

Educator's Guide

Building MyPlate

When the *Building MyPlate* activity is implemented as intended, children and families are aware of healthy eating patterns and ways to make healthy food choices. Use the discussion points in the educator's guide and the activity to foster skill building in food decisions.

Deciding what to put on your plate.

- **Healthy Choices:** There is more than one way to eat healthfully, and you can include foods you enjoy. Think about the foods you like from each food group.
- **Food-Group Foods:** Choose a variety of foods from the food groups to build a healthy plate. Draw the foods you chose to make a healthy breakfast or lunch.
- **Nutrient Power:** Creating a healthy eating pattern helps you get the nutrients you need for optimal growth and development. Your body needs nutrients from each of the food groups: Dairy=Calcium + Protein, Vegetables=Vitamin A + Potassium, Fruits=Vitamin C + Potassium, Grains=B-vitamins + Fiber, and Protein=Protein + Iron.
- **Empower:** Share the foods you like from each food group with a family member who does the shopping.

Make your own yogurt.

- **Balanced Eating:** Milk and dairy foods play an important role in healthy eating patterns. Yogurt is in the Dairy group.
- **Healthy Habits:** Most people are not meeting the recommended daily servings of dairy, vegetables, fruits, and whole grains that are important for good health.
- **Snacking Benefits:** Snacks can help with creating healthy eating patterns and help you get the nutrients you need.
- **Healthier Snack Choices:** Aim to combine 2 or more food groups during snack time as a mini meal.

Dairy group scramble.

Deeper Understanding:

- Protein and other nutrients in milk help you grow and build strong bones and muscles.
- Milk goes from the cow to the grocery store or school in just 2 days, making it a fresh and wholesome beverage.
- The calcium in milk helps keep teeth strong for a beautiful smile.

After completing this activity, children build confidence in choosing foods that build a healthy meal. Reinforce the importance of healthy eating patterns for optimal health.

For more information on Dairy Council of California programs,
call 877.324.7901 or visit HealthyEating.org.

