Exploring MyPlate

Take some time to explore the USDA’s MyPlate guidelines. You can learn a great deal about your own nutritional needs and the needs of the children in your class. Use this activity guide to find important or fun information.

1. Visit www.choosemyplate.gov

2. What is today’s Tip of the Day?

3. Click through the site. Try doing the following:
   a. Making your own personalized food plan
   b. Figuring out what counts as a cup of your favorite vegetable
   c. Creating an account on Food Tracker to get feedback on your food and physical activity

4. Visit the Preschoolers page (http://www.choosemyplate.gov/preschoolers.html). Find the following and write down your answers:
   a. A link you might want to include in a family newsletter:
   b. Three ideas you can use for active play:
      1. 
      2. 
      3. 
   c. One recipe or food activity you might try: