

# MyPlate, MySelf

FIRST COURSE • REPRODUCIBLE 1-A



Create 5 days of healthy dinner meals that you would enjoy. Use **MyPlate** as your guide to create delicious dinners that include all five food groups. Use the resources and checklist on this page to design *My 5-Day Dinner Menu Planner* on page 2. After you complete the plan, follow directions to create *My Physical Activity Plan* and *My MyPlate Goal*.

## Remember to:

- Make at least half of your grains whole grains.
- Include at least one food from the Beans and Peas Vegetable Subgroup.
- Include at least one vegetable from the Dark-Green Vegetable Subgroup.
- Have a variety of proteins. Each protein food may be used only once.

## MyPlate's Food Group Menu Options

The five food groups are important for a healthy diet. Choose a variety of foods from each for your menu. Use the following chart to get your meal plan started. (Not a complete list. Visit <http://www.chooseMyPlate.gov> for more.)



FRUITS	Apple, grapefruit, blueberries, watermelon, cantaloupe, plum, banana, kiwi fruit, grapes, papaya, orange, 100% fruit juice, raisins, strawberries
VEGETABLES	<b>Dark-Green</b> (broccoli, spinach, kale, bok choy, collard greens, romaine lettuce); <b>Red and Orange</b> (tomato, carrots, sweet potato, red pepper, butternut squash); <b>Beans and Peas</b> (black beans, pinto beans, soybeans, lentils, split peas); <b>Starchy</b> (potatoes, corn, green peas, plantains); <b>Other</b> (avocado, beets, okra, asparagus, mushrooms, celery)
GRAINS	<b>Whole Grains</b> (whole-wheat breads, pastas, and tortillas; whole-grain or whole-wheat crackers; popcorn; oatmeal; brown rice; and whole-wheat breakfast cereal); refined grains (white breads and rolls, flour tortillas, white rice, cornbread, and most pretzels, crackers, cookies, and noodles)
PROTEIN	Meats (lean beef, pork, lamb), poultry (chicken, turkey), eggs, beans and peas (black beans, falafel), processed soy products (veggie burgers, tofu), nuts and seeds (almonds, cashews, sesame seeds, peanut butter), seafood (cod, shrimp, salmon, tuna)
DAIRY	Milk (fat-free, low-fat, flavored, lactose-free), cheese (string cheese, cheddar, cottage cheese, mozzarella), yogurt, calcium-fortified soy milk

## Menu Planner Checklist: Did You...

- ☐ Include whole grains in at least three of your dinners?  
What are your whole grains? \_\_\_\_\_
- ☐ Include at least one food from the Beans and Peas Subgroup?  
List your beans and peas here: \_\_\_\_\_
- ☐ Include at least one vegetable from the Dark-Green Vegetables Subgroup?  
List your dark-green vegetables here: \_\_\_\_\_
- ☐ Include a variety of proteins?  
List your protein foods here: \_\_\_\_\_



Serving Up **MyPlate** — Grades 5 & 6

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<http://teamnutrition.usda.gov>








# MyPlate, MySelf

FIRST COURSE • REPRODUCIBLE 1-B



Name: \_\_\_\_\_ Date: \_\_\_\_\_

## My 5-Day Dinner Menu Planner

	SAMPLE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
FRUITS  Peach						
VEGETABLES  Spinach						
GRAINS  Whole-wheat roll						
PROTEIN  Chicken						
DAIRY  Milk						

## My Physical Activity Plan

Make a plan to be active for at least 60 minutes a day!  
Think of new ways you can move.

Ideas for activities that I can do on my own:

\_\_\_\_\_

Ideas for activities that I can do with friends:

\_\_\_\_\_

Ideas for activities that I can do at home:

\_\_\_\_\_

## My MyPlate Goal

What do you want to achieve for yourself? Do you want to be more physically active? Try new foods? Learn to make healthy recipes? Pick up a new sport?

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