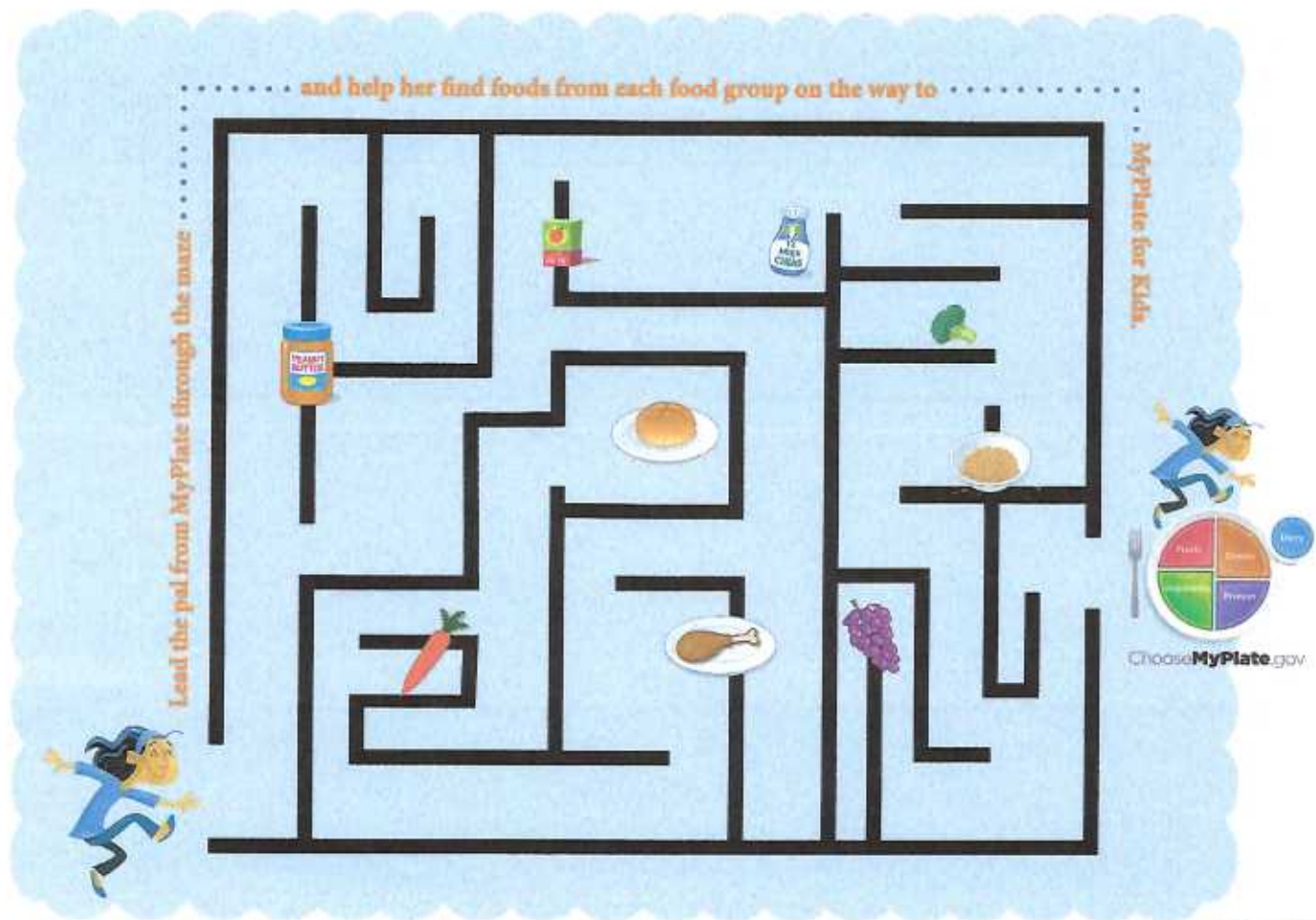


# MyPlate Maze



Adapted from  
Team Up At Home Team Nutrition Activity Book



# Find the Fruits and Vegetables

Look at the words in the word box. Circle all the words you find in the pictures

Grapes Lemons Apple Yams Broccoli Mushroom  
Lettuce Cauliflower Watermelon



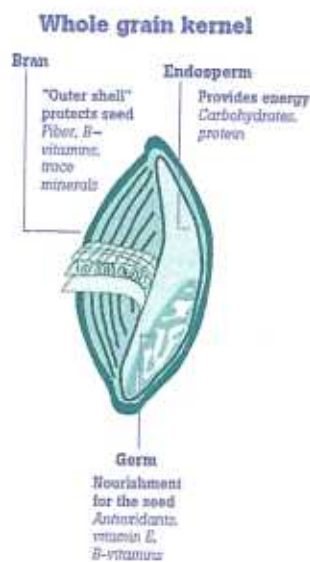


# Food Fun Coloring Book





# Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.





## Some Examples of Whole Grains:

brown rice 

buckwheat 


bulgur (cracked wheat)

oatmeal 

popcorn 


whole-wheat cereal

muesli

whole-grain barley 


whole-grain cornmeal

whole rye


whole-wheat bread 

whole-wheat crackers

whole-wheat pasta

whole-wheat sandwich buns and rolls 

whole-wheat tortillas

wild rice 

whole cornmeal

shredded wheat cereal

## Whole Grain Tips— Check the ones you already do:

- ☐ Choose a whole grain, such as oatmeal, when you have hot cereal.
- ☐ Read the label on a cereal box to find the word "whole" listed with the first ingredient.
- ☐ For a change, try brown rice or whole-wheat pasta.
- ☐ When baking, substitute whole-wheat or oat flour for at least half of the flour in a recipe.
- ☐ Eat whole-grain crackers.
- ☐ Serve and eat whole grains every day with meals or as snacks. Popcorn, a whole grain, can be a healthy snack.



# be a fit kid

## 10 tips for being active every day



Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

### 1 tie up your laces and walk

Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

### 2 turn up the music

Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.



### 3 ride a bike

Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

### 4 join a team

Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!



### 5 go out and play

Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.

### 6 dive right in!

Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

### 7 get paid to be fit

Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

### 8 try skating or skateboarding

Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.



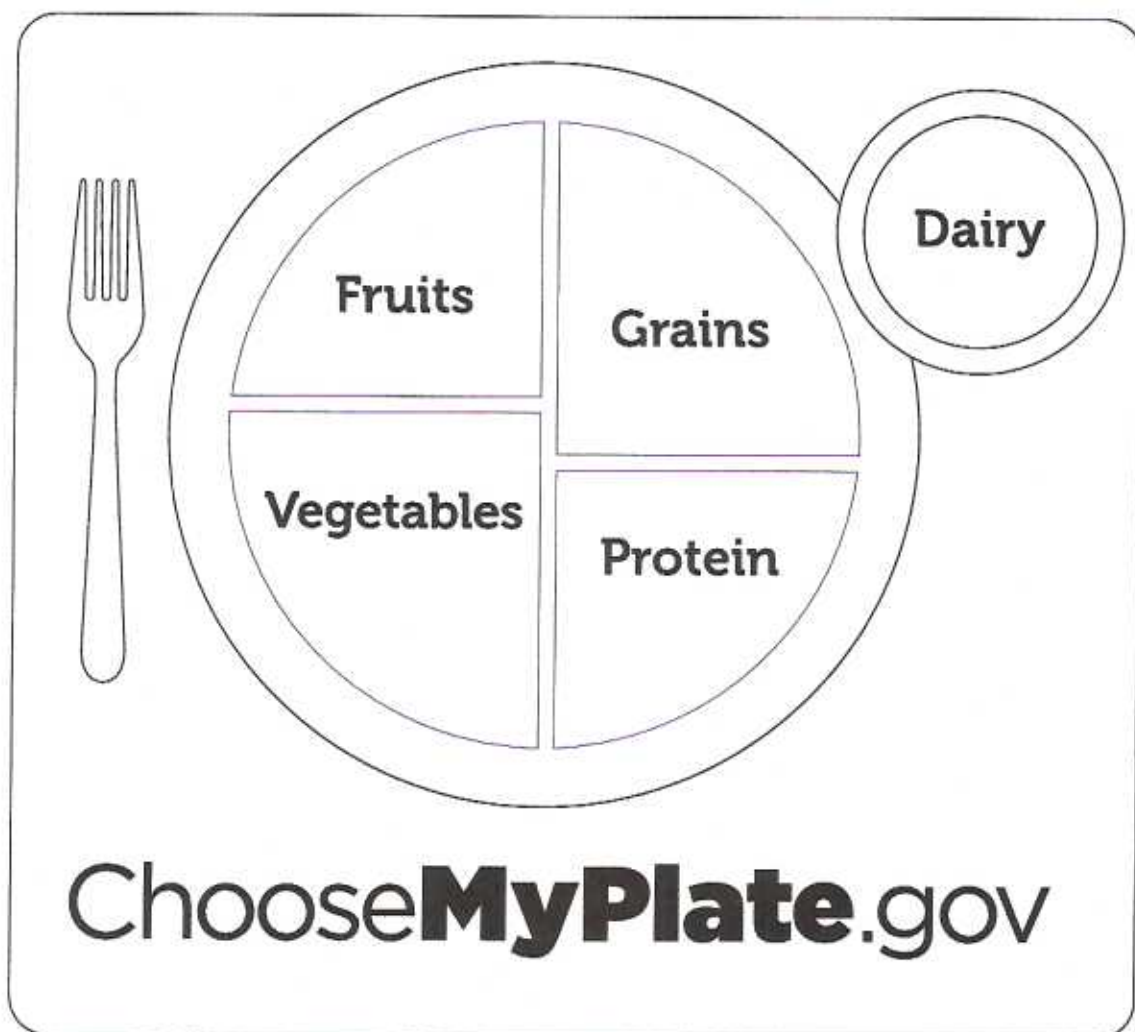
### 9 plant a garden

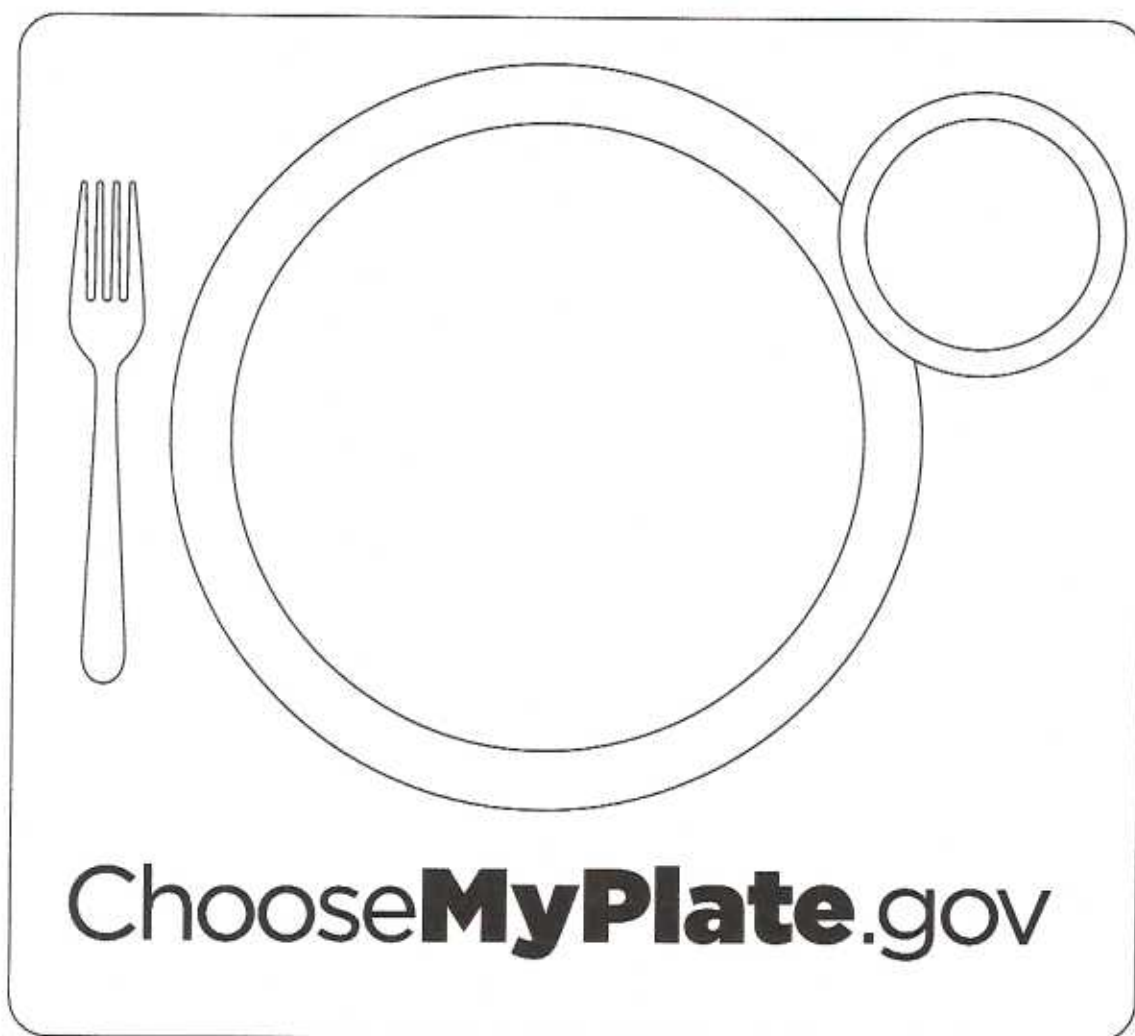
Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

### 10 stuck inside?

Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!









# Quiz: What Does Your Breakfast Say About You?

What kind of breakfast eater are you? Write down all the foods you eat in the breakfast log below. Then check off which food groups were included in each meal.

Day 1	Day 2	Day 3	Day 4	Day 5
<b>Food Groups:</b> <input type="checkbox"/> Dairy <input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Protein Foods <input type="checkbox"/> Grains	<b>Food Groups:</b> <input type="checkbox"/> Dairy <input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Protein Foods <input type="checkbox"/> Grains	<b>Food Groups:</b> <input type="checkbox"/> Dairy <input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Protein Foods <input type="checkbox"/> Grains	<b>Food Groups:</b> <input type="checkbox"/> Dairy <input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Protein Foods <input type="checkbox"/> Grains	<b>Food Groups:</b> <input type="checkbox"/> Dairy <input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <input type="checkbox"/> Protein Foods <input type="checkbox"/> Grains

## Breakfast Ace

You ate breakfast on all 5 days. Eating breakfast every day can help you pay more attention in class and do better in school.

## Bone Builder

You ate Dairy foods on at least 4 days. The calcium in Dairy foods can help you build strong bones and teeth.

## Glowing Star

You ate Fruits or Vegetables on at least 2 days. Many fruits and vegetables have vitamin A which can help keep your eyes and skin healthy.

## Grains Wizard

You ate whole grains on at least 3 days. The fiber in whole grain foods can help you feel full longer and have more energy.

How many times did you eat breakfast?

How many times did you eat foods from the Dairy Group?

What kind of breakfast eater are you?

What kind of breakfast eater would you like to be?

How many times did you eat Fruits or Vegetables?

How many times were half of your grains whole grains?

How can you become the breakfast eater you would like to be?



# Breakfast Explorer

What is a favorite breakfast meal? Use the table below to compare your favorite breakfast meal (Breakfast Meal 1) to a breakfast that you would like to try from the *Start Smart With Breakfast* video, *Breakfast Around the World* digital interactive, or *Breakfast Around the World* informational text article (Breakfast Meal 2).



## Breakfast Meal 1: My favorite

List all of the foods in breakfast meal 1:

---

---

---

---

---

---

---



## Breakfast Meal 2: Comparison

List all of the foods in breakfast meal 2:

---

---

---

---

---

---

---

Take a closer look at your breakfast meal lists. Find two ways to make these meals healthier. For information on how to make a balanced and nutritious breakfast, see page 2 of the *Breakfast Around the World* informational text article.

1. \_\_\_\_\_
2. \_\_\_\_\_

## Set a Healthy Breakfast Goal

How can you make your breakfast more balanced and nutritious?  
Achieve your goal and earn a badge!

I will \_\_\_\_\_ in order to eat a healthier,  
(breakfast choice)  
more balanced breakfast \_\_\_\_\_ days this week.  
(number)

Badge awarded on: \_\_\_\_\_

# Breakfast Myths Guide



Conduct a “Human Barometer” activity exploring students’ attitudes about breakfast. Label one side of the room “Agree” and the other side “Disagree.” Ask students to gather in the center of the room, read the statements below, and instruct them to walk to the side of the room that represents their opinion. Choose a volunteer or two from each side to explain their point of view before moving on.



**It is hard to find time to eat breakfast.**  
**Agree or disagree.**

→ There are many ways to eat a quick breakfast, as we’ll see in the video we’re going to watch next.



**Eating breakfast helps me focus in class.**  
**Agree or disagree.**

→ Eating a balanced, nutritious breakfast can help you concentrate in class (it’s hard to pay attention when you’re hungry!).



**Eating breakfast gives me energy to be active.**  
**Agree or disagree.**

→ Eating a balanced, nutrient-dense breakfast can help you have energy (which allows you to move and be active).

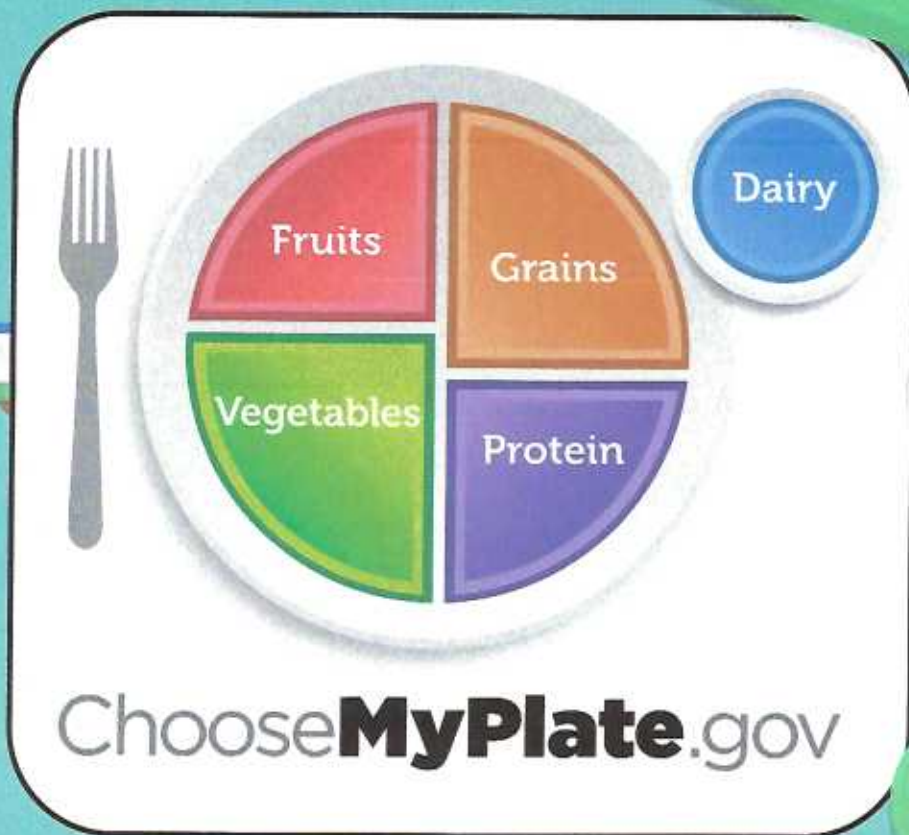


**Breakfast is a good time to eat fruits and vegetables.**  
**Agree or disagree.**

→ Fruits and vegetables can be important components of a balanced breakfast. Most middle school students in the United States don’t eat enough fruits and vegetables, and breakfast provides a way to include more of these foods in your diet.



# MyPlate Handout



## Fruits

- Banana
- Berries
- Applesauce
- Orange
- 100% Fruit Juice
- Raisins
- Melon
- Peach
- Tangelo
- Nectarine
- Grapes

## Grains

- Oatmeal
- Cereal\*
- Muffin\*
- English Muffin
- Toaster Pastry\*
- Bagel
- Tortilla
- Pancake\*
- Waffle\*
- Toast
- Pizza Crust\*

## Vegetables

- Potatoes
- Spinach
- Salsa
- Peppers
- Tomatoes/ Tomato
- Sauce
- Zucchini
- Onion
- Avocado

## Protein

- Egg
- Nut and Seed
- Butter
- Beans
- Turkey Sausage\*
- Ham
- Canadian Bacon\*
- Steak\*

## Dairy

- Low-fat, Fat-free Milk
- Low-fat Yogurt
- Calcium-fortified Soymilk
- Low-fat Cheese
- Low-fat Cottage Cheese

\* Consider how these common breakfast foods are prepared. These foods can be high in added sugars, saturated fat, and/or sodium depending on how they are cooked and what ingredients are used. Extras like cream cheese, bacon, jelly, syrup, and fruit-flavored drinks can also contribute to the added sugars, saturated fat, and/or sodium content in some popular breakfast foods.



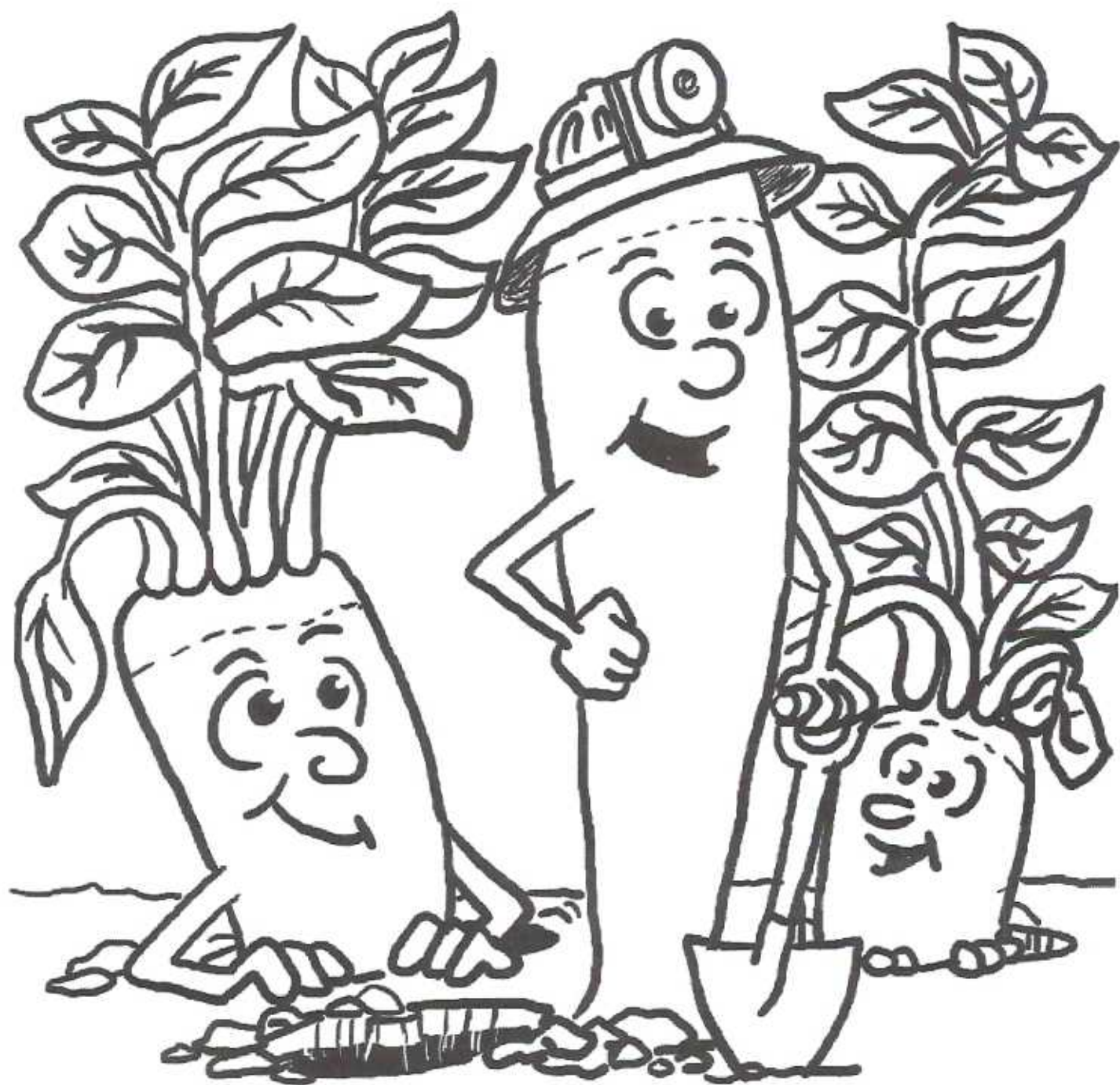
# A is for Asparagus

Have you ever seen green spikes in the grocery store tied up in bundles with a rubber band sitting in water? They are the young shoots or tips of asparagus plants. They can be eaten raw, cooked or in soup.



# D is for Daikon

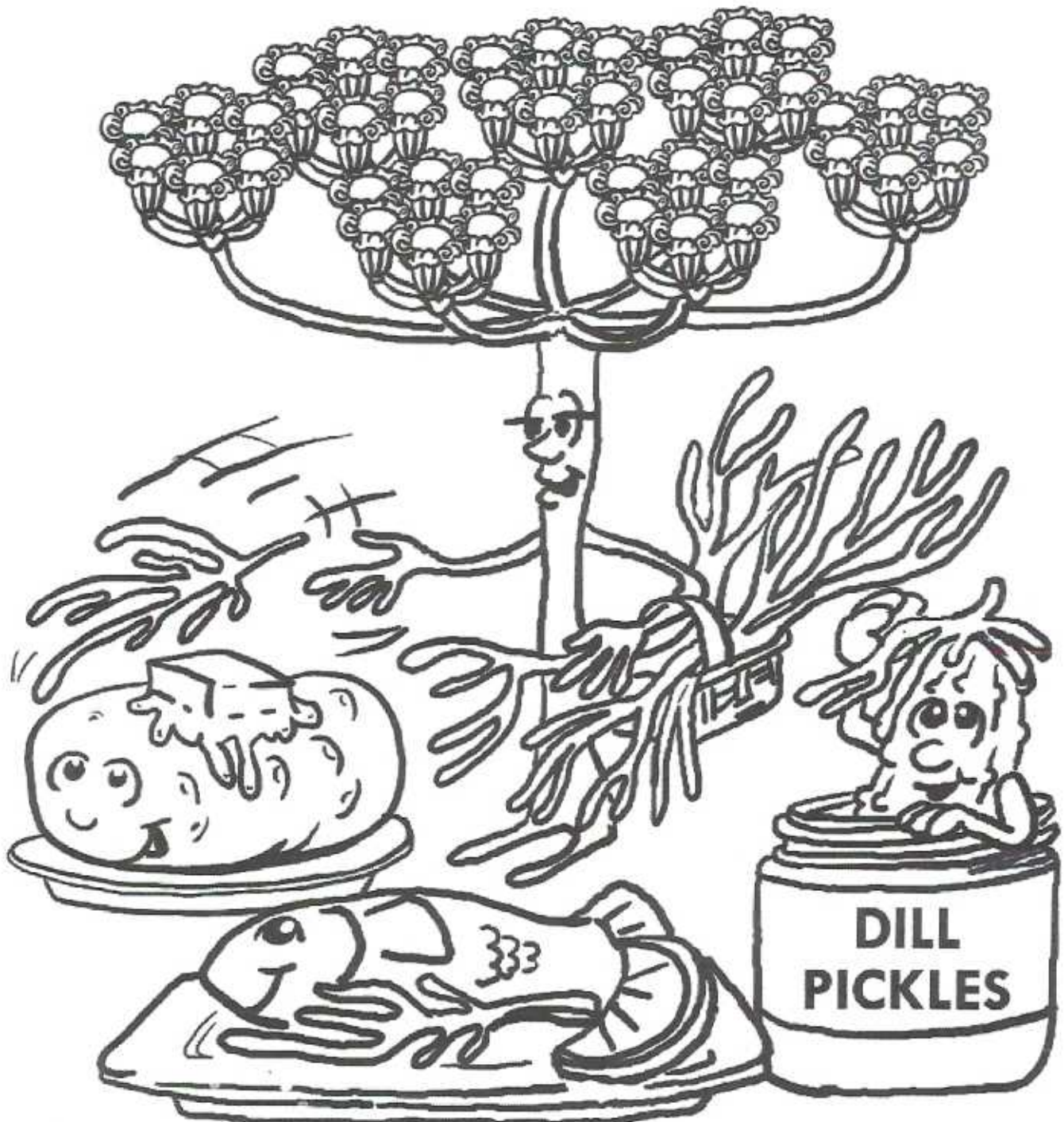
Daikon is a special radish that grows underground. It is white and can grow very long and large. It tastes like a mild, red radish - crunchy and peppery. It is a late season radish harvested in the fall.





# D is for Dill

Dill has fine leaves and yellow flowers. Dill is an herb and used to add flavor to foods. In the store, it is sold in tiny bunches like a bouquet and smells really good. Pick up a bunch and smell the dill.





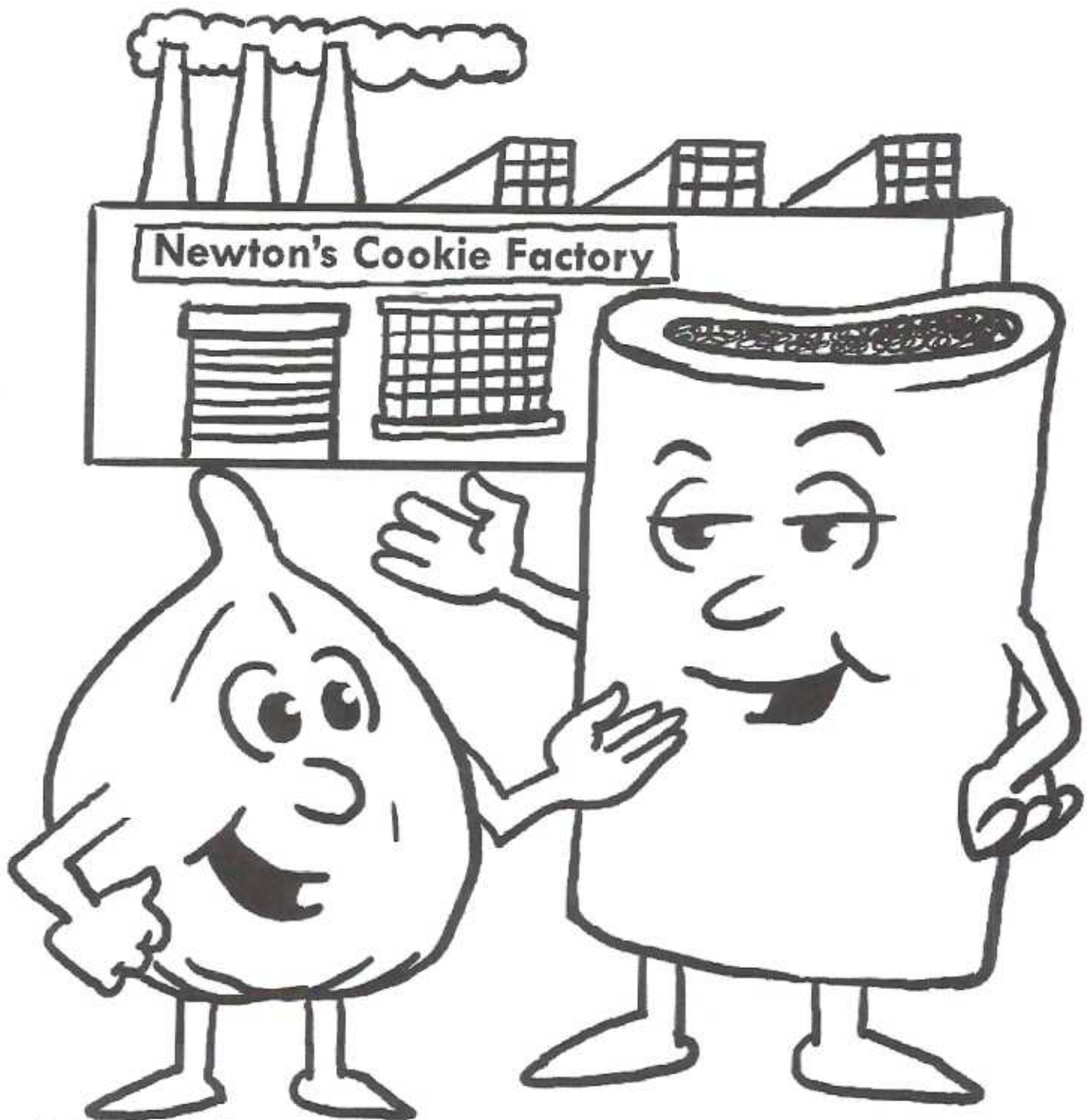
# E is for Eggplant

What is dark purple, shiny, and looks like a light bulb? It's an eggplant. Eggplants can be baked or fried. Sometimes eggplant is used instead of meat. Some eggplants actually look like eggs. They are white or yellow and can also be long and thin.



# F is for Figs

A fig is a fruit that looks like a purple or green tear drop. If you've had a cookie called Fig Newton, you've enjoyed a fig. Fresh figs are really good! They can be eaten fresh or dried.



# G is for Grapes

Grapes are sold in bunches that look like lots of marbles on a stem. They can be green, red or black. Enjoy grapes as grape juice, jam or pop a few in your mouth for a refreshing snack.





# H is for Horseradish

Illinois grows most of the world's supply of horseradish. It is a white root that is ground up and mixed with vinegar to give you the hottest taste you ever had. Just smelling it will make you cry. Horseradish goes great with sausages, hot dogs and other meats. You can buy the fresh root to grind up yourself or in small jars ready to go.



# I is for Indhlubu

Indhlubu also called the Bambara ground nut or earth pea. It is a seed much like a peanut and is grown throughout Africa. The plant looks like a peanut plant producing small pods underground with one or two seeds inside. They can be eaten raw when small or roasted and boiled giving them a sweet taste.

