



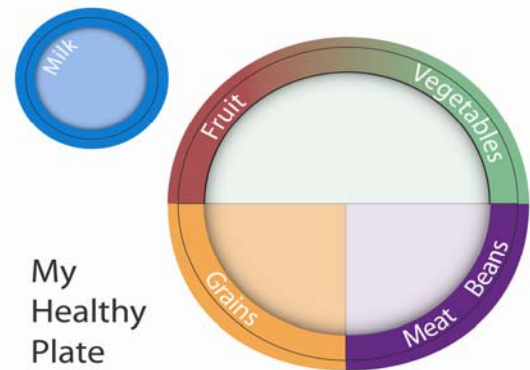
### My Healthy Plate

#### Goal

Children learn about and are encouraged to eat the healthiest options served at school using “My Healthy Plate”.

#### Activity

1. Put a plate on a tray.
2. Aim for **half** of the plate to be **fruits and vegetables**  
Go dark green and orange with the vegetables. Choose fresh, frozen, canned or dried fruits.
3. Aim for **one quarter** of the plate to be **whole grains**  
Choose whole-grain foods such as whole wheat bread, corn tortillas, oatmeal, and brown rice.
4. Aim for **one quarter** of the plate to be **meat and beans**  
Cut the fat off meat, take the skin off chicken, pour the fat off ground beef, and cook beans without adding fat.
5. Select water, 1% or non-fat milk (not chocolate) for the **beverage**.



#### Tips

- Make sure the plate for display is easily seen as students enter the food line.
- As students walk in don't forget to tell them to check out today's healthy combination.
- Encourage children to try new and different things.
- Help children make nutritious choices if they want to try something different.
- Get feedback and modify choices to offer fruits and vegetables most appealing to students.