

Fuel Up with MyPlate

through Fuel Up to Play 60 Healthy Eating Plays

Experience: See, Hear, & Taste
Use these ideas to teach MyPlate!

Fuel Up! Focus on ONE MyPlate food group at a time; add excitement with the following ideas:

- **“Gotcha” Activity** – “Catch” students eating the Focus Food Group; post photos on bulletin boards or wall, labeled got milk?, got fruits?, got veggies?, got whole grains? Those “caught” could be eligible for prizes.
- Conduct **taste tests** of foods from the Focus Food Group.
- Challenge students to create **commercials, skits, or songs** to encourage healthy eating.
- Include MyPlate messaging & healthy eating tips on the morning **announcements**.
- Designate a day for students to **dress in colors** related to the focus food group, such as black & white for the milk group.
- **Identify focus foods** on the meal line with Fuel Up to Play 60 signage or stickers.

Add MyPlate to the landscape by having an artist **paint** the image on a wall in your school.

Create a **bulletin board** of the MyPlate image and fill with pictures from each food group

Color MyPlate **placemats** and laminate for the students to take home.

Math connection:

- Classrooms can **track** how many servings of fruits, veggies, dairy are consumed in a given day or week.
- **Practice fractions** by having students draw the food components of MyPlate – one half fruits & veggies, one fourth protein, one fourth whole grains – and add a circle representing dairy options

Language Arts:

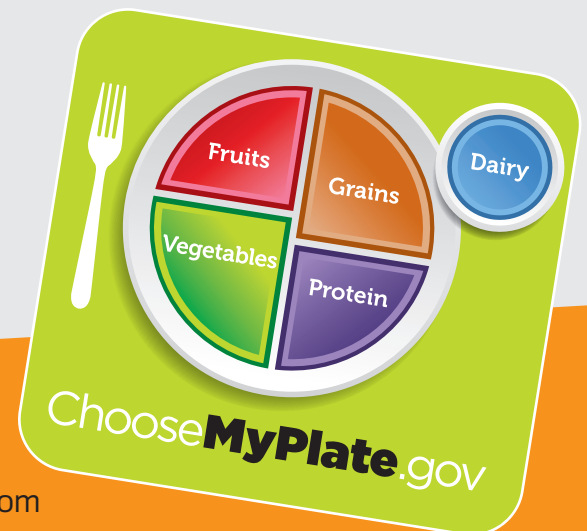
- Complete **creative writing assignments** related to MyPlate and healthy eating.

Social Studies:

- Create MyPlate graphics featuring foods common in **countries around the world**.

Foreign Languages:

- Teach the **food groups** and examples of each group in multiple languages.



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Teach: Learn, Observe & Create

Use these messages to teach about MyPlate. Include in announcements, posters, placemats, bulletin boards, commercials, etc.!

Dairy

- Dairy foods—like milk, cheese and yogurt—provide a package of 9 different nutrients, including calcium, vitamin D, potassium and protein.
- Choosing 3 servings of low-fat and fat-free dairy foods every day helps build strong bones and teeth and helps maintain a healthy heart.
- Low-fat or fat-free chocolate milk is a great way to replace fluids and fuel up after strenuous exercise.

Fruit

- Fruits provide potassium, fiber, vitamin C and folate. They help maintain healthy blood pressure and reduce risk of chronic disease.
- Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.
- Fruit choices may be fresh, canned, frozen or dried.

Vegetables

- Vegetables, which are low in calories, provide vitamins and minerals like vitamin A and potassium and lots of fiber.
- Choose vegetables in a rainbow of colors, especially red, orange or dark green to get the most health benefits.
- Vegetables plus fruits should fill half your plate!



Grains

- Whole grains contain the entire grain kernel and therefore provide more fiber, plus B vitamins.
- Make at least half of your bread, cereal and pasta choices whole grain.
- Become a “food investigator!” Look for “100% whole grain” on the cereal box or bread and pasta labels.



Protein

- Protein foods include lean meat, eggs, beans, nuts and seeds. In addition to protein, these foods also supply B vitamins, iron, magnesium and zinc.
- Protein foods function as building blocks for bones, muscles, cartilage, skin and blood.
- Try a variety of plant protein foods, such as refried beans, kidney beans, hummus, nuts and sunflower seeds.
- Think small when it comes to meat portions—about the size of a cell phone.

Breakfast

- Fuel Up first with healthy choices for breakfast! Boost your brain power and ability to concentrate in class!

Snacks

- Choose snacks that combine at least 2 food groups—fruit and yogurt parfaits, whole grain crackers and low-fat cheese, banana or apple with peanut butter.

Beverages

- Re-think your drink! Choose water, milk and 100% fruit or vegetable juices.