

# BE SMART WITH MY PLATE

## Lesson 2 - MyPlate For Kids

### Topic

Nutrition

### Audience

2<sup>nd</sup> & 3<sup>rd</sup> Grades

### Suggested Time

45 minutes

### NJ Core Curriculum Standards 2.1 Wellness

*By the end of Grade 2, students will:*

#### C. Nutrition

1. Explain why some foods are healthier to eat than others.
2. Sort foods into food groups and food sources.

### Knowledge Objective(s)

The children will learn the foods that belong to each group on MyPlate

The children will learn new terms including: fiber, vitamins, minerals, iron and calcium.

### Behavioral Objective(s)

The children will tell which foods from each food group they want to try at home.

### Life Skill(s)

The children will learn to make healthy choices.

### How This Activity Is Behaviorally Focused

The children choose foods that they will consume from each of the food groups on MyPlate.

### Supplies Needed

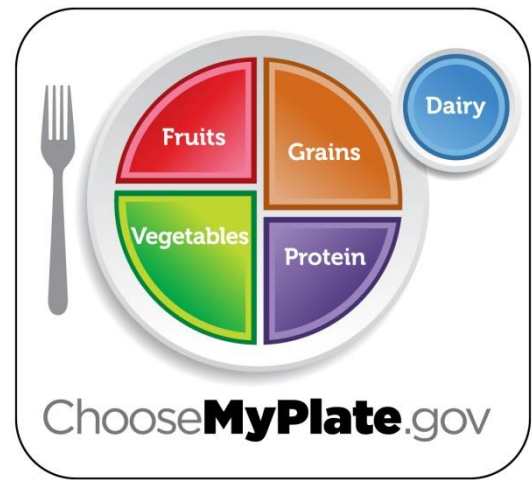
MyPlate youth poster and tape to hang poster

Individual MyPlate handout (blank Plate)

MyPlate Train (Engine Only)

Food Models or Dairy Council Food Model Pictures

MyPlate Food Groups Handout



MyPlate Hide and Seek Handout

Colored Folders (inexpensive from dollar store or other source or from school) for  
Children to hold curriculum paperwork

MyPlate Food Bingo (available from Smart Picks at:

<http://www.smartpicks.com/myplate-food-bingo/>)

### Teaching Tips

Use the MyPlate youth poster to point out the different food groups.

Become familiar with the *Choose MyPlate* website at: <http://www.choosemyplate.gov/>

Write new terms on the board

### New Term(s) For Children & Educators

**MyPlate:** a guide to how your plate should look at each meal.

**Fiber:** helps keep food moving through the body.

**Combination foods:** are made up of foods from more than one food group.

**Nutrients:** are things in foods, which help the body work better. Nutrients we must have to keep us going are proteins, carbohydrates, fats, minerals, vitamins, and water.

**Vitamins:** are needed to grow, to keep healthy, and to help our body use the food we eat. The body either cannot make them or cannot make enough, and so we need to get them from food.

**Minerals:** are also needed to grow, to keep healthy, and to help our body use the food we eat. Most foods have minerals that our body cannot make or does not make enough of. Examples of minerals include iron and calcium.

**Protein:** is what we need to grow, keep muscles strong and help you heal when you get hurt.

**Carbohydrates:** are what we need for energy. They are the fuel for the body.

**Fats and Oils:** also give us energy, and help our body use some vitamins. They can help to keep skin and hair healthy.

**Calcium:** builds strong bones and healthy teeth. The Dairy Group is the best source of calcium.

**Iron:** helps the blood carry oxygen to all parts of the body. All our cells need oxygen.

### Pre – Lesson Preparation

Hang the MyPlate youth poster in the front of the class.

Make copy of new terms to give to classroom teacher

### Background Information

This lesson will help you introduce students to the *MyPlate*. You can go to the *MyPlate* site <http://www.choosemyplate.gov/> if you want to learn more after reading this lesson.

The poster that is used in this lesson shows what should be on a healthy plate each day. It is a good way to eat. MyPlate is a great way to show children how they should eat each day. MyPlate tells us:

### **1. Color Your Plate With Great Tasting Veggies.**

The green part of the plate is the vegetable group. A vegetable is any part of a plant that you can eat that does not have a seed. Vegetables are a healthy choice because they have a lot of vitamins, minerals, and fiber. It is important that you make your plate colorful and have many different kinds of vegetables. Try to eat many dark green, red and orange veggies. You can eat vegetables from this group that are cooked, raw, canned, whole, cut up or mashed. You want to make half of your plate veggies and fruits. Some examples of yummy veggies are:

- Carrots
- Lettuce
- Broccoli
- Corn
- Potatoes
- Bell Peppers
- Asparagus

### **2. Fuel Up With Fruits at Meals or Snacks.**

The red part of the plate is the fruit group. Fruits are the part of the plant with seeds. Fruit has carbohydrates that give us energy. Carbohydrates are the body's fuel. Fruits also have fiber and vitamins like vitamin C and vitamin A. These vitamins keep our bodies healthy. Focus on fruit and eat fruits that are canned, pureed, frozen, fresh, dried, and whole or cut up. Fruit juice is also a good choice if it is 100% juice but not too much. Eat mostly whole fruit. Some examples of fruits are:

- Pears
- Watermelon
- Bananas
- Apples
- Oranges
- Strawberries
- Raisins
- Applesauce

**Make sure half of your plate is full of veggies and fruits.**

### **3. Make at Least Half Your Grains Whole Grains.**

The orange part of the plate is the grains group. There are many types of grains. Some types of grains are wheat, corn, barley, oats, rice, and rye. A whole grain is healthier because it has more fiber, vitamins and minerals.

Grains and vegetables are the bigger sections on each side of the plate and you should try to eat more foods from these groups. Some examples of whole grain foods that you should try to eat are:

- Whole wheat bread
- Oatmeal
- Brown rice
- Popcorn
- Tortillas
- Pasta
- Cereal

#### **4. Vary Your Protein Foods.**

The purple part of the plate is the protein group. Foods made from meat, poultry, seafood, eggs, beans peas, nuts and seeds are a part of the protein group. Try to pick meats and poultry that have less fat. Some examples of low fat protein choices are:

- Fish and shellfish like salmon and shrimp
- Chicken – like skinless chicken breast
- Eggs
- Nuts – like almonds and peanuts
- Beans – like black beans, kidney beans and pigeon peas
- Beef

#### **5. Get Your Calcium-Rich Foods.**

The blue cup next to the plate is the dairy group. Dairy foods have calcium. Calcium helps to make our bones strong and keep our teeth healthy. All types of milk and foods made from milk are a part of the dairy group. Try to choose dairy products that are low fat or fat free. Some examples of foods in the dairy group are:

- 1% Milk or non-fat milk
- low-fat Yogurt
- Cheese

You can also get calcium from other non-dairy foods like:

- calcium-fortified almond or soy milk
- calcium fortified orange juice
- sardines with bones

#### **6. Oils**

Oils are not a food group on MyPlate. There is no place for oils on MyPlate. Oil is in the food we eat. Oils are fats that are liquid at room temperature, like the vegetable oils. We use vegetable oils when we cook. Oils come from many different plants and from fish.

Some oils we eat and use when we cook are:

- canola oil
- corn oil
- cottonseed oil
- olive oil
- safflower oil
- soybean oil
- sunflower oil

Foods that have a lot of healthy oils are foods like:

1. nuts
2. olives
3. some fish
4. avocados

## **7. Eat different food from each food group each day**

It is also key to make sure you eat different foods in each food group each day! Try to eat veggies and fruits of different colors as much as you can. Also try having meat and beans from the protein group. Try milk and yogurt for your dairy. Try different type of grains especially ones with whole grains like whole wheat pasta and cereal during the day. The more different foods from each food group you eat each day the better for you it is.

## **8. Not everyone needs the same amount of food to be healthy.**

How much you should eat from each food group is based on your gender, height, weight, age and how active you are each day.

You can find the amounts and types of foods each child should eat at

<http://www.choosemyplate.gov/myplate/index.aspx>.

## **9. Sometimes Foods**

Foods that you may like the best for treats may be those that you should only eat sometimes. They are the ones that are higher in sugar and fat. These foods are high in calories that your body does not really need. They are extra. These foods fill you up so you do not have room for the healthy food choices on MyPlate.

Some sometimes foods that fit into food groups on the MyPlate are foods like:

- Cookies
- French fries or other fried food like fried chicken or fish
- Cake
- Fruit pie
- Ice cream
- Salad dressing

### **Note to the Educator: Other Foods and Drinks**

Before you start teaching you should know that there are some foods and drinks that do not have a place on *MyPlate*. Some of these foods are extras and some are not.

Some sometimes foods that do not fit into any of the MyPlate food groups are:

- Soda
- Chocolate
- Candy
- Butter

There are also foods and drinks that do not have a place on MyPlate either and are **not sometimes food**. **These are foods like:**

- Coffee
- Tea
- Water
- Herbs
- Seasoning

Most of these do not have healthy nutrients in them. Some foods like herbs and seasonings do not fit in a MyPlate group but are still good for you.

### **10. Make Changes Slowly and Take One Step at a Time**

If you want to have a diet that looks more like MyPlate, you need to do this slowly and take 1 step at a time. Making a lot of changes all at once can be hard. Make small changes in the way you eat and how much you play to step up to a healthier you!

#### **Activity 1 (20-25 minutes)**

Distribute the blank black and white MyPlate handout to the children and ask them to hold on to this handout. As you start talking about each food group section on the plate tell them to write the name of the food group in the right place on this handout.

**Note to educator: When you introduce each food group, write the name on the board and remind the children to write the food group name on their handout.**

1. Ask the children: “Why is *MyPlate* important.” (Wait for children to answer)

*Answer: Answers may vary but may include: MyPlate tells us how much food from each food group we should put on our plate at each meal. It reminds us to choose foods from each good group.*

2. Ask the children: “What do you see when you look at MyPlate?”

*Answer: Answers may vary but should include a plate with 4 different and a sections and a cup. Each section is a different food group and a different color. There is a cup for milk and dairy. There are five food groups with many different foods in each group to choose from to help you grow and stay healthy. Each food group has its own color and section on the plate. It is important to eat many different foods each day to get all that we need for a healthy body.*

Tell the children: Some of the things we get from foods are nutrients like:

**(Note to educator: write each word but not the definition on the board as you say them)**

**Carbohydrates** that give us energy. They are in foods like cereals, rice and bread. Fruits have carbs too because they have natural sugars.

**Protein** that helps us grow and have strong muscles. Protein is in food like meat and fish, eggs, nuts and beans.

**Oils** which we need for healthy skin and hair and to help our bodies use vitamins and also for energy

**Combination foods:** are foods that have things from more than one food group like pizza or tacos.

**Vitamins** that help our body to work well

**Minerals** that also help our body work well and our heart beat strong.

**Fiber:** that helps keep food moving through the body.

**Calcium:** that builds strong bones and healthy teeth. The milk group is the best place to get calcium.

**Iron:** that helps the blood carry oxygen to all parts of the body.

Water is not a part of MyPlate but people need water all the time.

Tell the kids these are a lot of big words and not to worry about how to write or spell them, we will talk about these words many more times in other lessons.

**Note for the Educator: Follow the discussion points below for a quick intro to the Food Groups.**

Tell the class we will talk more about each food group later on in other lessons but we are going to talk a little bit about each group now.

VEGETABLES GROUP - Point to the green section on MyPlate. T

3. Ask the children: “What foods usually have a lot of green in them?”

*Answer: Vegetables.*

4. Ask the children: “What food group do you think this is?”

*Answer: Vegetables Group.*

**Note to Educator: Write the word VEGETABLES on the board and remind the children to write the word vegetables in the bottom left section on the plate.**

5. Ask the children: “Why are vegetables good for you?” Wait for the children to respond.

*Answer: Vegetables have things that are good for you. They have vitamins and minerals that help your body work better.*

Point to the words vitamins and minerals on the board where you have written them at the beginning of the lesson tell the children that we know these are big words, but we will explain them and talk more about them later. Tell the children that vegetables also have fiber.

6. Ask the children: “Do you know what fiber does for you?”

*Answer: Fiber helps us push food through our bodies. It works like a big broom and sweeps foods through our body and helps us go to the bathroom.”*

7. Ask the children: “What foods belong to the Vegetables Group?”

**Note to Educator: If any children answer with a food that is not in the right group, you can tell them that it is a great food and it is in the (blank) group (whichever group it is in) but can you think of a food that is in the green vegetables group?**

*Answer will vary: Vegetables include carrots, potatoes, corn, peas, tomatoes, onions, green beans, broccoli, lettuce, etc.*

Tell children this group has foods with many different colors.

8. Ask the children to share their favorite vegetables with the class.

*Answers will vary*



FRUITS GROUP - Point to the red section on MyPlate and write the word fruits on the board and tell the children this is the Fruits Group.

**Note to Educator: Write the word FRUITS on the board and remind the children to write the word Fruits in the top left section of the plate on their handout. Tell the children there are a lot of fruits that are red in this group.**

1. Ask the children if they can name some fruits?

*Answers will vary: Red strawberries, red grapes, and red apples. Also tomatoes. If someone gives this answer, remind the group that even though we think of tomatoes as a vegetable it is really a fruit because it has seeds. Fruits are the part of the plant that has seeds.*

2. Ask the children: “Why are fruits good for you?” Wait for the children to respond.

*Answer: Fruits also have vitamins and many minerals (point to these words on the board again) that are good for you and help keep you healthy just like vegetables. Fruits also have fiber that we talked about in the vegetables group.*

3. Ask the children: “What foods belong to the Fruits Group?”

*Answers will vary: Fruits include pineapple, apple, banana, orange, grapefruit, grape, peaches, and strawberries*

4. Ask the children: “What is your favorite fruit?”

*Answers will vary*

5. Ask the children if they can drink their fruit.

*Answer: Yes you can. Remind them that only 100% fruit juice can count as fruit. Tell them it is best not to drink too much and to get most of their fruits from whole fruit instead of juice. Tell them things like grape and orange sodas or fruit cocktails or sweetened ice teas do not count as fruit juice only 100% fruit juice.*

6. Ask the children: “What fruit can you drink?”

*Answer: All fruits have some juice but the really juicy ones make a lot of fruit juice and we drink them the most. These are fruits like oranges, grapes, and apples.*

GRAINS GROUP - Point to the orange section on MyPlate and tell the children this is the grains group. Tell the children the word grain rhymes with brain. Write the word GRAINS on the board and remind the children to write the word Grains on their handout in the top right corner of the plate.

1. Ask the children “What foods do you think belong to the orange grains group section?” Wait for children to answer.

*Answers will vary, but should include answers like bread, rice, cereal, pasta, tortillas, crackers, corn bread, popcorn, pretzels.*

2. Ask the children: “Which foods in the grains group do you like the most?”

*Answers will vary.*

3. Ask the children to repeat back to you “What food group is this?”

*Answer: The Grains Group*

4. Ask the children: “Why do we eat foods from the orange colored Grains Group?”  
Wait for the children to respond.

*Answer: Grains give us energy from the carbohydrates that are in grains foods. We eat foods from the Grains Group to get energy.*

**Note to the educator: point to the word carbohydrate on the board where you have written it at the beginning of the lesson.**

5. Ask the children: “What do we need energy for?” (Wait for children to answer.)

*Answer: We need energy for fuel to keep our bodies going. We need energy to learn in school, we need energy to play, we need energy to grow. We need energy to get us through the day. We also eat foods from the Grains Group food group to get fiber.*

**Note to educator: point to the word fiber where you have written it on the board.**

6. Ask the children: “Does anyone remember what fiber is?” (Wait for children to answer.)

*Answer: Fiber helps us push food through our bodies. It works like a big broom and sweeps foods through our digestive tract and helps us go to the bathroom.*

Tell the children that the next two groups have foods that come from animals. They are different from the grains, vegetables and fruits groups. The grains, vegetables and fruits group all have foods that come from plants. Some of the foods in these next two groups that come from animals have a lot of fat.

### PROTEIN GROUP

1. Ask the children: “What foods do you think we have not talked about?” Wait for children to respond.

*Answer: Protein foods. Point to the purple section on MyPlate and tell them this is the Protein Group.*

**Note to Educator: Write the words PROTEIN on the board and remind the children to write the word Protein in the last section on the lower right part of the plate**

2. Ask the children: “What foods belong in the protein group. Wait for children to respond.

*Answer: Foods like chicken, steak, burgers, fish, eggs, dry beans, seeds, nuts and legumes like soy (tofu and chick peas)*

3. Ask the children: “Why do we need food from the protein group?”  
(point to this word on the board)

*Answer: We need protein to help us grow and keep our body working right. If we eat protein food from animals like beef and chicken, we also get a lot of a mineral called iron (point to this word on the board). Iron helps carry the oxygen we breathe go to all parts of our body. If you do not have enough iron, you get tired and feel “grumpy” and do not learn very well.*

4. Ask the children: “What are some of your favorite foods in the protein group?”

*Answers will vary: may include steak, beef, pork, chicken, turkey, fish, shrimp, peanuts, almonds, eggs, red beans, black beans, black-eyed peas, nuts, seeds, tofu, etc.*

### DAIRY GROUP - Point to the blue circle next to MyPlate.

1. Ask the children: “Do you know what this group is?”

*Answer: This is the Dairy Group*

2. Ask the children: “What white drink do you know that is in the Dairy Group?” Wait for children to respond.

*Answer: Milk.*

**Note to Educator: Write the word MILK on the board and remind the children to write the word Milk in the circle next to the plate on their handout.**

3. Ask the children: Do you know what we get from the dairy group that we need for good health??

*Answer: Calcium.*

4. Ask: Does anyone know what Calcium is?

*Answer: Calcium is a mineral (point to the word on the board) that is found in milk and other foods in the milk group.*

5. Ask the children: “Do you know why calcium is so important?” Wait for the children to respond.

*Answer: Calcium builds strong bones and healthy teeth.*

6. Ask the children if they can name some foods that have calcium in them that are also in the dairy group.

*Answer: milk, cheese, and yogurt. Also point out that some people cannot eat dairy foods, They can get calcium from foods that have calcium added to it like fortified orange juice and soy milk. You can also get calcium from some vegetables and canned fish with bones but not as much.*

*Sometimes we find foods with calcium in foods from other groups like macaroni and cheese, pizza with cheese topping, etc. These are called combination foods because they combine foods from more than one foods group. **Note to educator: point to the word combination on the board.***

**SOMETIMES FOODS** - Tell the children: We have foods that we call sometimes foods. We call them sometimes foods because it is better for you to only have them sometimes. You can have them now and then, but eating them every day is not good

for you. These are foods that have a lot of added fats, and sugar and are high in salt. Some of these foods have a place on MyPlate and some do not.

1. Ask the children: “Can you think of any sometimes foods?”

*Answers will vary but should include: Regular soda, French fries, jams, donuts, candy, cake, ice cream, syrups, jellies, pies, fried chicken and fish, pies, etc.*

2. Ask the children: “Why do you think you should eat less of these foods?”

*Answer may vary: We need to be careful and not eat too many foods like these because eating too much of these “sometimes” foods does not give you a lot of the things we talked about that you need to grow and be strong and healthy. Instead you get a lot of extra fat, sugar and salt that can make us not feel well when we eat too much. Foods with too much sugar can also give you cavities*

### Keep Moving

1. Ask the children: Besides eating from MyPlate, what else do we need to do each day to be healthy?

*Answer: Be active and keep moving.*

2. Ask the children how long they think is best to be active each day.

*Answers will vary but tell the children that to be healthy kids should be active for 60 minutes or 1 hour each day.*

3. Ask the children: What are some ways they can think of to be active and keep moving each day?

**Note to Educator: Write the children’s answers on the board in a list.**

*Answers will vary: Should include riding a bicycle, playing hide and seek with your friends outdoors, running, swimming, playing kickball, playing basketball, dancing, walking your dog, playing soccer, playing basketball. Also dancing indoors.*

### **Activity 2 (15 minutes)**

Break the children into groups and give them several food models, food model pictures or other food pictures from each food group. Ask them to work together to put the food models in the right part of the plate.

When they are done:

1. Ask the children: “What food group does pizza belong in?” Wait for the children to respond.

*Answer: The crust belongs to the Grains Group, the tomato sauce belongs to the Vegetables Group and the cheese belongs to the Dairy Group. If you add vegetable toppings they go in the vegetable group and pepperoni goes in the protein group.*

2. Ask the children which food group tacos are in.

*Answer: The taco is from the Grains group, the tomatoes, lettuce and salsa is from the Vegetables Group, the cheese is from the Dairy Group and the meat is from the Protein Group.*

*Tell the children: Foods like pizza and tacos have foods from more than one food group. This is called a combination food because it is a “combination” of food from more than one group.*

**Note to Educator: Write the word combination on the board.**

3. Ask the children: “Can you name some other combination foods?”

*Answers may vary: Other examples of combination foods are soup, macaroni and cheese, cheeseburger, spaghetti and meatballs topped with cheese, rice and beans, etc.*

**If you think you will have time, before the conclusion activity, you can do **Optional Activity 3, Optional Activity 4 or Optional Activity 5**, as many as you have time for.**

### **Activity 3 Optional (10 Minutes)**

**Note to Educator: If you do not have time for this activity leave it with the teacher to do with the class after you leave.**

1. Distribute MyPlate Food Groups activity sheet to the children. Explain
2. to the children that you will go over each food in each food group separately with them and then ask them to draw an “X” over the food on each line that does not belong with that food group.

3. Hold up the handout and cover all but the first line with another piece of paper. Only the pictures of the grains group should be visible.
4. Tell the class, “We will now read all the foods across the grains group and when we are done, please put an X over the food that does not belong in the grains group.”
5. Start reading the foods across.
6. When you are done reading, remind the children to put an X through the food that does not belong on that line.
7. Give the class a minute or so to complete and then move your paper down so that it is under the Vegetables group line and repeat steps 3, 4 and 5. Read across to the class and when you are done reading asking them to put an X through the food that does not belong on that line and give them a couple minutes to complete.
8. Continue on by moving your paper down under each group one at a time, and repeating steps 3, 4 and 5 with the fruits group, the milk group and the meat and beans group. Read across the food group and name each food and then ask the class to put an X through the food that does not belong on that line.

When everyone has completed the activity, review the answers with the children.

#### **Activity 4 Optional (15 minutes)**

1. Hand out the MyPlate Food Hide and Seek worksheet to each student.
2. Tell the children that the letters on the work sheet spell some words of foods.
3. Tell the class that they must look at the letters and try to find the words that are listed in the “Word List” at the bottom of the worksheet.
4. They can circle the words once they find them.
5. When everyone has finished, go over the activity to show where each word is.

#### **Activity 5 Optional (15-20 minutes)**

Play *MyPlate Food Bingo* with your class if you feel it is appropriate for their level.

#### **Resources**

*MyPlate Food Bingo* available for purchase at: <http://www.smartpicks.com/myplate-food-bingo/>

### **Conclusion – time should be left to ask these questions.**

1. Ask the children: “What did you learn today?” Wait for the children to respond. If they do not mention all the topics below, you can remind them of these topics.

*Answers will vary but should include:*

- *MyPlate as a way to learn what to eat at each meal.*
- *Names of the food groups and their colors*
- *Names of foods in the food groups*
- *Names of sometimes foods*
- *Names of some combination foods*
- *They might mention some of the new words you wrote on the board: Nutrients, Carbohydrates, Proteins, Fiber, Vitamins, Minerals, Calcium, Iron, Combination Foods, Fats and Oils*
- *Talk about being active and why it is important and ways to be active*

2. Ask the children: “What different foods will you try to eat this week?” Ask if one or two of the children could share with the class what they might try to eat in the coming week. Write the foods on the board.
3. Thank everyone for participating and tell them which lesson you will teach the next time you see them.

### **References**

MyPlate at <http://www.choosemyplate.gov/>

*Serving Up MyPlate: Yummy Curriculum.* USDA/FNS  
<http://teanutrition.usda.gov/Resources/servingupmyplate.htm>. Accessed January 2013.

### **For Additional Information**

*Dietary Guidelines for Americans, 2010*; Access at:  
<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>  
Accessed February 2012

Adapted from *SMART FOODS ROCK* Curriculum created by NJ SNAP-Ed Union County staff.





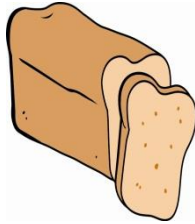
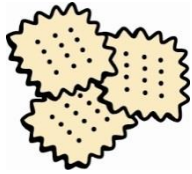
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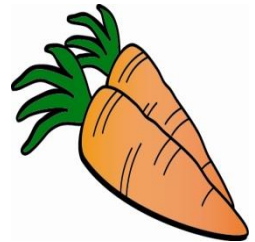
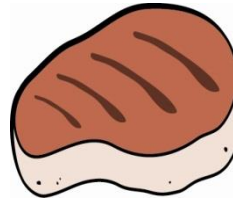
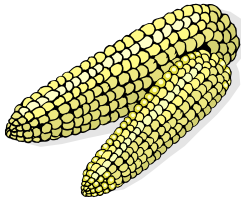
# MyPlate Food Groups

On the lines below are five food groups shown on MyPlate. Draw an "X" over the food on each line that does NOT belong with that food group.

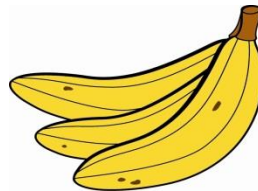
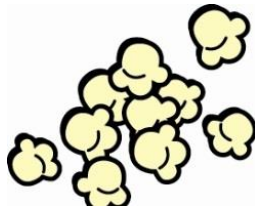
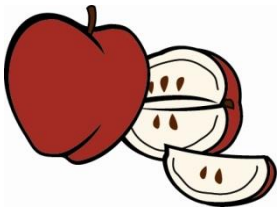
## The GRAIN Group



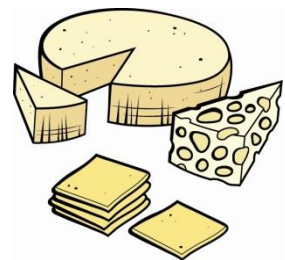
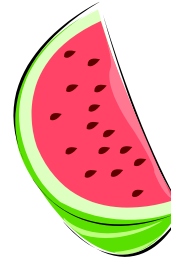
## The VEGETABLE Group



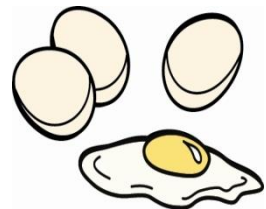
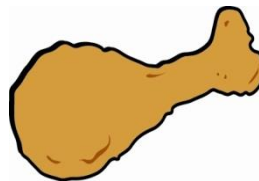
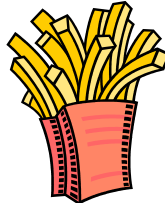
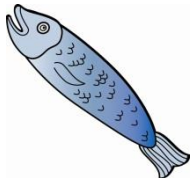
## The FRUIT Group



## The DAIRY Group

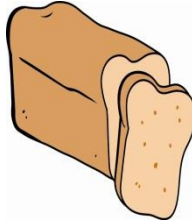
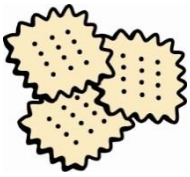


## The PROTEIN Group

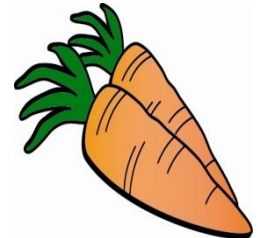
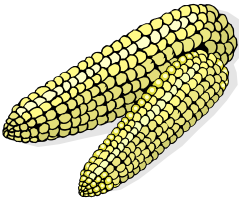


# MyPlate Food Groups ANSWER SHEET

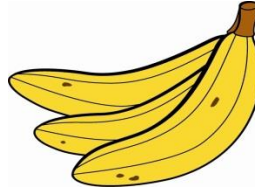
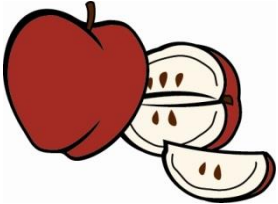
## The GRAIN Group



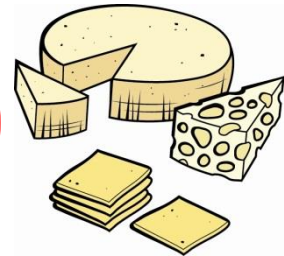
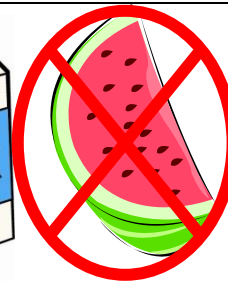
## The VEGETABLE Group



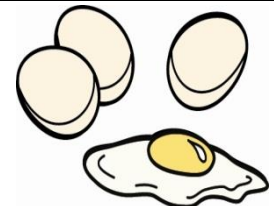
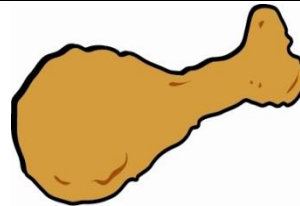
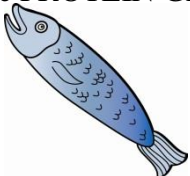
## The FRUIT Group



## The DAIRY Group



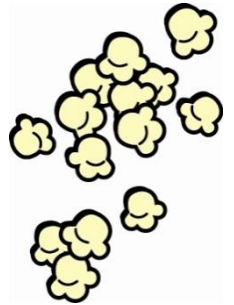
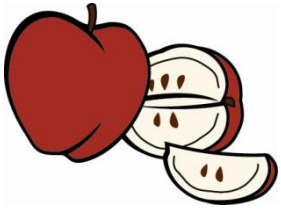
## The PROTEIN Group



NAME: \_\_\_\_\_

# MyPlate FOOD HIDE & SEEK

Circle the ten snack foods that are hidden in this box of jumbled letters.



P	O	P	C	O	R	N	F
W	A	R	A	P	P	L	E
G	T	O	R	A	N	G	E
R	M	J	R	E	H	S	Q
A	E	Y	O	G	U	R	T
P	A	D	T	G	I	N	K
E	L	T	M	E	L	O	N
B	A	N	A	N	A	V	H

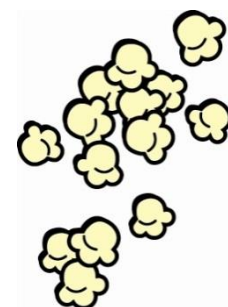
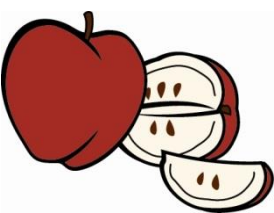
**WORD LIST:**

- ORANGE,
- GRAPE,
- MELON,
- POPCORN,
- APPLE,
- BANANA,
- OATMEAL,
- YOGURT,
- EGG,
- CARROT

**ANSWER SHEET**  
**MyPlate FOOD HIDE & SEEK**



P	O	P	C	O	R	N	F
W	A	R	A	P	P	L	E
G	T	O	R	A	N	G	E
R	M	J	R	E	H	S	Q
A	E	Y	O	G	U	R	T
P	A	D	T	G	I	N	K
E	L	T	M	E	L	O	N
B	A	N	A	N	A	V	H



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**WORD LIST: ORANGE, GRAPE, MELON, POPCORN, APPLE, BANANA, OATMEAL, YOGURT, EGG, CARROT**

