



Handout 1.10: Build a Plate

Lesson: 1.10 MyPlate Beyond the Food Groups **Print:** Pages 1 and 2, one per student. Page 3 (the plate check) is private; print it on its own sheet so it can be folded and handed in face down.

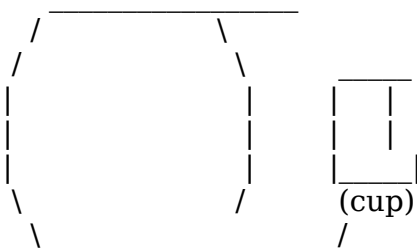
Page 1: MyPlate is about how much

Name: _____ Date: _____ Period: _____

Part A. Fix your do now circle. Divide the plate below the way MyPlate really does it. Label the four sections on the plate and the cup beside it. Write one food in each.

The four rules:

1. Half the plate is fruits and vegetables. Vegetables get a little more room than fruit.
2. The other half is grains and protein foods. Grains get a little more room than protein foods.
3. Dairy is on the side in a cup (milk, yogurt, or a calcium-fortified soy drink).
4. Make half your grains whole grains.



Section 1 (top left): _____ Food: _____ Section 2 (top right):
 _____ Food: _____ Section 3 (bottom left): _____
 Food: _____ Section 4 (bottom right): _____ Food:
 _____ Cup: _____ Food: _____

Part B. Serving or portion? Write each one in your own words.

A serving is _____

A portion is _____

The family size chip bag on the demo table: my guess for servings in the bag _____. The label says _____.

Page 2: Build your plate

Directions: Use the food cards and your paper plate. Build a dinner that follows the four rules. Every section filled. At least one whole grain. Protein foods from two different sources if you can (for example, beans and chicken). Then draw it here.

My plate (draw and label)

Whole grain on my plate: _____

Two protein foods: _____ and _____

Partner check. Trade handouts. Look at your partner's plate. Name one section that looks too big or too small, or write "matches MyPlate."

Partner's comment: _____

Partner's signature: _____

Serving and portion on my plate. Pick one food from your plate.

Food: _____ One serving of it is about _____ (use the slide). The portion I would actually eat is about _____.

Grade 8 stretch: build the plate for the teen athlete OR the grandparent from Lesson 1.9. Which section changed and why? _____

Page 3: My plate check (private)

This page is yours. Nobody reads what you ate. I check that it is filled in, not what is on it. Fold it in half and hand it in face down.

Yesterday, I ate: (list foods, or just circle the groups you ate from if you would rather)

Morning: _____

Midday: _____

Evening: _____

Snacks: _____

Groups I ate from yesterday (circle): Fruits / Vegetables / Grains / Protein foods / Dairy

Movement yesterday. Minutes I moved (walking to school, gym, sports, dancing, chores, anything that got you breathing harder): about _____ minutes.

The guideline for ages 6 to 17 is 60 minutes or more a day.

What came up short? Circle ONE MyPlate group that was missing or small: Fruits / Vegetables / Grains / Protein foods / Dairy

Movement was: under 60 minutes / about 60 / more than 60

One change I could actually make this week (small enough to really happen):