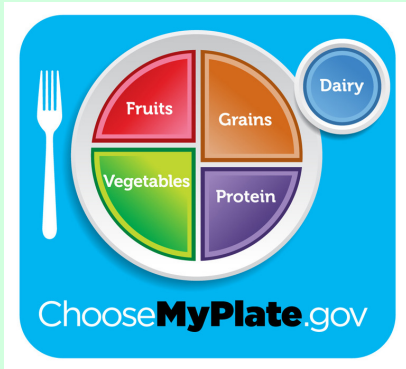


Jigsaw ACTIVITY



"MyPlate" is the model for healthy eating in the United States. Experts at the United States Department of Agriculture (USDA), the agency in charge of nutrition, created the colorful plate to help people remember to:

1. Eat a variety of healthy foods.
2. Eat less of some foods and more of others.

The plate features four sections — vegetables, fruits, grains, and protein — plus a side order of dairy in blue.

The big message is that fruits and vegetables take up half the plate, grains and protein take up about one-quarter of the plate.

- Protein: Beef; fish; eggs; nuts and seeds; , lentils, and even tofu and veggie burgers. Protein builds and maintains the tissues in your body.
- At least half of the grains you eat should be whole-grains, such as whole-wheat bread, oatmeal, and brown rice. Whole grains have more fiber and help you feel full.
- Dairy: Milk, yogurt, cheese, and fortified soy milk. With MyPlate, the dairy circle could be a cup of milk, but you also can get your dairy servings from yogurt or cheese.

The plate can be used for breakfast, lunch, and dinner. That may make you wonder: Do I really have to eat vegetables with breakfast? The answer is no, but aim to eat a variety of food groups at each meal. And if your breakfast doesn't include a veggie, consider a vegetable at snack time or more vegetables at dinner.

The plate also shows how to balance your food groups. There's a reason the protein section is smaller: You don't need as much from that group. Eating more fruits and vegetables will help you eat fewer calories overall, which helps you keep a healthy weight. Eating fruits and veggies also gives you lots of vitamins and minerals.

Learn the difference between Go, Slow, and Whoa foods.

Go food: These are foods that are good to eat almost anytime. They are the healthiest ones.

For example: Almost fresh vegetables and fruits.

Slow food: These are sometimes foods. They aren't off-limits, but they shouldn't be eaten every day.

For example: Biscuits or waffles.

Whoa food: These foods should make you say exactly that — Whoa! Should I eat that? Whoa foods are the least healthy and the most likely to cause weight problems, especially if a person eats them all the time. That's why Whoa foods are once-in-a-while foods.

For example: French fries.