Nutrition Education for Life www.dineforlife.org

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 ½ your plate fruits and vegetables, a ¼ of your plate grains, a ¼ of the plate protein, and dairy on the side.



Make it **Eat it!**Love it!

MyPlate Pasta Salad

1 green, red, or

1 can garbanzo

Italian dressing

beans

yellow pepper

1 cup grated carrots

Ingredients

8oz whole wheat pasta bowties or spirals

- 1 cup cubed jack cheese
- ½ head broccoli
- 1 small cucumber
- 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: _

GROOVE

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

- MyPlate: www.choosemyplate.gov/
- MyPlate at Home: http:// teamnutrition.usda.gov/Resources/ MyPlateAtHome.pdf
- Food Groups: http://www.choosemyplate.gov/ food-groups/



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