

Boys and Girls Outline: My Plate
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- I. Activity
 - a. Create your own healthy meals using resources listed below (1A and 1B)
 - i. Breakfast
 - ii. Lunch
 - iii. Dinner
 - iv. Snack
 - b. Draw your menu from ChooseMyPlate.gov
 - i. Elementary, ages 5-10
 - ii. <https://www.choosemyplate.gov/myplate-mystate-graphics-and-resources>
Ohio -> Local Food MyPlate Menu
 - c. My Plate Calendar and Activity Log
 - i. MyPlate, Myself - Late Elementary, ages 9-12
 - ii. <https://www.choosemyplate.gov/myplate-mystate-toolkit-teacher>
Later Elementary -> MyPlate, MySelf
- II. Questions
 - a. What are some great fruits and vegetables that you can add to your diet? Are there any on your list that are locally grown and produced in Ohio?
 - b. What do you think is the most important meal of the day and why?
 - c. What foods kind of food are we supposed to eat with every meal? Can you name any of the categories?
- III. Handouts
 - a. Hello, OHIO!
 - i. <https://www.choosemyplate.gov/ohio>
 - b. #MyPlateMyState OHIO Coloring Sheet
 - c. MyPlate Maze
 - i. <https://www.choosemyplate.gov/kids-activity-sheets>
 - d. MyPlate Champion
 - i. <https://www.choosemyplate.gov/kids-become-myplate-champion>
- IV. Video
 - a. "The 5 Fabulous Food Groups"
<https://www.youtube.com/watch?v=L9ymkJK2QCU>