



#NCScconnects Summer Camp Activity

Activity: MyPlate Healthy Eating

Category: Health & Wellness

Suggested Grade Level: Grades 7-12

Description: This activity will focus on healthy eating tips and meal planning for tweens and teens.

Supplies:

- “Eat Right with My Plate” handout (on pages 2-3)
- “National Nutrition Month 2020 Quiz” (on pages 4-5)
- Internet access
- Paper and pencil to track daily food intake



Instructions:

1. Read the “Eat Right with MyPlate” handout on the next two pages.
2. Go to the MyPlate website at www.choosemyplate.gov and click on “Eat Healthy” in the top menu, then “What Is MyPlate?” Read that page to learn about this program.
3. Take the National Nutrition Month 2020 Quiz on pages 4-5 of this document.
4. Learn more about the MyPlate food categories of Fruits, Vegetables, Grains, Protein Foods, and Dairy by clicking “Learn More” under each food category at www.choosemyplate.gov.
5. Create your own MyPlate by going to www.choosemyplate.gov and clicking on “Resources” in the top menu, then “MyPlate Plan.”
 - a. Under the “Get Your MyPlate Plan,” click Start.
 - b. Enter your personal information of gender, age, height, weight, etc.
 - c. Choose whether or not you’d like to maintain your current weight or achieve a healthier weight.
 - d. Based on your desired plan, review your daily recommended amounts for each food group (click the buttons to learn more).
6. Create a weekly food calendar for yourself.
 - a. Each day for a week, record the food you eat. After the week, compare your food intake to your MyPlate Plan; make necessary adjustments according to your MyPlate Plan.

Takeaways: This activity promotes physical health and encourages a healthy diet. Your daily food intake does not have to be identical to the information above. However, if you make good nutrition a priority and include healthier choices, you will see an improvement in your performance in school, sports, and other extracurricular activities.

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Where a TTY number is not indicated, use 711/Virginia Relay. Reasonable accommodations made upon request; call 703-324-4600. A Fairfax County, Virginia publication.



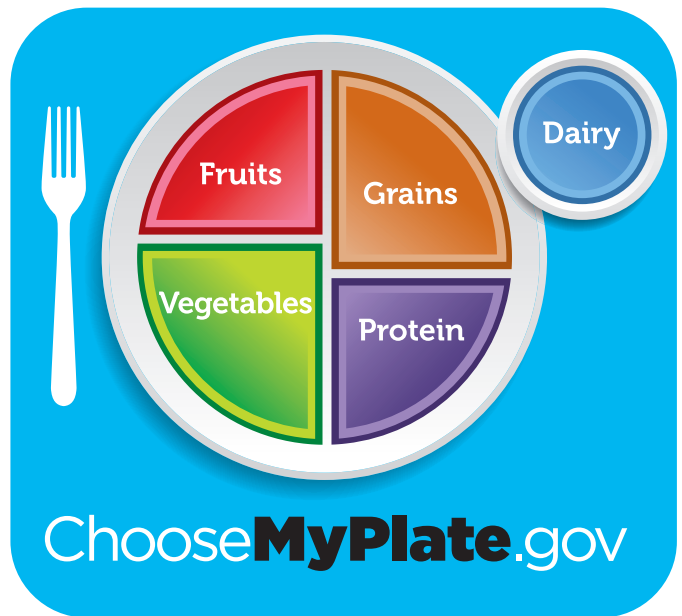
Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eat Right with MyPlate

Find your healthy eating style using these recommendations from the *2015-2020 Dietary Guidelines*.

Simply start with small changes to make healthier choices you can enjoy.



**Make half your plate fruits and vegetables:
Focus on whole fruits.**

- Choose whole fruits –fresh, frozen, dried or canned in 100% juice.
- Enjoy fruit with meals, as snacks or as a dessert



**Make half your plate fruits and vegetables:
Vary your veggies.**

- Try adding fresh, frozen or canned vegetables to salads, sides and main dishes.



Make half your grains whole grains.

- Look for whole grains listed first or second on the ingredients list - try oatmeal, popcorn, whole-grain bread and brown rice.
- Limit grain desserts and snacks such as cakes, cookies and pastries.



Vary your protein routine.

- Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Try main dishes made with beans and seafood, like tuna salad or bean chili.



Drink and eat less sodium, saturated fat and added sugars.

- Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat and added sugars.
- Choose vegetable oils instead of butter and oil-based sauces and dips instead of ones with butter, cream or cheese.
- Drink water instead of sugary drinks.



Move to low-fat or fat-free milk or yogurt.

- Choose fat-free milk, yogurt and fortified soy beverages (soy milk) to cut back on saturated fat.
- Replace sour cream, cream and regular cheese with low-fat yogurt, milk and cheese.

Find more healthy eating tips at:

- www.eatright.org
- www.kidseatright.org
- www.ChooseMyPlate.gov

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Source: ChooseMyPlate.gov

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.



FACT OR FICTION?

National Nutrition Month® 2020 Quiz

Circle the correct answer.

1. A healthy eating style includes a limited number of foods. **FACT OR FICTION?**
2. Vegetable oils are an appropriate substitute for solid fats. **FACT OR FICTION?**
3. Physical activity must be done for at least 10 minutes in order for it to be considered beneficial as a form of exercise. **FACT OR FICTION?**
4. Portion sizes and serving sizes are the same thing. **FACT OR FICTION?**
5. It is recommended that calories from added sugars be limited to less than 10% of calories per day. **FACT OR FICTION?**
6. At least half the grains eaten daily should be whole grains. **FACT OR FICTION?**
7. One cup of calcium-fortified soymilk is considered one cup from the Dairy Group. **FACT OR FICTION?**
8. Meals that include seafood are recommended weekly. **FACT OR FICTION?**
9. Most Americans get enough dietary fiber on a daily basis. **FACT OR FICTION?**
10. Everyone needs the same amount of calories, which is 2,000 calories per day. **FACT OR FICTION?**

FACT OR FICTION?

eat right. Academy of Nutrition and Dietetics

National Nutrition Month® 2020 Quiz

Answers

1. A healthy eating style includes a limited number of foods.

FICTION: A variety of nutritious foods from all of the food groups can make up a healthy eating style. Visit **ChooseMyPlate.gov** for more information.

2. Vegetable oils are an appropriate substitute for solid fats.

FACT: Solid fats have higher amounts of saturated fat and/or trans fats, which may increase the risk of heart disease. In comparison, oils provide more unsaturated fats, which are healthier.

3. Physical activity must be done for at least 10 minutes in order for it to be considered beneficial as a form of exercise.

FICTION: Although there are additional health benefits with increased physical activity, all activity counts, so make a goal to move more throughout the day. For more information, check out the **Move Your Way** website at: <https://health.gov/moveyourway>.

4. Portion sizes and serving sizes are the same thing.

FICTION: A portion is the amount you choose to eat or drink; whereas a serving size is used as a reference for what counts as a serving from one of the MyPlate food groups or the amount indicated on a Nutrition Facts label.

5. It is recommended that calories from added sugars be limited to less than 10% of calories per day.

FACT: Include healthier choices from the MyPlate food groups in place of foods and drinks with added sugars to better meet your nutrient needs.

6. At least half the grains eaten daily should be whole grains.

FACT: Due to the health benefits associated with whole grains, it is recommended that at least half of the daily recommended servings be from whole grain sources. An example would be substituting brown rice in place of white rice.

7. One cup of calcium-fortified soymilk is considered one cup from the Dairy Group.

FACT: Calcium-fortified soymilk is an option in the Dairy Group for people who choose not to consume milk, such as vegetarians.

8. Meals that include seafood are recommended weekly.

FACT: Fish and seafood provide important nutrients, including omega-3 fatty acids. Choose varieties that are lower in mercury, such as salmon and cod. "Advice about Eating Fish" is available for young children and women who are pregnant or breastfeeding. For more information, visit: <https://www.fda.gov/food/consumers/advice-about-eating-fish>.

9. Most Americans get enough dietary fiber on a daily basis.

FICTION: It is estimated that most people in the U.S. only consume half of the recommended amount of dietary fiber daily. Good sources include fruits, vegetables, and whole grains.

10. Everyone needs the same amount of calories, which is 2,000 calories per day.

FICTION: Although 2,000 calories per day can be found on the Nutrition Facts label and on menus, this is only used for general advice. Visit **ChooseMyPlate.gov** to create a MyPlate Plan, which includes food group targets based on your individual calorie needs or meet with a registered dietitian nutritionist for personalized nutrition guidance. To locate an RDN in your area, visit www.eatright.org.

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

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