

## 4-H Healthy Living

### 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.

**Time:** 10-15 minutes (depending on group age and size)

### Equipment and Supplies:

- Twister mat and spinner  
OR
- Outdoor area set up with circles
- Set of MyPlate Twister food group cards
- Copy of MyPlate diagram

### Do Ahead:

- Print food group cards.
- Review activity instructions.

## MyPlate Twister

### INTRODUCTION

MyPlate illustrates the five food groups that are the building blocks for a healthy diet.

### WHAT TO DO

#### Experience:

- Set up the game area.
- Explain the game rules to participants.
- Show the MyPlate diagram and review the categories before playing.

### ACTIVITY

- Select one player to assist you with spinning and calling the moves.
- Spin the spinner arrow. Call out the body part and color that the spinner arrow lands on. Before the player can move they must name the MyPlate category that matches the color. For example, Red for fruits. Orange is the color for grains on MyPlate, so use the Yellow circle to represent grains.
  - Red: Fruits
  - Green: Vegetables
  - Blue: Dairy
  - Purple: Protein
  - Yellow (Orange): Grains
- Next, draw a MyPlate card that matches the color where the spinner arrow landed. For example, if the arrow lands on Red, draw card a Red MyPlate card.
- Read the question on the card and have the player answer it. If they are having trouble answering the question, give them a hint. Once they have answered the question they can do the Twister move
- Do the following when landing on a purple spot:
  - Spinners Choice (T): Make up a move for the players to do. If you need inspiration, check the back of the spinner for some ideas.
  - Air (Cloud): Put the called out body part in the air, not on the mat. If you already have a body part in the air and air is spun again, but the first body part down on any empty spot and do the new move.
- After the player has answered the question correctly and moved on the mat, spin for the next player.



**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/>

**Giant Yard Twister**

<http://www.instructables.com/id/Giant-Yard-Twister-Board/>

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Ohio 4-H Healthy Living

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

- Continue playing more rounds of the game, spinning, drawing cards, asking and answering questions, and getting tangled up!

**TWISTER TIPS**

- Only one hand or foot per spot.
- The first player to get to a spot claims it.
- The Spinner is the referee in case of any disagreements.
- If all six spots of one color are taken, spin again.
- If the Spinner calls a combination that's already happening, move your hand or foot to a different spot of the same color.

**TALK IT OVER****Reflect:**

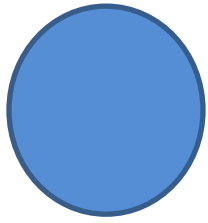
- What have you learned about MyPlate from playing Twister?

**Apply:**

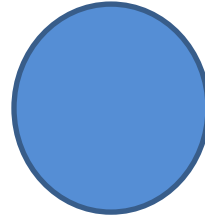
- How can you make wise choices when selecting foods and beverages?
- How can you increase your physical activity?

**Important Points**

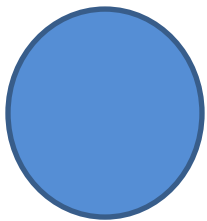
- Choose a variety of foods and beverages from each food group to build a healthy eating pattern.
- Make half your plate fruits and vegetables.
- Vary your veggies to include green, red, and orange choices.
- Focus on whole fruits more often than drinking 100% fruit juice.
- Make half your grains whole.
- Vary your protein routine. Choose a variety of lean protein foods from plant and animal sources.
- Drink and eat less sodium, saturated fat, and added sugars.
- Choose foods and beverages with less added sugars.
- Choose low-fat or fat-free milk and yogurt.
- Cook more often at home to control the sodium in your food.
- Children need to get at least 60 minutes of physical activity every day.
- Physical activity is fun and part of a healthy lifestyle.



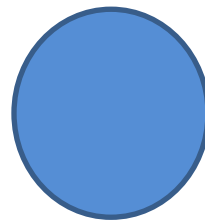
***How much cheese  
is considered a  
serving?***



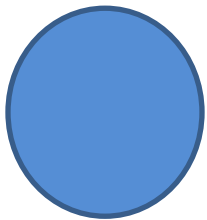
***Name a mineral  
found in dairy  
foods.***



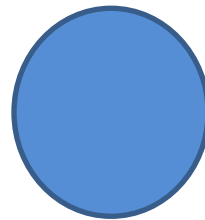
***Name a food in the  
dairy group.***



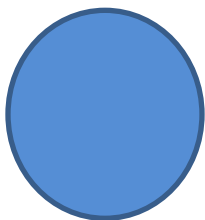
***How many cups of  
dairy products  
should you  
consume?***



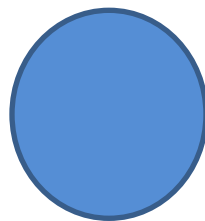
***What nutrient  
should you  
consider when  
selecting dairy  
foods?***



***Name a way to get  
more dairy foods  
into your diet.***



***Name one way  
dairy foods  
contribute to a  
healthy diet.***



***True or False  
Most Americans  
consume more  
calcium than they  
need.***

***Calcium is a mineral found in dairy foods; they also provide potassium.***

***1 ½ oz. cheese is considered a serving.***

***Depends on age  
Teen girls and boys need 3 cups per day.***

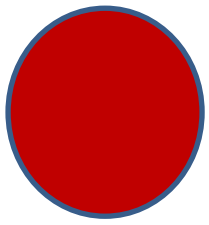
***Foods in the dairy group include milk, cheese, yogurt, milk-based desserts (pudding, ice cream,) and calcium-fortified soymilk.***

***Drink milk, make smoothies with yogurt, yogurt parfaits, add cheese as a topping.***

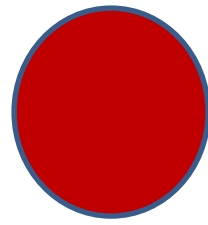
***Consider fat content when selecting dairy foods; select low-fat versions. Also limit sweetened milks (e.g., chocolate).***

***FALSE  
Most Americans DO NOT consume enough calcium.***

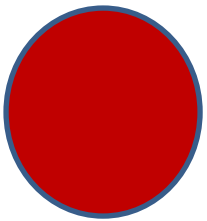
***Dairy foods provide calcium that builds bone & teeth & maintain bone mass; may reduce osteoporosis.***



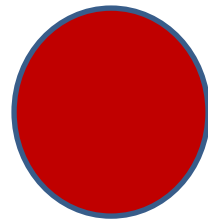
***How much fruit is recommended for teens?***



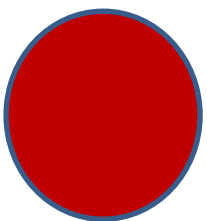
***Name a mineral found in fruit.***



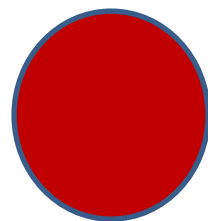
***True or False  
Some fruits have cholesterol.***



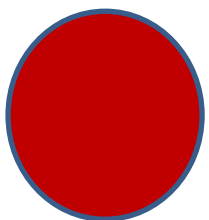
***Name a vitamin found in fruit.***



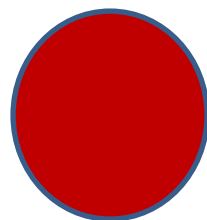
***Which has more fiber: Whole fruit or fruit juice?***



***True or False  
Most Americans eat the recommended amount of fruit.***



***Name a fruit that you like to eat.***



***Name one way fruit contributes to a healthy diet.***

***Potassium is a mineral found in fruit.***

***The recommended amount varies based on age and whether you're a boy or girl –***

***Girls – 1 ½ cups***

***Boys – 1 ½ - 2 cups***

***Fruits have Vitamin, C, A, and folate (folic acid).***

***FALSE***

***Fruits DO NOT have cholesterol.***

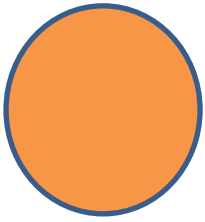
***FALSE***

***Most Americans DO NOT eat the recommended amount of fruit.***

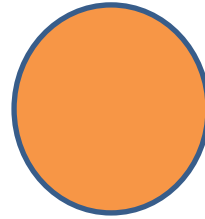
***WHOLE fruit has more fiber than fruit juice.***

***Fruits are sources of many essential nutrients; naturally low in fat, sodium, & calories; may help reduce risk of chronic disease. Fiber helps reduce cholesterol.***

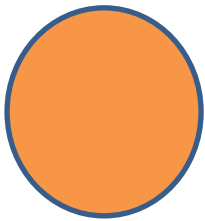
***Many possible answers...***



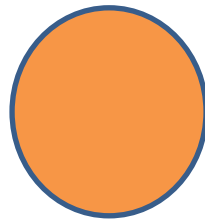
***Fill-in-the-Blank***  
***Make half of your grains \_\_\_\_\_.***



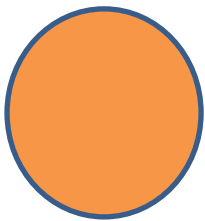
***How many servings should teens eat from the grain group?***



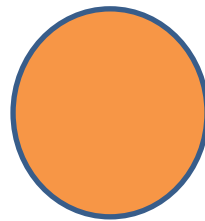
***What is the reason whole grains are recommended?***



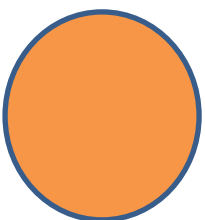
***How can you know what type of grain is in a product?***



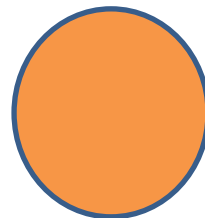
***Name a food from the grain group that you like to eat.***



***True or False***  
***Popcorn is NOT part of the grain group.***



***Name one way grains contribute to a healthy diet.***



***What do you have to watch out for when selecting foods from the grain group?***

***How much depends on age and whether you're a boy or girl.***

***Girls 5-6 servings***

***Boys 6-8 servings***

***1 slice of bread, 1 cup cereal, ½ cup rice, pasta, or cooked cereal***

***Make half of your grains W H O L E.***

***Read the label to know what type of grain is in a product.***

***Whole grains are recommended because they contain fiber. Fiber helps reduce risk of some chronic diseases, such as heart disease.***

***FALSE***

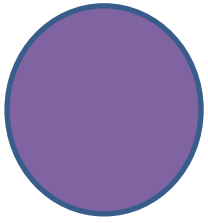
***Popcorn IS in the grain group.***

***Multiple answers possible – bread, pasta, oatmeal, cereal, tortillas, rice, grits, cornbread, crackers, pancakes, popcorn***

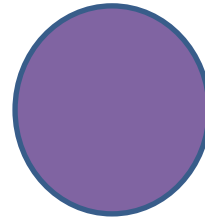
***Watch out for added salt and sugar.***

***Grains contribute to a healthy diet because they have fiber, B vitamins, & minerals like iron.***

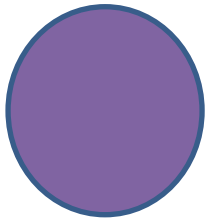




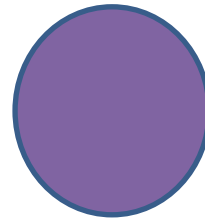
***Name a food in the protein group that you like to eat.***



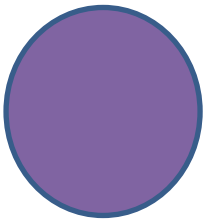
***How much cooked beans would you need to eat to count as a serving in the protein group?***



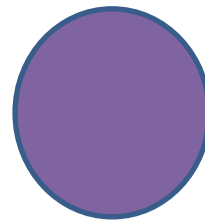
***How much hummus counts as a serving?***



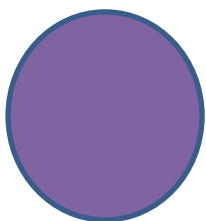
***How many servings do teens need from the protein group?***



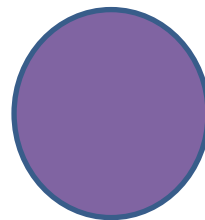
***Name a nutrient found in the protein group (besides protein).***



***Name a healthy way to prepare food from the protein group.***



***Name one way foods in the protein group contribute to a healthy diet.***



***What do you have to watch out for when selecting foods from the protein group?***

*¼ cup cooked beans counts as a serving in the protein group.*

*Multiple answers possible – meat, poultry, dried bean & peas, seafood, nuts & seeds, eggs*

*Servings depends on age & whether you're a boy or girl –  
Girls – 5 oz.  
Boys – 5 – 6 ½ oz.*

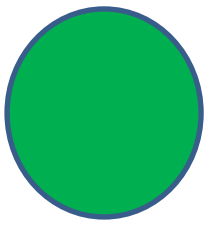
*2 tablespoons of hummus count as a serving.*

*Grill, broil, roast, or bake meat, seafood, & poultry; bean soups, chili; unsalted nuts for snacks.*

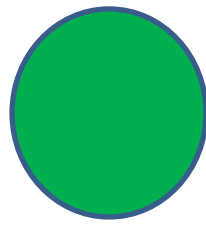
*Nutrients found in the protein group are protein, B vitamins, Vitamin E, iron, zinc, & magnesium.*

*Watch out for cholesterol, saturated fat content, and salt in cheese, salted nuts, & processed meats, as well as portion size.*

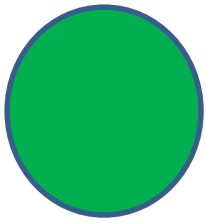
*Protein foods contribute nutrients that build muscle, prevent anemia, & help our immune system.*



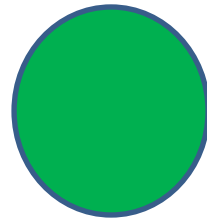
*How many cups of  
vegetables should  
teens eat?*



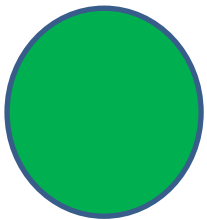
*Name a mineral  
found in  
vegetables.*



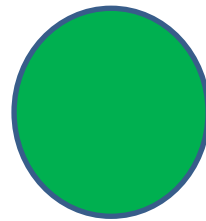
*True or False  
Some vegetables  
have cholesterol.*



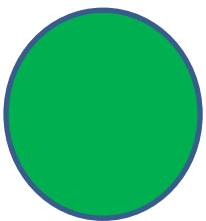
*Name a vitamin  
found in  
vegetables.*



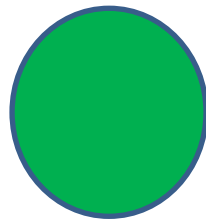
*True or False  
Vegetables are a  
good source of  
fiber.*



*True or False  
Most Americans eat  
the recommended  
amount of  
vegetables.*



*Name a vegetable  
that you like to  
eat.*



*Name one way  
vegetables  
contribute to a  
healthy diet.*

***Minerals found in vegetables include potassium.***

***Recommended amount of vegetables depends on age and whether you're a boy or girl –***

***Girls – 2 – 2 ½ cups***

***Boys – 2 ½ - 3 cups***

***Vitamins found in vegetables include Vitamin A, Vitamin, & folate (folic acid).***

***FALSE***

***Vegetables DO NOT have cholesterol.***

***FALSE***

***Most Americans DO NOT eat the recommended amount of vegetables.***

***TRUE***

***Vegetables ARE a good source of fiber.***

***Vegetables are naturally low in fat & calories. They are important sources of many nutrients & fiber; may reduce risk of chronic diseases.***

***Many possible answers...***