



MyPlate

In class today, you and your child learned about the five food groups of MyPlate and identified foods that belong in each group. At home, you both may continue learning about the five food groups by reading the take-home book, using the recipe and of course, cooking and eating healthy foods together. Remember you play a major role in teaching your child how to develop healthful habits that will last a lifetime. Healthy eating habits begin when children are young and they learn from watching you. Following MyPlate and encouraging your child to eat a variety of healthy foods is a great habit to begin.



How Much to Feed Your Preschooler (age 3-5)

Grains Group: 4 - 5 servings a day (1 serving = 1 ounce)

Fruit Group: 2 - 3 servings a day (1 serving = ½ cup)

Vegetables Group: 3 - 4 servings a day (1 serving = ½ cup)

Protein Group (Lean meats, eggs or beans): 3 - 5 servings a day (1 serving = 1 ounce)

Milk Group: 4 - 5 servings a day (1 serving = ½ cup)

Fats/ Sweets: Just a few

Read the book “Stone Soup” together.

This book was first published in 1947 and it is based on an old French tale. This book is a wonderful teaching tool on how to share and it is also a great way to discuss food groups. In the story, the three hungry soldiers only have a stone and convince the peasants to add ingredients to help make a delicious stone soup they can share and eat together. Your child can practice classifying foods in the book into the five food groups.

After or while reading the book ask your child the following questions:

- What did the peasants in the village say when soldiers asked for food?
- What kinds of foods did you see in this book?
- Can you match each food to each food group?
- What kind of soup could this be?

New Words

Peasant	Barley	Harvest	Pot	Cabbage
Cellar	Steaming	Broth	Torch	

Create and color a “MyPlate” together.

Using a paper plate, draw and color each food group section illustrated in the MyPlate icon. The key messages to communicate to your child are to fill half their plate with fruits and vegetables (make sure there is more space for vegetables than fruits), half with lean protein and whole grains, balanced with a cup of low fat or fat free milk on the side. After your child creates their own plate, sort food pictures (from magazines, photos or pictures from the internet) and match food pictures to the correct food groups. Be creative and have fun!

2.26