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.

ChooseMyPlate.gov

ACTIVITY INSTRUCTIONS

1   Go to www.choosemyplate.gov.

2   Under the Online Tools tab, click Daily Checklist.

3   In the first sentence, click MyPlate Daily Checklist.

4   On the MyPlate Checklist Calculator, enter your age, sex and the amount of physical activity you have daily.

5   Next, click Calculate Food Plan to download your recommended calorie plan. This is your MyPlate Daily Checklist. The first page lists the recommended food groups and amounts you should eat daily. On the second page of your MyPlate Daily Checklist, you can enter your choices for each food group and learn whether you reached your targets.

6   Print out both pages of your checklist.

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.choosemyplate.gov website, where you can print out additional checklist copies to track your food choices daily.

8   Next week, tell the Adviser if you were able to stick to your food plan.