PURDUE UNIVERSITY

DEPARTMENT OF YOUTH DEVELOPMENT AND
AGRICULTURAL EDUCATION

Cooperative Extension Service, College of Agriculture

4-H Child Development Level C, *Building a Strong Foundation*
(4-H-975)

This publication was revised in December 2012. If you happen to be using a copy from the 2005 printing *(the date is located on the back cover in the lower right corner)*, you will need to replace the following activities with those included in this PDF:

- **Pages 18–19**
  Choose MyPlate for a Healthy You

- **Pages 20–21**
  Nutritional Grocery Shopping

4-H Youth Development Program

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3B Choose MyPlate for a Healthy You

Life Skills

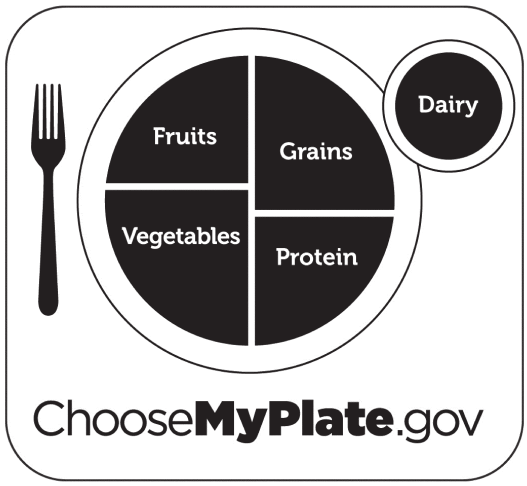
Processing information; cooperation; making healthy lifestyle choices

Project Skill

Acquiring knowledge

What You Need

- Picture of MyPlate (available at www.choosemyplate.gov)
- Paper
- Crayons or colored pencils
- Scissors
- School-age child



Source: U.S. Department of Agriculture

Youth of all ages need to eat healthy foods every day to be as strong and healthy as they can be. MyPlate shows us that a healthy meal includes vegetables, fruits, protein, grains, and dairy. Vegetables and fruits are full of vitamins and minerals that are good for your body, and most are low in calories. Choose lean proteins (lowfat or no fat), such as lean meat, beans, or tofu (soybean food product). Include whole grains in your daily diet. (Look for food labels that list "100% whole grain.") And be sure to have a cup of fat-free or lowfat milk (or substitute soy milk or almond milk, if needed) and/or lowfat or fat-free yogurt.

To be healthy, you also need to exercise daily. Our bodies are made of bones and muscles that need physical activity to grow and develop. As the old saying goes, "You are what you eat." If you eat lean and healthy foods and also exercise, your body will build healthy bones and muscles.

What to Do

1. Go to: www.choosemyplate.gov. Print a MyPlate picture, or draw one of your own to use in this activity.

2. Ask a child what he/she ate a recent meal. Write the foods along one side of the paper. Be sure to include everything.

3. Now have the child help you decide where each food item belongs on MyPlate. Write each one in the section where it fits, and cross it off your list. Examples might be: cereal (Grain), milk (Dairy), hamburger (Protein), bun (Grain), apple (Fruits), macaroni and cheese (Grain and Dairy), broccoli (Vegetables), etc. Did the child eat foods from all five sections of MyPlate?

4. Show the child how the different sections of MyPlate are different sizes. Tell the child that this reminds us to include foods from all of the food groups for a balanced meal, to make half of our plates vegetables and fruits, and to avoid oversized portions.

My Discoveries!

Did the child place the foods he or she ate in the right food group on the MyPlate picture? How did you help the child with this activity? _____

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What questions did the child have as you worked on this activity?

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How can you and the child use MyPlate to select healthy meals for yourself and family members?_____

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Keep on Growing...

1. Create a poster of MyPlate to post at home where people will see it as they make food choices.

2. If you are babysitting, ask the parent(s) what the children like to eat and how much they usually eat. Ask if there are special routines for mealtime so you can follow those.

3. Go to the website www.choosemyplate.gov and click on "Super Tracker" to create a daily plan for yourself.

3 Nutritional Grocery Shopping

Life Skill

Making decisions

Project Skill

Choosing healthy foods

What You Need

- Paper bag
- Magazines
- Scissors
- Paper
- Glue or tape
- School-age child (children)

To be healthy, we need to eat a variety of foods. This activity will show you what kind of food a school-age child eats. You can also do this with preschool children.

What to Do

1. Cut out pictures of foods from magazines or from cartoons.
2. Spread pictures in front of child/children.
3. Tell the child to choose foods and put them in sack.
4. Ask why they chose those foods.
5. Give them a piece of paper so they can glue pictures of the chosen food on it.
6. Write the child's name on top and add "shopping list" behind name. For example, "John's Shopping List."

Source: *The Giant Encyclopedia of Theme Activities for Children 2-5*, 1993, p. 173.

More Building Blocks

MyPlate Daily Food Plan for a 10-year-old

Servings per Day *(female / male)*	Group	1 Serving Equals
6 oz. / 6 oz.	Grains	1 slice bread; ½ cup cooked cereal, rice, or pasta; 4-5 crackers (choose whole grain where possible)
2½ cups / 2½ cups	Vegetables	½ cup cooked vegetables; 1 cup salad
1½ cups / 2 cups	Fruits	½ cup canned fruit; 1 piece fresh fruit; ¾ cup fruit juice
3 cups / 3 cups	Dairy	1 cup milk or yogurt; 2 ounces processed cheese; 1½ ounce natural cheese (choose lowfat or fat-free)
5 oz. / 5½ oz.	Protein	2 ounces cooked lean meat, poultry, fish, or tofu; ½ cup cooked dry beans; 1 egg

My Discoveries!

What foods did the child prefer? Did he or she choose healthy foods?

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How could you make the food in a special way or make it lower in calories so the child would enjoy it?

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How could you help the child select foods that provided more nutrition? _____

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If you were doing this activity for yourself, what foods would you put in your grocery bag? Are they nutritional? What changes could provide more nutrition? _____

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Keep on Growing...

Ask the child if there are foods that his or her parents would like. Add these pictures to the shopping list. Choose from foods on the list to make up a "menu" for a nutritious breakfast, lunch, and dinner for a 10-year-old boy or girl.