Activity length: 20–30 minutes

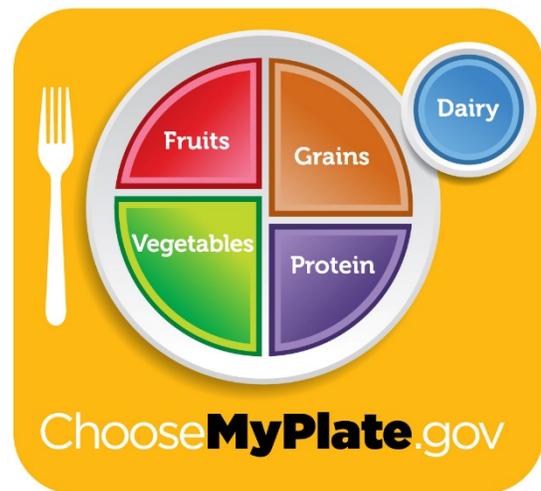
What will we need?

Preparation:

- Grocery store ads or food magazines
- Glue
- Paper plates
- Scissors

At the meeting:

- Table or floor space for each member



What do I need to do?

Preparation:

1. Visit www.choosemyplate.gov and print copies of the *Choose My Plate* graphics and/or coloring sheets.
2. Gather necessary supplies.

At the meeting:

1. Set up a work station with supplies for each member.
2. Share *My Plate* with your club members. *MyPlate* illustrates how the five food groups are building blocks for a healthy diet by using a familiar image—a place setting for a meal.
3. Ask members to think about what goes on their plate or in their cup or bowl before they eat, making sure half of the plate is full of fruits and vegetables.

4. Give each member or group of members a paper plate, grocery store ads, glue stick, and scissors.
5. Have participants create a healthy plate using *My Plate* as a guide. Cut out foods and glue them to the plate.
6. Ask members to create a plate for breakfast, lunch, and dinner.
7. Share and discuss each plate.

Summary: Fueling your body with the nutrition it needs is easy when you use *My Plate* to help fill your plate.

What 4-H projects does this activity connect with: Arts and Crafts, Health, and Foods

Resources:

<http://www.choosemyplate.gov>

<https://www.purdue.edu/enjoyfoodbeactive/>