Exploring MyPlate and Physical Activity for Young Children

This activity will guide you through several sections of the USDA's ChooseMyPlate website and to the National Resource Center for Health and Safety in Childcare and Early Education's checklist for programs that promote physical activity. You can learn a great deal about your own nutritional needs and the needs of 2-to-5 year old children in your program. As you explore the websites, complete the questions below and then share your responses with a trainer, coach, or administrator. Links are provided for you in the Explore section of Lesson 5 within the Infant and Toddler track Healthy Environments course.

1. Visit the ChooseMyPlate homepage. What is today's Tip of the Day? (Scroll near the bottom of the page and look for the lightbulb icon)

2. Click through the site. Try the following (you can use the search function on the site):
   a. Make your own personalized food plan
   b. Figure out what counts as a cup of your favorite vegetable
   c. Create an account on Food Tracker to get feedback on your food and physical activity

3. Visit the Preschoolers page. Notice these resources are for children 2-to-5 years of age and their caregivers. Find the following and write down your answers:
   a. A link you might want to include in a family newsletter:
   b. One recipe or food activity you might try:

Lastly, visit National Resource Center for Health and Safety in Childcare and Early Education's checklist available for families to ensure their child's childcare program is offering appropriate physical activity for young children.

How does your program measure up?

What are you doing in your classroom to support the items on this checklist?