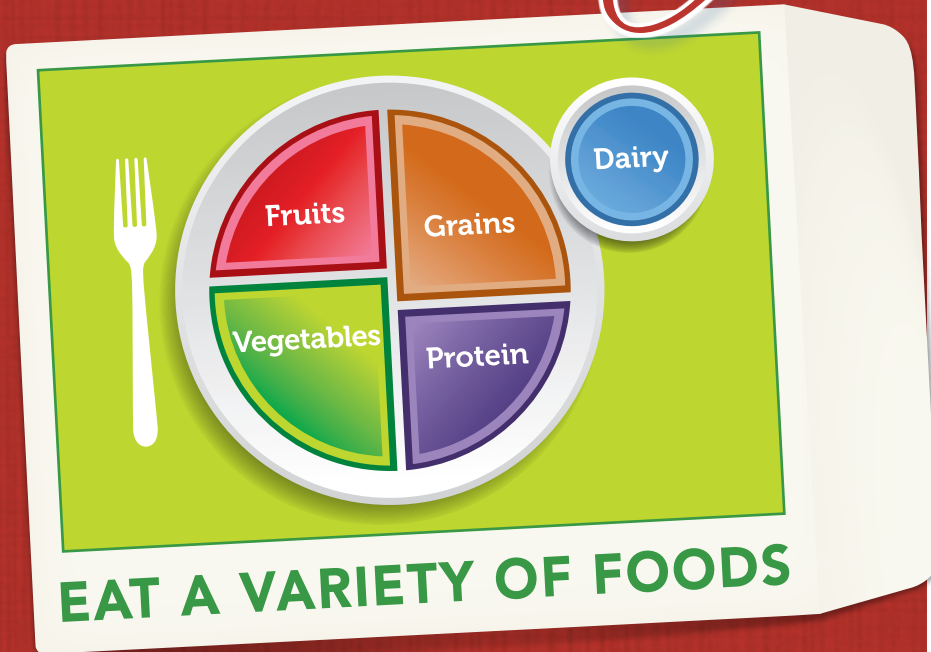


Eat Healthy Be Active

Keeping Children
Healthy at Home
and School

www.eathealthybeactive.net



Encourage your family to stay healthy by eating a variety of foods

Eating a Variety of Foods is Healthy!

Eating a variety of foods helps you and your family stay healthy. Foods contain different nutrients, and no single food can provide all the nutrition our bodies need. When deciding what types of foods to serve, it is helpful to use resources such as MyPlate to help plan meals based on recommended servings.

MyPlate is divided into four sections, with an additional side item for dairy. The sections vary in size, indicating the different amounts we should eat of each food group. Model your family's plates off the MyPlate design to help your family eat a variety of foods while keeping portions under control.

Red & Green = Fruits & Vegetables
Serve fruits and vegetables of different colors, such as carrots, broccoli, and berries. Fill half of the plate with fruits and vegetables.

Orange = Grains
Use mostly whole grains, such as oatmeal or brown rice.

Purple = Protein
Choose lean, protein-rich options.

Blue = Dairy
Offer fat-free or low-fat (1%) milk

*USDA. (2011). MyPlate. Retrieved from www.choosemyplate.gov

Use this activity to help your child learn

FAMILY FUN

MyPlate

What You Need:

- Picture of MyPlate Food Guide
 - www.myplate.gov
- Paper plate
- Markers



What To Do:

- Talk about MyPlate with your child. Point out the different food groups
- Explain to your child the need for a balanced diet
- As you point out food groups, encourage your child to name a food in each group
- Give your child a paper plate divided into sections
- Challenge your child to name and color each group

extension.uga.edu