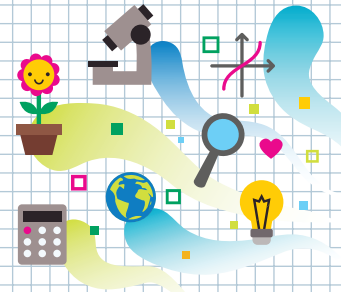




HEADS IN, HEARTS IN

MyPlate Bracelet

Instructions for Set-Up



Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- Pony beads in the colors of red, green, purple, tan, blue, orange and clear (Each participant needs one of each color.)
- 7 small bowls
- “MyPlate” handout (1 per participant)
- Chenille stems (1 per participant)
- Two to three 9-inch by 13-inch shallow disposable trays (tin foil trays work well)
- Sealable snack-sized plastic bags (1 per participant)
- Display table

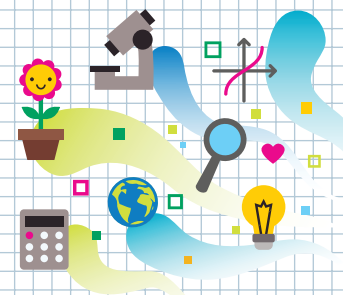
Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Place beads in small bowls, one color per bowl, on the table.
- ▶ Print out “MyPlate” handout in color.
- ▶ Arrange the rest of the needed supplies on the table.





HEADS IN, HEARTS IN



MyPlate Bracelet Guide for Families

Learning Objectives

What you need to know:

It is important to eat a well-balanced diet that contains each of the five food groups: fruits, vegetables, protein, grains and dairy. You should also drink plenty of water and stay active.

Examples of foods in the five food groups:

- ▶ Grain Group (for example, whole wheat bread, pasta or rice)
- ▶ Vegetable Group (for example, broccoli, carrots or peas)
- ▶ Fruit Group (for example, strawberries, grapes or bananas)
- ▶ Dairy Group (for example, milk, yogurt or cheese)
- ▶ Protein Group (for example, meat, eggs or peanut butter)

What you will do and learn:

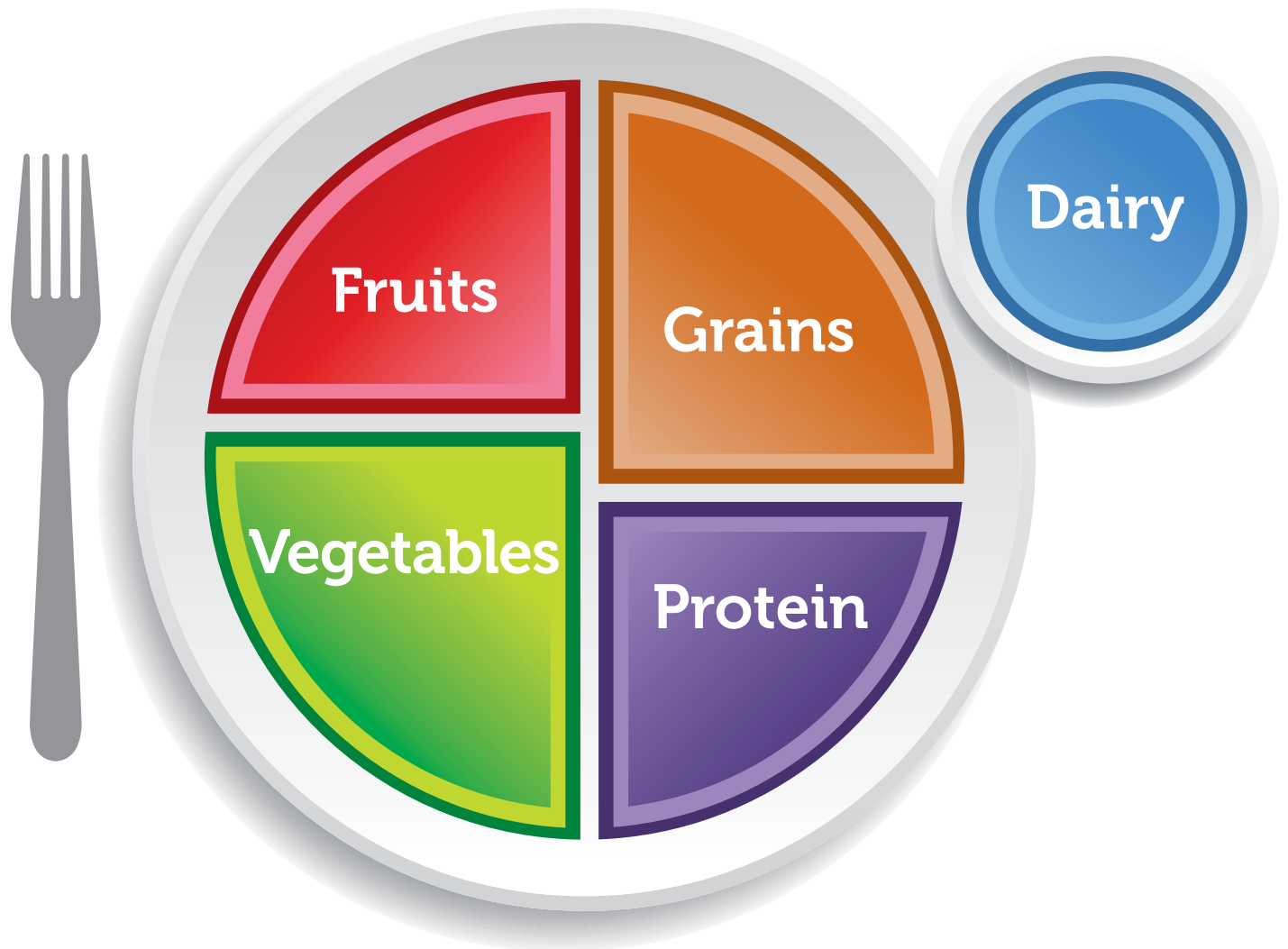
You will create a bracelet as a tangible reminder to help you remember to eat from each of the five food groups, drink water and stay active. As you look at your bracelet, you should consider what you like to eat that falls into each food group to maintain a balanced diet and stay healthy.

Instructions

1. Review what each of the food groups are: fruits, vegetables, protein, grains and dairy.
2. Choose a chenille stem.
3. The different color beads represent the five food groups:
 - Red: fruit
 - Green: vegetable
 - Purple: protein
 - Tan: grain
 - Blue: dairy
4. There are two additional colors :
 - Orange: physical activity
 - Clear: water
5. Working over a tray, put one bead on the chenille stem to represent each of the food groups, physical activity and water.
6. Twist the ends of the chenille stem to make a circle like a bracelet. Wear it on your wrist or place in a sealable snack-sized plastic bag. Look at it often to remind yourself to eat from the five food groups, drink water and stay active.

MyPlate Bracelet

MyPlate Poster Handout



Choose **MyPlate**.gov

