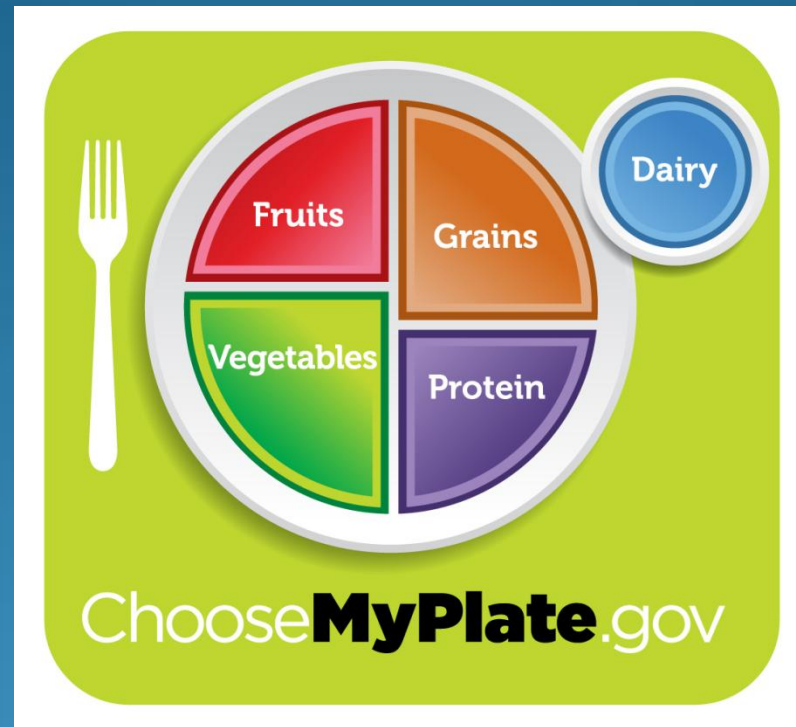


MyPlate Summer Success



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Provided to you by UMASS Extension Nutrition Education
Program

MyPlate

- Make half your grains whole
- Make half your plate fruits and vegetables
- Switch to skim or 1% milk
- Vary your protein choices
- Be physically active in your own way
- Cut back on foods high in solid fats, added sugars and salt
- Eat the right amount of calories for you

Physical Activity

- Make it fun, it can be anything
- You don't have to do it all at once
- Doesn't have to be an organized sport
- Can go to the park and play with the family
- Get up and play



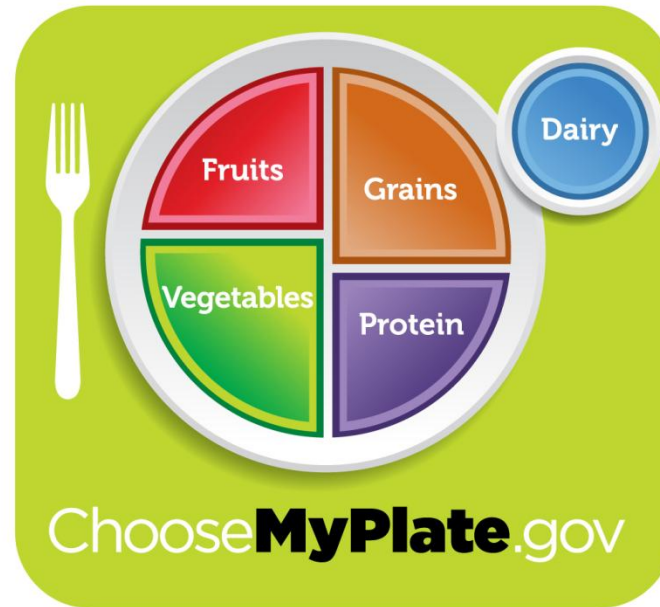
MyPlate Activities

- MyPlate Treasure Hunt
- Cereal Sugar Sleuth
- Is This a Whole Grain?
- Fruit and Veggie Fruit Loops



MyPlate Treasure Hunt

- 5 different sections
 - Fruits
 - Vegetables
 - Protein
 - Grains
 - Dairy



- Helps us to build a healthy plate every meal!!

Treasure Hunt Materials

- Treasure Boxes
- Myplate pieces
- Plates
- MyPlate plastic plate
- Food models to put on the plate

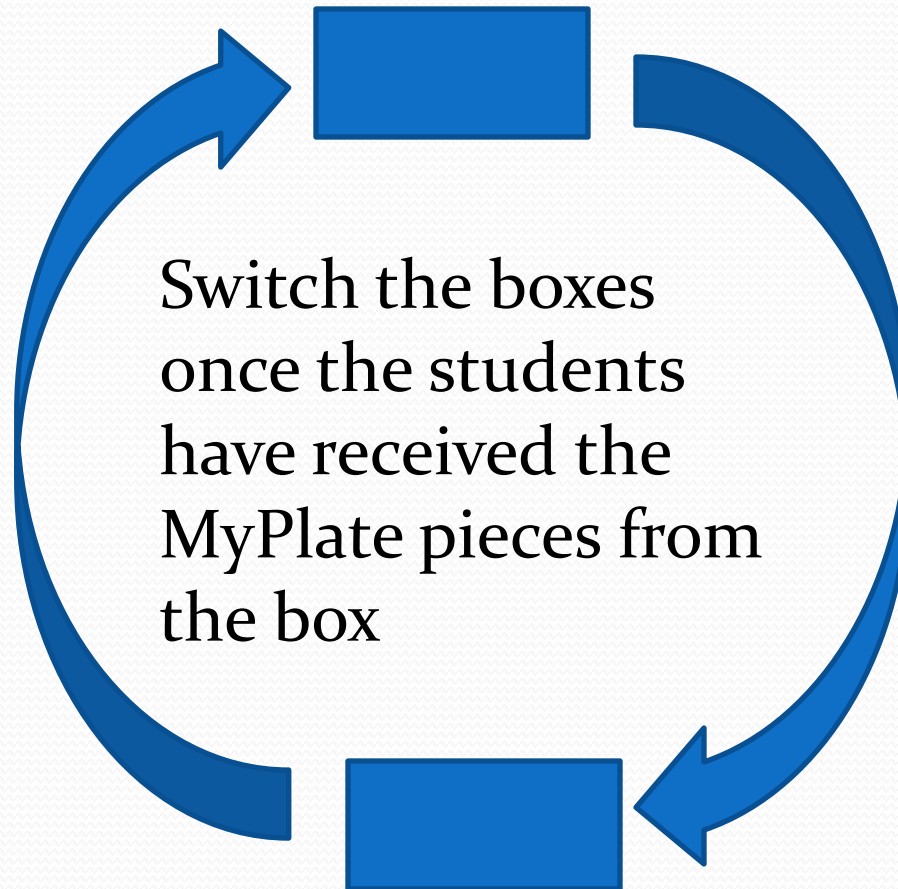


Directions

- Have the boxes one in the front and one in the back in the following order :
 - Empty plate, fruits, vegetables, protein, grain, dairy, MyPlate treasure
- Read the students the first direction
- Have them go a few at a time
- Switch boxes when needed
- At end have them build plate for them to keep
- Show the MyPlate with food models on it & plain plate with out the sections on it

Treasure Hunt Set Up

The boxes at the front are: fruits, protein and dairy



The boxes at the back are: plate, vegetables, grain and MyPlate end box

Whole Grains

- Whole Grains contain the bran, endosperm and the germ
- Refined grains have just the endosperm
- Refined grains lose fiber, B vitamins, and other minerals in the process
- Refined grains are only fortified with some B vitamins
- MyPlate says to make half your grains whole

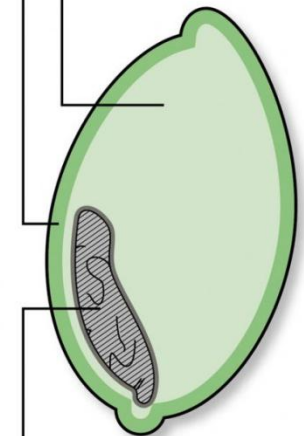
Whole grain kernel

Bran

"Outer shell" protects seed
Fiber, B vitamins, trace minerals

Endosperm

Provides energy
Carbohydrates, protein



Germ

Nourishment for the seed
Antioxidants, vitamin E, B vitamins

Is This a Whole Grain? Materials

- 15 different grains (quinoa, brown rice, buckwheat, couscous, bulgur, graham flour, oatmeal, popcorn, barley, whole kernel corn, whole oats, whole wheat bread, white bread, white rice, white pasta, corn meal and white flour)
- Grain name signs
- 15 claw magnets
- Whole grains poster



Is This a Whole Grain? Directions

- Claw clip the baggies to the board
- Announce the different grains in no specific order
- Give each student or pairs of students the grain names
- Have the students put the name next the baggie that they think it is in
- Show the correct names with the correct baggies
- Draw a chart on the board with refined and whole as the two sections
- Have the students sort the grains between whole and refined grains
- Correct any errors

Chart set up

Whole Grains	Refined Grains

Added Sugars

- Some cereals have more sugar in one cup than cookies and other sweets
- Not listed separately on the nutrition facts label but can find it on the ingredients label
- Can make it look like less sugars by using many different types
- Names on the label for added sugar: brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high fructose corn syrup, honey, invert sugar, lactose, maltose, malt syrup, molasses, raw sugar, sucrose, and syrup

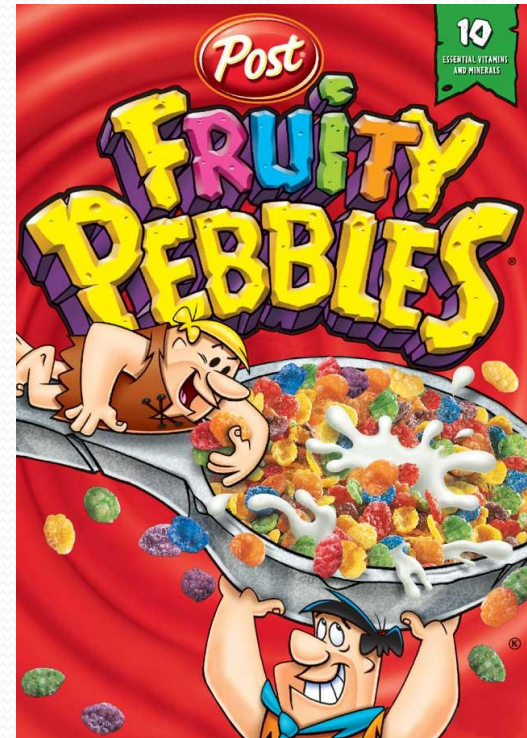
Added Sugars effects on us

- Can increase the amount of cavities
- Diabetes risk
- Weight gain



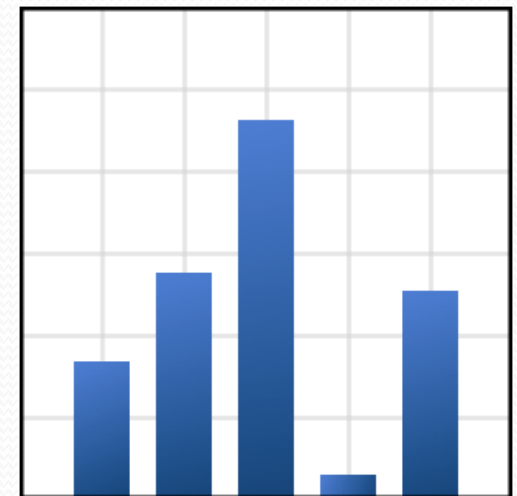
Cereal Sugar Sleuth Materials

- Boxes of Sugared and low sugar cereals
- Sugar packets that go inside the boxes
- Graph paper
- Markers/crayons/colored pencils



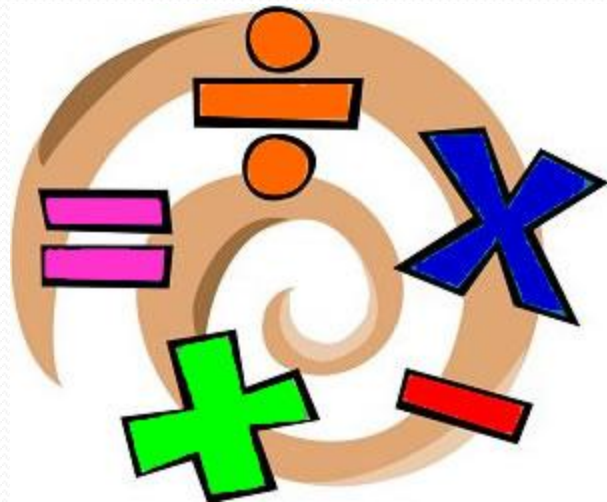
Cereal Sugar Sleuth Directions

- Have all the boxes in the front on a table
- Have the children guess what cereal has the least amount of sugar and most
- Have the students graph the amount of sugar on a bar graph with the x-axis being the different cereals and the y axis being the teaspoons of sugar
- Pull the sugar packets out of the box



Teacher Follow-up activity

- Added sugar math problems
- Give the teacher worksheets in which the children can use math to find out how much added sugar they can end up eating in one year

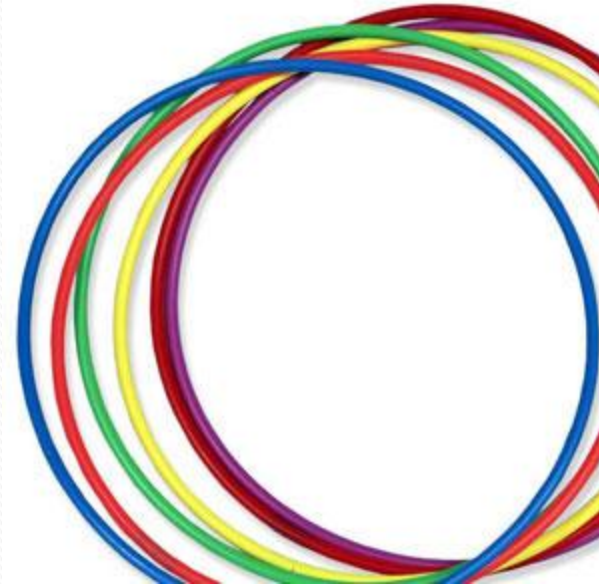


Fruits and Vegetables

- WE need 5 cups a day
- Provide us with many gifts to help us stay healthy
- Come in a variety of colors
- Red, Green, White, Yellow/Orange and Blue/Purple
- Make half of our plate fruits and vegetables
- You can pack them as snacks
- Fresh, frozen with out added sauces or sugars are the best
- Eat like the rainbow

Fruit and Veggie Hoops Materials

- 5 colored hula hoops
 - Red, green, white, blue/purple and yellow/orange
- Paper
- Markers/pens/pencils



Fruit and Veggie Hoops Directions

- Set the hoops around the room
- Have the students walk around the room around the hoops when you say fruit freeze or veggie veg
- Every student needs to get into a hoop and the groups in each hoop need to come up with a fruit and a vegetable of that color
- Repeat this until this is done six times
- Write the lists onto the board
- Ask item by item who is willing to try the food and tally up how many for each food

Fruit and Veggie Follow-up Activity

- Color worksheet
- Have students write the correct color next to the name
- Some have multiple colors
- Also on following weeks ask if any of the students have tried any of the vegetables

Wrap-Up

- Physical Activity is important to keep put bodies fit
 - Get up and play what you like
 - Doesn't have to be all at once
- MyPlate is a great and easy way to plan meals
- Remember to eat a variety of colors to get key nutrients
- Make half your grains whole
- Make half your plate fruits and vegetable
- Decrease the amount of added sugar and look for it