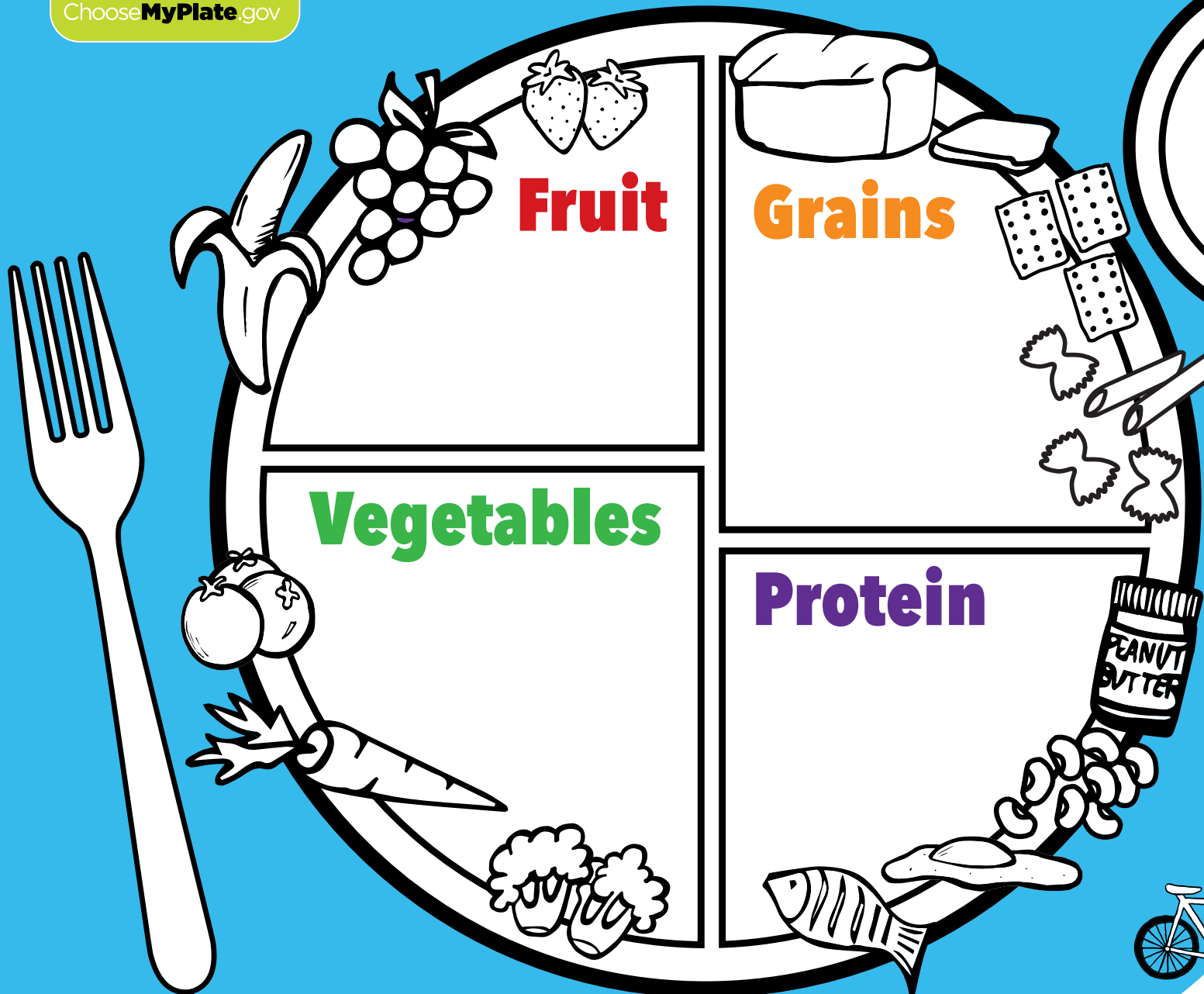
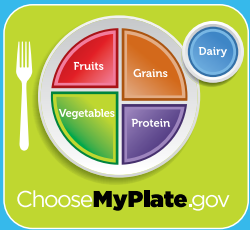


MyPlate

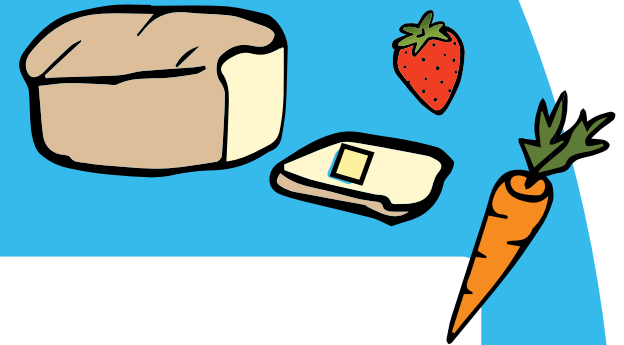


**Be Active
Your Way!**





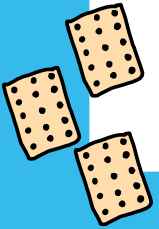
MyPlate



Adults are Role Models

You can help children have a positive attitude about food, eating, and physical activity.

- Offer a variety of foods from the five food groups for meals and snacks. Nutrient-rich snacks should include foods and beverages from at least two food groups.
- Enjoy fun physical activities as a group or family.
- Be a role model. Eat with your children. Try new foods yourself.
- Visit www.choosemyplate.gov for more tips and information.



Activities

- Color the five food groups of MyPlate. Use the MyPlate logo for the color key.
- Draw or list foods they like in each food group.
- Draw or list foods in each food group that they've never tasted and may want to try.
- Draw or list the physical activities they enjoy.
- Draw or list the physical activities they may like to try.



More MyPlate

- Small amounts of added fat are part of a healthful eating pattern. Oils provide essential nutrients, which are important for children to grow well.
- Choose foods and beverages with less saturated fat, sodium and added sugars. Enjoy "sometimes" foods such as candy, cake, chips and soda every once in a while, not every day.

