This year we are learning how we can stay fit and healthy by eating well and moving more. MyPlate gives us a visual to help us plan the types and amounts of food we eat.

MyPlate takes the place of MyPyramid as an icon to help with the message of how and the amounts of food that we need to stay healthy.

There are five main food groups represented in MyPlate. Each food group is represented by a separate color. The Grain Group is Orange. Vegetable group is Green. Fruit group is Red. Dairy group is Blue. And the Protein group is Purple.

The two main differences in MyPlate and MyPyramid besides the shape, is that MyPlate has changed the name of the former Meat, Beans group to Protein.
And the former Milk group is now called the Dairy group.

Here is what we’ll be covering today from the Selected Messages from Choose MyPlate.

Find more information, check ChooseMyPlate.gov

The two main messages under “Balancing calories.”
Are to take time to enjoy our food but eat less of it.
And avoid oversized portions of food.

Point out to the class that many restaurants serve portion sizes that are too big. Just because the food is in front of us does not mean we have to eat all of it!

Moderate portion size is the KEY!

It doesn’t take many extra calories a day to add 10 extra pounds a year! The good news is by reducing daily calorie intake by 100 calories, you can lose 10 pounds per year.
Eat only until you are satisfied, not full. If you tend to overeat, be aware of the time of day, place and your mood while eating so you can better control the amount you eat.

Slow down to slim down! Ok so maybe you can’t really slow down at school because you only have twenty minutes to eat. Take time to enjoy your other meals and give your stomach and brain time to communicate.

These are three main messages under “Foods to increase.”

Make half of your plate fruits and vegetables that are not swimming in sauce, gravy or dressing.

Choose whole grains most of the time.

Look for and choose low or no fat dairy options.

Choose a variety of colorful fruits and vegetables. Divide the other half between a lean protein source and a whole grain.
Examples of food from the five vegetable subgroups include:

**Dark-green vegetables:** All fresh, frozen, and canned dark-green leafy vegetables and broccoli, cooked or raw: for example, broccoli; spinach; romaine; collard, turnip, and mustard greens.

**Red and orange vegetables:** All fresh, frozen, and canned red and orange vegetables, cooked or raw: for example, tomatoes, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.

**Beans and peas (legumes):** All cooked beans and peas: for example, kidney beans, lentils, chickpeas, and pinto beans. Does not include green beans or green peas. (See additional comment under protein foods group.)

**Starchy vegetables:** All fresh, frozen, and canned starchy vegetables: for example, white potatoes, corn, green peas.

**Other vegetables:** All fresh, frozen, and canned other vegetables, cooked or raw: for example, iceberg lettuce, green beans, and onions.

Green peas are in the “Starchy Vegetables” vegetable subgroup. Green beans are in the “Other Vegetables” vegetable subgroup.

Take a poll of the kids to see what they think. Once you have their answer. Go to the next slide to get the correct answer.
What type of food are “beans and peas (legumes)” considered?

A. Vegetable
B. Protein
C. Both A and B
D. Neither A or B

Answer C. Both A and B. The Dietary Guidelines for Americans 2010 vegetable subgroup of “beans and peas (legumes)” refers to the mature forms of legumes. It includes kidney beans, pinto beans, black beans, garbanzo beans (chickpeas), lima beans, black-eyed peas, split peas, and lentils.

They contain protein and other nutrients similar to seafood, meat, and poultry. Plus, they are excellent sources of fiber and other nutrients which also are found in vegetables.

Evidence shows that adults and children who eat more whole grains, particularly those higher in dietary fiber, have a lower body weight compared to adults and children who eat fewer whole grains.

Whole grains include the entire grain seed, usually called the kernel. The kernel consists of three components—the bran, germ, and endosperm. If the kernel has been cracked, crushed, or flaked, then, to be called a “whole grain” a food must retain the same relative proportions of these components as they exist in the intact grain.

The Whole Grain Stamp, while not mandatory, is found on many products containing whole grains and is another way to help you choose whole grain products.
The actual Dietary Guideline recommend that you “consume at least half of your grains as whole grains.” This slide shows 3 different ways of how you could choose to make half of your total grain intake whole grain, using bread as an example.

Take a pole from the kids to see what they think. Once you have their answer. Go to the next slide to get the correct answer.

Answer: B. a “whole grain” should be the first ingredient or the second ingredient, after water. For foods with multiple whole-grain ingredients, they should appear near the beginning of the ingredients list.

Choosing fat-free or 1% low-fat milk and milk products provides the same nutrients with less solid fat and thus fewer calories.

Soy beverages fortified with calcium and A and D are considered part of the milk and milk products group because they are similar to milk both nutritionally and in their use in meals.
Take a pole from the kids to see what they think. Once you have their answer. Go to the next slide to get the correct answer.

Answer: A. Increase your intake of fat-free or low-fat (1%) milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages. If you are drinking whole milk, gradually switch to lower fat options. If you are drinking whole milk, go to 2% and move on down to 1% low-fat or fat-free milk.

Lower fat milk provides the same nutrients as higher fat milk, but is lower in calories and saturated fat while still providing essential nutrients (calcium, protein, etc.)

These are two main messages under “Foods to reduce.”

Ask the students what they think the correct answer is. After you have their answer go to the next slide.
Can you guess: People ages 2 and older should reduce daily sodium intake to less than ...

A. 2,300 mg or 1,500 mg, depending on age/other individual characteristics
B. 2,300 mg or 3,000 mg, depending on age/other individual characteristics

Answer: A. 2,300 mg or 1,500 mg, depending on age/other individual characteristics

Groups reduced to 1,500 mg

- African Americans ages 2+
- Adults ages 51+
- People ages 2+ with high blood pressure, diabetes, or chronic kidney disease

The 1500 mg recommendation applies to half the total population (ages 2+) and to the majority of adults.

Ask the students what they think the correct answer is. After you have their answer go to the next slide.

How much sodium is in a teaspoon of salt?

- A. 1,300 mg
- B. 2,300 mg
- C. 3,300 mg

Answer: B. 2,300 mg

One teaspoon of salt is all that any of us need and some of us need much less in a day. This is the total sodium in your food naturally and added salt.
Ask the students what they think the correct answer is. After you have their answer go to the next slide.

Answer: C. 470 mg.

That is 20% of the sodium that we should consume all day.

NOTE: Salt is typically used in yeast breads and other bread-type products made with yeast to regulate the growth of the yeast and prevent the food from rising too rapidly. While yeast breads can be made without salt, modifications in the ingredients and recipe techniques are usually made to create a product with a satisfactory texture. As salt also adds flavor, most bread is still made with salt.

It’s important to eat healthy, but regular physical activity is also important to maintain calorie balance.
<table>
<thead>
<tr>
<th>Category</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Recycled Christmas Craft</td>
<td>Any Christmas decoration made from recycled items.</td>
</tr>
<tr>
<td>2. Door or Wall Decoration</td>
<td>Wreath, Stockings, Bells</td>
</tr>
<tr>
<td>3. Table Decoration</td>
<td>Snowman, Holly Ring, Candle</td>
</tr>
<tr>
<td>4. Tree Decoration or Ornament</td>
<td>Clothes Pin Reindeer, Tin Punch Ornament</td>
</tr>
<tr>
<td>5. Other</td>
<td>Holiday Bags, Stenciled Paper, Christmas T-Shirt, or Sweat Shirt, Jewelry, Edible Decoration</td>
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County Public Speaking – All Club winners may participate

Go over the rules for the Christmas Craft Contest with the kids. Explain that each person should label their crafts with their name and what category it should be in. Members can enter all 5 of the categories if they want.