



PURPOSE

Participants will be able to:

- Identify the foods in each of the MyPlate food groups.
- Relate the MyPlate food equivalents to how they should look on a plate for a meal.

SUPPLIES/EQUIPMENT NEEDED

Flash cards or pictures of foods from each food group

A chair for each participant

Food Fun Nutrition Cards

PROPORTIONS

How much should we eat from each of the food groups? There is no one *single* answer to this question, but by using the Daily Food Plan, you can find an answer that is personalized for you. The Plan takes into account your age, sex, height, weight, and how much physical activity you usually do. From the www.choosemyplate.gov site, click on the SuperTracker & Other Tools tab on the top navigation bar. It is important to remember that the MyPlate image itself is an icon and it does not show specific amounts. The Plan provides those amounts.

General rule of thumb—1/2 the plate should be filled with vegetables and fruits.



GET FIT 4 LIFE

UNITS

- FIT FOR LIFE
- IS YOUR PLATE LOADED
- HOW MUCH IS TOO MUCH
- WHAT'S UP WITH THE LABEL
- IS THE GLASS 1/2 FULL OR 1/2 EMPTY
- MOVE IT OR LOSE IT
- DUMP THE PLUMP
- A WALKING WATER BOTTLE
- GAME ON! FITNESS ACTIVITY SUPPLEMENT

TIME NEEDED

One on One	15 minute
Group	30-45 minute

ACTIVITY

1. Give the flash cards to the participants and ask them to sort the cards by food group. OR

Provide photographs of foods and ask them to sort the cards by food group.

1. When the participants are comfortable with sorting cards have them begin building a healthy MyPlate by choosing foods for Breakfast, Lunch and Supper.

Extra Information

Encourage participants to pick a variety of colors of fruits and vegetables that could fill $\frac{1}{2}$ of their healthy plate.

Grains	Vegetables	Fruits	Dairy	Protein Foods
Bagel	Black Beans*	Apple	Milk	Black Beans*
Bread	Broccoli	Banana	Pudding	Chicken
Cereal	Cauliflower	Grapefruit	Swiss Cheese	Egg
Crackers	Celery	Grapes	Yogurt	Ham
Dinner Roll	Corn	Orange		Nuts
Muffin	Green Beans	Orange Juice		Pork Chop
Oatmeal	Green Peppers	Pear		Salmon
Pasta	Lettuce	Pineapple		Shrimp
Popcorn	Peas	Raisins		Steak
Rice	Potato	Strawberries		
Tortilla	Spinach			
	Winter Squash			
	Zucchini Squash			

* Many of the dry beans and peas count in either the Vegetables or the Protein Foods group.

**RECREATION****Food Follies Turnover****Equipment/Supplies:**

A chair for each participant, minus one (if you have 24 participants, you need 23 chairs)

Food Fun Nutrition Cards

Instructions:

1. This game is patterned after the game titled "Fruit Basket Upset," but with a new twist!
2. Arrange chairs in a circle, close together. Have all participants but one sit in a chair facing inward. The one individual without a chair will stand in the middle of the circle of chairs and they will be "it."
3. The leader will go around the circle and "number off" by giving every person one food group to represent. Don't forget to give the person in the center of the circle a food group. The food groups to assign: dairy, fruits, vegetables, grains, and proteins.
4. The participant in the center of the circle—"it"—will draw a card from the *Food Fun Nutrition Cards* from the leader. They will return to the center of the circle and on the leader's count of 3, the participant will call out the actual food item on the card. Everyone who was assigned the food group that matches the food will get up and move to an empty chair. The participants cannot return to the chair they just left. "It" will try to get a chair that becomes empty. The person who does not end up with a chair becomes "it" and will draw the next card and repeat the process!

Example: "It" draws a card with an apple on it, "It" shouts out apple. The apple is a "FRUIT" so all participants who were assigned the fruit group will get up and move to a new chair.

5. As each round is completed, "it" shares the other information on the card so that everyone can learn about the food item.
6. Continue playing until all the cards have been drawn or time runs out! Keep the game moving quickly!

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GET FIT 4 LIFE STATION

At this station, you have a choice of activities! Use the Food Fun Nutrition Cards provided in the Get Fit 4 Life Equipment/Supply Kit or create your own food cards. Place cards on the table along with a copy of the instruction sheet on page 5 of this lesson (a laminated copy is in the kit).

Option 2 is to play the Food Follies Turnover Game with participants! Make sure there is ample space for the circle of chairs! A station sign for option 2 is provided on page 6 (a laminated copy is in the kit).

PROCESS/EVALUATION

Questions you might ask...

- Are you eating foods from each food group every day?
- Are you getting too little of some food groups? Are you getting too much of other food groups?
- What does your plate normally look like?
- Is this how your plate looks with your school lunch or packed lunch? What group do you have too much of? What food do you have too little of?
- What steps could you take to ensure that your plate looks like this?

REFERENCES

Choose MyPlate, United States Department of Agriculture, www.choosemyplate.gov.

Get Moving, Get Healthy developed by 4-H Youth Development, Rutgers Cooperative Extension, 2011.

Cooperative
effort of



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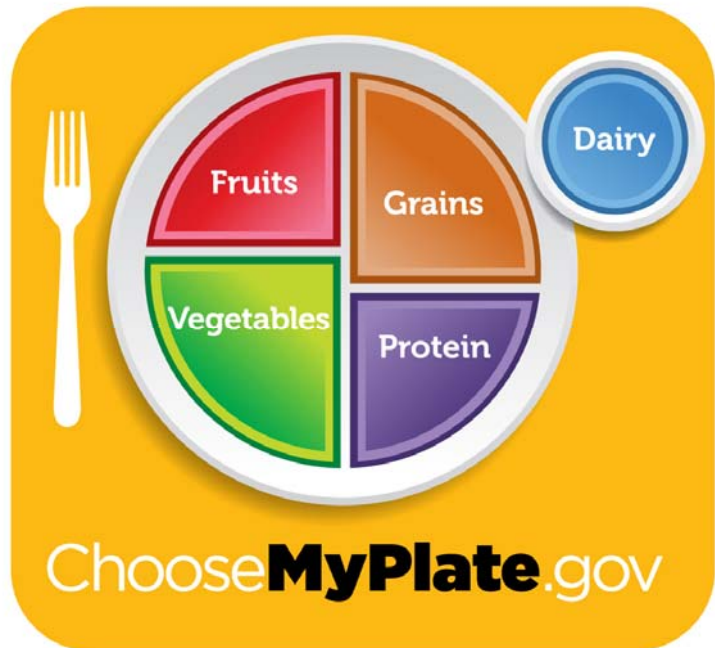
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<http://oklahoma4h.okstate.edu/>

IS YOUR PLATE LOADED

- LOOK THROUGH THE FUN FOOD CARDS ON THE TABLE.
- SORT THEM BY FOOD GROUP.
- USING YOUR MYPLATE—CALORIE LEVEL CARD, CHOOSE FOOD CARDS THAT REPRESENTS A HEALTHY MYPLATE FOR THESE MEALS:
 - ⇒ BREAKFAST
 - ⇒ LUNCH
 - ⇒ DINNER



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IS YOUR PLATE LOADED



**FOOD
FOLLIES
TURNOVER**

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