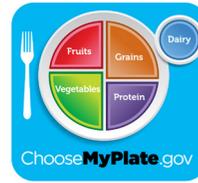


MyPlate



MyPlate is an illustrated guide of what a balanced meal looks like. It should include **Dairy**, **Vegetables**, **Fruits**, **Grains** and **Protein**.

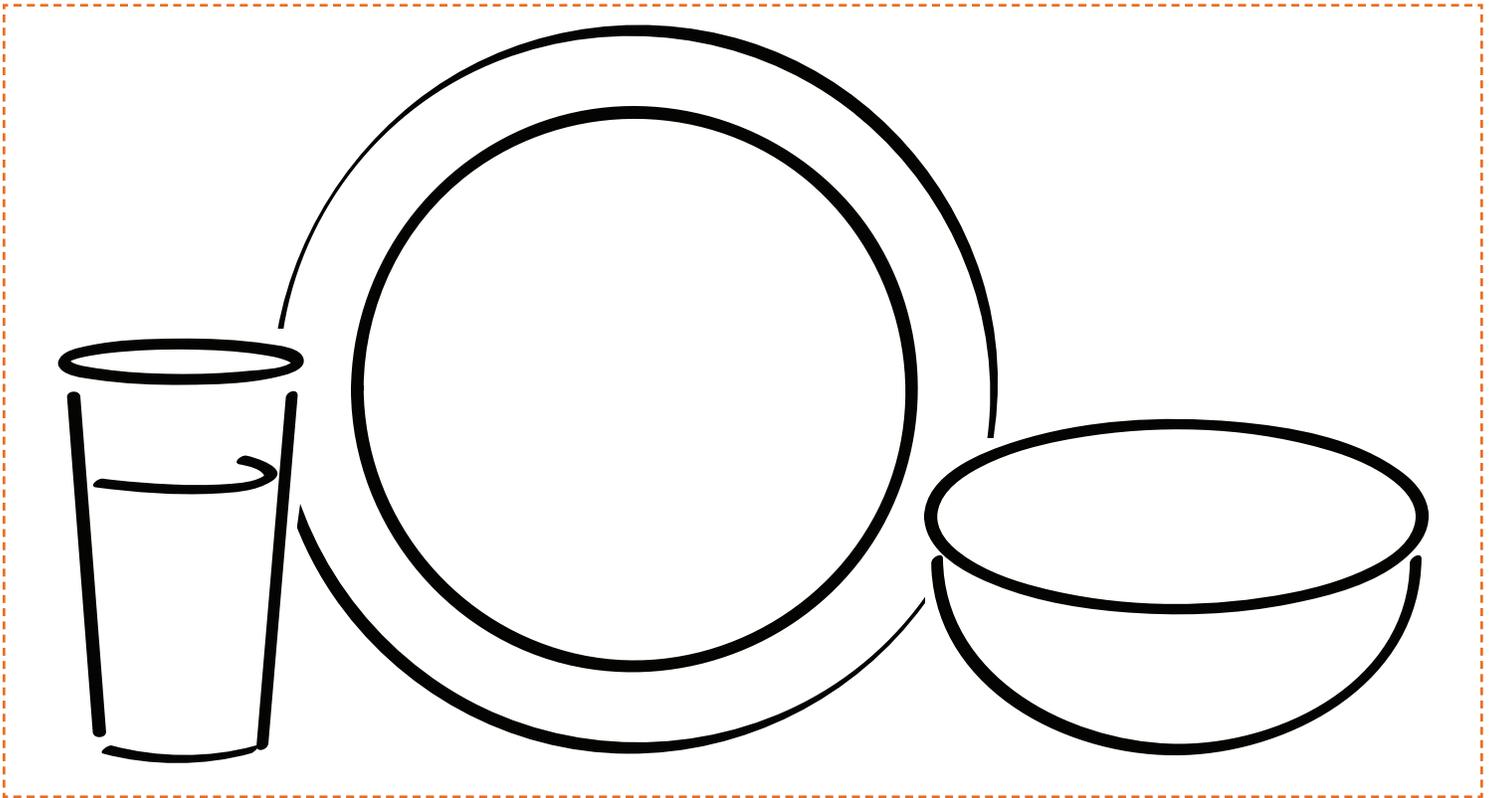


ACTIVITY



What should you put on your plate?

Draw or write foods for your own MyPlate for breakfast or lunch. Make sure you create a balanced meal! See **ChooseMyPlate.gov** for more details of what each food group contains as well as portions. Share your balanced meal with your friends or an adult who does the shopping.



Banana



Carrot Sticks



Low-Fat Milk



Eggs



Whole-Grain Bread



Strawberries



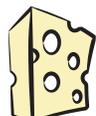
Ham



Whole-Grain Cereal



Tomato



Cheese



Peanut Butter



Tortilla



Yogurt



Salad



Orange



Chicken

STEM: Make Your Own Yogurt

Enjoy delicious yogurt that you and your family can make at home. It's easy!

Or make cheese using the "Say Cheese" Ag-Bite from California Foundation for Agriculture in the Classroom:

LearnAboutAg.org/Resources/Bites/Cheese.pdf



ACTIVITY



Healthy Food Scramble

Unscramble the words to finish each sentence:

Yidra _ _ _ _ _ foods are an important part of a healthy diet.

Milk is a good source of lmccuia _ _ _ _ _ which is important for strong bones.

Gtyuor _ _ _ _ _ and eesehc _ _ _ _ _ are examples of dairy foods.

Milk has rtpneoi _ _ _ _ _ which is good for building muscle.

Children ages 9 and older, as well as adults, should eat erhte _ _ _ _ _ servings of dairy foods each day.

Ingredients:

- 1 quart (4 cups) low-fat or fat-free Milk
- 2 tablespoons Yogurt, plain with live, active cultures
- 2/3 cup fat-free powdered Milk (Omit if using whole milk)

- Non-stick saucepan, 2 quarts or larger
- Wisk
- Candy or general cooking thermometer
- Quart sized jar, container or insulated bottle

- For sweetened yogurt, stir in
- 2-4 tablespoons Honey or Maple syrup
- 1-2 cups fresh or dried Fruit
- 1/2 teaspoon Vanilla



Preparation:

Combine milk and powdered milk in a non-stick saucepan. Wisk together and constantly stirring, heat milk to 180-190 degrees. The milk will be steaming, expanding and beginning to form bubbles.

Remove from heat and let milk cool to 115-120 degrees.

In a small container, mix two tablespoons of yogurt with two tablespoons of the heated milk and wisk until smooth.

Stir yogurt mixture into the saucepan of cooling milk and continue stirring for at least two minutes.

Pour the contents of the saucepan into a warm jar, container or insulated bottle. Cover it and keep it warm until it sets, usually 4-6 hours. You can wrap the jar in kitchen towels, place your container in an insulated cooler or place it in the oven with a light bulb on.

Once the yogurt sets, refrigerate it to firm its structure and mix in any desired flavorings.

LEARN MORE AT: HealthyEating.org/Healthy-Eating/Meals-Recipes/Browse-Search-Recipes/rid/58472/Homemade-Yogurt.aspx

