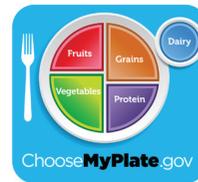


MyPlate



MyPlate helps you build a healthy eating pattern. To get the nutrients you need, choose foods from all the food groups: **Dairy**, **Vegetables**, **Fruits**, **Grains** and **Protein**.

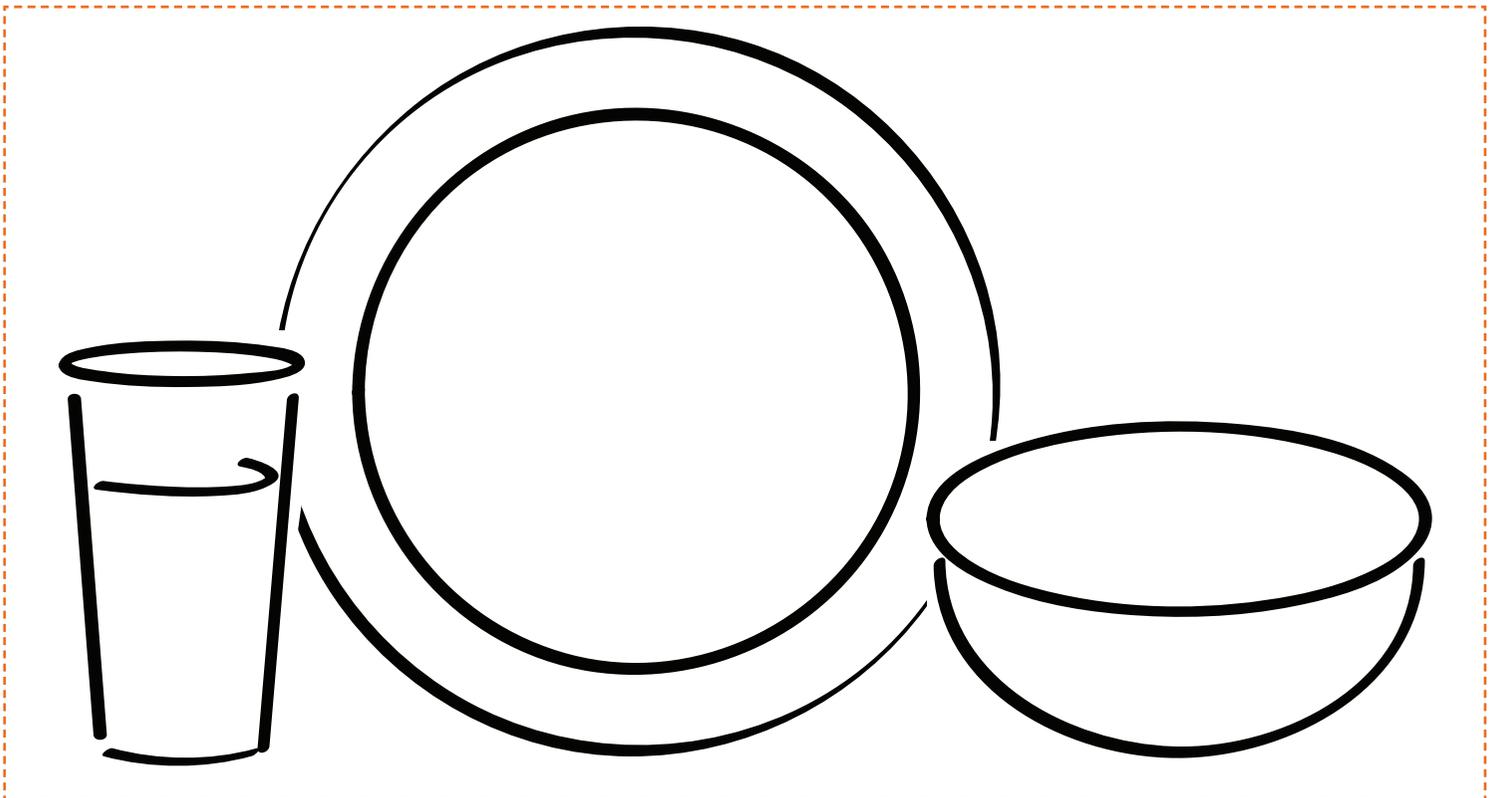


ACTIVITY



Decide what to put on your plate!

Can you create a balanced meal using the foods shown? (Hint: a balanced meal includes at least one food from each of the food groups.) Don't see food you usually eat? Draw your own! Share your meal with a family member who does the shopping.



Banana



Carrot Sticks



Low-Fat Milk



Egg



Whole-Grain Bread



Strawberries



Beans



Whole-Grain Cereal



Tomato



Cheese



Peanut Butter



Tortilla



Yogurt



Salad



Orange



Chicken

Make your own yogurt

Enjoy delicious yogurt that you and your family can make at home. It's easy!

Or make cheese using the Say Cheese Ag-Bite from California Foundation for Agriculture in the Classroom:

[LearnAboutAg.org/ Resources/Bites/Cheese.pdf](http://LearnAboutAg.org/Resources/Bites/Cheese.pdf)



Dairy group scramble

Ingredients:

1 quart (4 cups) low-fat or fat-free Milk
2 tablespoons Yogurt, plain with live, active cultures
 $\frac{2}{3}$ cup fat-free powdered Milk (omit if using whole milk)

Non-stick saucepan, 2 quarts or larger
Whisk
Cooking thermometer
Quart-sized jar, container or insulated bottle

For flavoring options, stir in
2–4 tablespoons Honey or Maple syrup
1–2 cups fresh or dried Fruit
 $\frac{1}{2}$ teaspoon Vanilla

Preparation:

Combine milk and powdered milk in a non-stick saucepan. Whisk together and constantly stir while heating milk to 180–190 degrees. The milk will be steaming, expanding and beginning to form bubbles.

Remove from heat and let milk cool to 115–120 degrees.

In a small container, mix two tablespoons of yogurt with two tablespoons of the heated milk and whisk until smooth.

Stir yogurt mixture into the saucepan of cooling milk and continue stirring for at least two minutes.

Pour the contents of the saucepan into a warm jar, container or insulated bottle. Cover it and keep it warm until it sets, usually 4–6 hours. You can wrap the jar in kitchen towels, place your container in an insulated cooler or place it in the oven with a light bulb on.

Once the yogurt sets, refrigerate it to firm its structure and mix in any desired flavorings.



LEARN MORE: HealthyEating.org/Meals

Unscramble the words to finish each sentence:

yidra _ _ _ _ _ foods are an important part of a healthy diet.

Milk is a good source of **lmccuia** _ _ _ _ _ which is important for strong bones.

gtyuor _ _ _ _ _ and **eesehc** _ _ _ _ _ are examples of dairy foods.

Milk has **rtpneoi** _ _ _ _ _ which is good for building muscle.

Children ages 9 and older, as well as adults, should eat **erhte** _ _ _ _ _ servings of dairy foods each day.



Educator's Guide

Building MyPlate

When the *Building MyPlate* activity is implemented as intended, children and families are aware of healthy eating patterns and ways to make healthy food choices. Use the discussion points in the educator's guide and the activity to foster skill building in food decisions.

Deciding what to put on your plate.

- **Healthy Choices:** There is more than one way to eat healthfully, and you can include foods you enjoy. Think about the foods you like from each food group.
- **Food-Group Foods:** Choose a variety of foods from the food groups to build a healthy plate. Draw the foods you chose to make a healthy breakfast or lunch.
- **Nutrient Power:** Creating a healthy eating pattern helps you get the nutrients you need for optimal growth and development. Your body needs nutrients from each of the food groups: Dairy=Calcium + Protein, Vegetables=Vitamin A + Potassium, Fruits=Vitamin C + Potassium, Grains=B-vitamins + Fiber, and Protein=Protein + Iron.
- **Empower:** Share the foods you like from each food group with a family member who does the shopping.

Make your own yogurt.

- **Balanced Eating:** Milk and dairy foods play an important role in healthy eating patterns. Yogurt is in the Dairy group.
- **Healthy Habits:** Most people are not meeting the recommended daily servings of dairy, vegetables, fruits, and whole grains that are important for good health.
- **Snacking Benefits:** Snacks can help with creating healthy eating patterns and help you get the nutrients you need.
- **Healthier Snack Choices:** Aim to combine 2 or more food groups during snack time as a mini meal.

Dairy group scramble.

Deeper Understanding:

- Protein and other nutrients in milk help you grow and build strong bones and muscles.
- Milk goes from the cow to the grocery store or school in just 2 days, making it a fresh and wholesome beverage.
- The calcium in milk helps keep teeth strong for a beautiful smile.

After completing this activity, children build confidence in choosing foods that build a healthy meal. Reinforce the importance of healthy eating patterns for optimal health.

For more information on Dairy Council of California programs,
call 877.324.7901 or visit HealthyEating.org.

