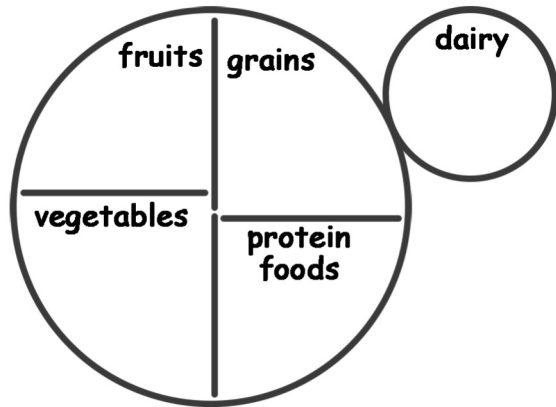


What's on Your Plate? Activity

How are you doing following the guidelines for healthy eating? Let's find out.

- Write down everything you eat for one day, including all three meals and snacks.
- On three paper or foam plates, draw the outline of the **MyPlate** graphic as shown here.



- For each meal, draw, paste pictures, or write in the foods you ate in the matching food group on one plate. For example, if you had cereal for breakfast, record that in the grains section of one plate. Add the other foods that you ate for breakfast in the matching food group.
- If you need help deciding which food group a food belongs to, visit the **MyPlate** website at MyPlate.gov and click on the **MyPlate** button at the top left of the screen. Then click on each food group for more information.
- On smaller plates, draw, paste pictures, or write in the dairy foods and snacks you ate.
- Answer these questions and decide if your meals are balanced for a healthy diet.

1. Was half of your plate vegetables and fruits for each meal? _____ If not, list some vegetables or fruits that you can add to each meal to make it balanced.

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

2. Did you have lean protein at each meal or snack? _____ If not, what lean protein could you add or substitute for the protein that you ate?

| |
|-------|
| _____ |
| _____ |

Illinois 4-H - Cooking 101 State Fair Activity (Page 2 of 2)

3. What whole grains did you eat for meals or snacks? _____

4. Did you have three servings of milk or dairy foods? _____

Were they fat-free or low-fat? _____

If not, what lower fat dairy product could you substitute? _____

5. Did you have any sugar sweetened beverages, such as a soft drink or sports drink? _____

What would be some healthier choices to replace the sweetened beverages?

6. Based on what you learned about healthy eating, how are you doing eating healthy, balanced meals and snacks?

Not so good

Better than I thought

Good, but I still have room for improvement

I made good food choices

7. What are two changes you will make to eat a balanced, healthy diet?

Learn More

To learn more about **MyPlate** and making healthy food choices,
go to ***ChooseMyPlate.gov***

