

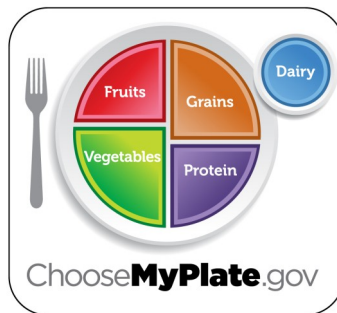
Today in

NUTRITION CLASS

Your child learned about...

MyPlate

- MyPlate is a tool to help us make **healthy food choices**.
- Foods are divided into groups based on the **nutrients** they provide our bodies.
 - **Fruits & Veggies Groups** = Vitamins & minerals; fiber
 - **Grains Group** = Energy & fiber
 - **Protein Group** = Protein
 - **Dairy Group** = Calcium & protein
- Eat foods from all **5 food groups every day** for a healthy body.
- When your plate looks like MyPlate, it's a healthy meal: aim for $\frac{1}{2}$ your plate fruits and vegetables, a $\frac{1}{4}$ of your plate grains, a $\frac{1}{4}$ of the plate protein, and dairy on the side.



Make it
Eat it!
Love it!

MyPlate Pasta Salad

Ingredients

- | | |
|---|---------------------------------------|
| 8oz whole wheat pasta bowties or spirals | 1 green, red, or yellow pepper |
| 1 cup cubed jack cheese | 1 cup grated carrots |
| $\frac{1}{2}$ head broccoli | 1 can garbanzo beans |
| 1 small cucumber | Italian dressing |
| 1 cup cherry tomatoes , halved | |

Directions

1. Bring a medium sized pot of water to a boil. Add pasta and cook 9-11 minutes or until cooked.
2. While pasta is cooking, cube cheese, chop broccoli, shred carrots, dice cucumber, halve tomatoes, and chop pepper. Place in large bowl. Open and drain garbanzo beans and add to bowl.
4. When pasta is done, drain and rinse with cold water. Add pasta to large bowl. Add Italian dressing to taste. Mix well and enjoy!

Family CHALLENGE

Follow the 3-4-4 rule!

Try to have at least 3 food groups at breakfast and 4 at lunch and dinner. If you are able to do 3-4-4, you will be doing well getting the nutrients your body needs.

Personal challenge: _____

Get your GROOVE on

After each meal, go for a 10-minute walk (or walk the stairs) with a co-worker or family member. Exercising just 10-minutes, 3 times a day can be beneficial to your health!

LEARN more here

- **MyPlate:** www.choosemyplate.gov/
- **MyPlate at Home:** <http://teammnutrition.usda.gov/Resources/MyPlateAtHome.pdf>
- **Food Groups:** <http://www.choosemyplate.gov/food-groups/>