

4-H Healthy Living

MyPlate Bracelet

Intended Audience:

- Variety of ages

Lesson Objectives:

Session participants will:

- Place foods into MyPlate categories.
- Name contributions of food groups to a healthy diet.
- Have fun learning about MyPlate and other healthy behaviors.

Time: 15-20 minutes (depending on group age and size)

Equipment and supplies:

- Pony beads. Each bracelet needs the following bead colors:
 - (3) Red
 - (3) Green
 - (1) Blue
 - (1) Purple
 - (1) Orange
 - (1) Pink
 - (1) White
- Scissors
- String for the bracelets
- Copy of MyPlate diagram

Do Ahead:

- Organize supplies in separate bead boxes
OR
- Pre-cut string and sort amount of beads needed for bracelets in individual Ziplock bags.
- Review activity instructions.

INTRODUCTION

MyPlate illustrates the five food groups that are the building blocks for a healthy diet. Choose a variety of foods from each food group and drink water instead of sugar-sweetened beverages to build a healthy eating pattern. It is also important to be physically active for at least 60 minutes a day.

WHAT TO DO

Experience:

- Set up table/activity area with beads, string, and scissors.
- Show the MyPlate diagram and review the categories before going through the bead colors.
- Review what makes a balanced diet.

ACTIVITY:

- Explain that the different colored beads represent the various food groups on MyPlate and other important healthy habits. As you review each color, make the following points:
 - **Red = Fruits** Make half your plate fruits and vegetables. Fruit is naturally sweet and juicy. Fruit is full of vitamins, fiber, and water. Focus on whole fruits more often than drinking 100% fruit juice. **Ask** What kinds of fruits do you eat? What colors are fruit? Eat a rainbow of fruits. Orange oranges, red strawberries, green apples, purple plums, blue blueberries, yellow pineapple and bananas.
 - **Green = Vegetables** Make half your plate fruits and vegetables. Vegetables have vitamins, minerals, and fiber. **Ask** What kinds of vegetables do you like to eat? Vary your veggies to include green, red, and orange choices like dark leafy greens, orange and yellow carrots and squash, red tomatoes, and white cauliflower.
 - **Blue = Dairy** Choose low-fat or fat-free milk and yogurt. **Ask** Do you know why our bodies need dairy foods? Dairy foods have calcium and help our bones



Resources:

Choose MyPlate

<https://www.choosemyplate.gov/>

Dietary Guidelines for Americans
2015-2020

<https://www.health.gov/dietaryguidelines>

Physical Activity Guidelines for
Americans

<https://health.gov/PAGuidelines/>

Developed by:

Theresa M. Ferrari, PhD
Extension Specialist, 4-H Youth
Development

Katie Riemenschneider, MPH
Program Coordinator, 4-H Youth
Development

2018

Ohio 4-H Healthy Living

<http://www.ohio4h.org/healthyliving>

grow strong and help our teeth to be healthy. Dairy foods include milk, cheese, and yogurt. Other foods that provide calcium are soymilk, tofu, and almond milk.

- **Purple = Protein** Vary your protein routine. Choose a variety of lean protein foods from plant and animal sources. **Ask** Which protein foods come from animals? What kinds of protein foods come from plants? Plant sources of protein foods include beans, nuts and seeds. Animal sources of protein foods include chicken, lean beef, fish, and pork.
- **Orange = Grains** Make half your grains whole. Grains provide your body with energy, fiber, vitamins, and minerals. **Ask** Can you name some whole-grain foods? Grains are foods like whole-wheat bread, whole-grain tortillas, brown rice, oatmeal, and whole-wheat pasta.
- **Pink = Physical Activity** Physical activity involves body movements like jumping, running, dancing, walking, swimming, and playing games. Children need to get at least 60 minutes of physical activity every day. Physical activity is fun and part of a healthy lifestyle. **Ask** What are ways you do physical activity?
- **White = Water** Drink water instead of soda. Choose beverages with less added sugars. Water helps us stay healthy and grow. Drink water every day to help replenish the fluids in our body. **Ask** When do you like to drink water?
- After going over each color, ask what colors should represent half of the bracelet.
- Explain that each bracelet should have 3 red beads and 3 green beads to represent that half of our plates should include fruit and vegetables. Point to the fruits and vegetables on the MyPlate diagram.
- Use 1 bead for the remaining colors.
- Have participants create their own bracelets.
- Help anyone who may be having trouble creating their bracelet and check for accuracy.

TALK IT OVER

Reflect:

- After completing the bracelets, review what each color bead represents.

Apply:

- How can you make wise choices when selecting foods and beverages?
- How can you increase your physical activity?