

EATING HEALTHY

What's on my plate?

Materials: Worksheets, computer with Internet access, printer, paper, pencils

Directions: Read the worksheet, complete the activity and discuss with the Group.

It's important for us to take care of our bodies. After all, it's the only one we have!

But with all the different food choices available, it's sometimes difficult to remember what we should eat for maximum health.

So, where can we learn how to get the best nutrition for a healthy body?

The Internet!

The United States Department of Agriculture has a really cool website that specifies what you should put on your plate every day. Using the site, you can create a personal food plan based on your age, sex, height, weight and physical activity level.

For today's activity, we're going to visit the website and learn more about healthy eating habits.

ACTIVITY INSTRUCTIONS

- 1 Go to www.myplate.gov/myplate-plan.
- 2 Click the Get Started button in the Calculate Your My Plate Plan area.
- 3 In Calculate Your My Plate Plan select your age and sex.
- 4 If you are older than 8, you must also input your height and weight before entering your amount of physical activity.
- 5 Next, select View your Food Plan. Then select the Calorie Plan generated for you to find out how much you need from each of the five food groups with targets personalized for you.
- 6 Use the Download Your Plan feature to print out a copy of your plan. This will help you remember how much you need from each of the five food groups with targets and a food tracker personalized for you.
- 7 Take the checklist home and discuss it with your parents. With their help, decide which foods on your checklist you can eat. Also, show your parents the www.myplate.gov/myplate-plan website, where you can print out additional copies to track your food choices daily.
- 8 Next week, tell the Adviser if you were able to stick to your food plan.

