



PURPOSE

Participants will be able to:

- Identify parts of "Choose My Plate" which replaces the "Food Guide Pyramid."
- Understand the calorie level and *MyPlate* Equivalents for their age and activity level.
- Relate the *MyPlate* Equivalents to the foods they eat and the amount they should eat.

SUPPLIES/EQUIPMENT NEEDED

- Food Intake Range Poster
- Food Intake Range Card
- Pencil/pens
- 25 foot rope, "Caution" tape or something similar
- Signs - "SEDENTARY", "ACTIVE"

GET FIT 4 LIFE

UNITS

- FIT FOR LIFE
- IS YOUR PLATE LOADED
- HOW MUCH IS TOO MUCH
- WHAT'S UP WITH THE LABEL
- IS THE GLASS 1/2 FULL OR 1/2 EMPTY
- MOVE IT OR LOSE IT
- DUMP THE PLUMP
- A WALKING WATER BOTTLE
- GAME ON! FITNESS ACTIVITY SUPPLEMENT

MYPLATE ICON

- MyPlate is part of a larger communications initiative based on *2010 Dietary Guidelines for Americans* to help consumers make better food choices.
- MyPlate is designed to *remind* Americans to eat healthy; it is not intended to change consumer behavior alone.
- MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting.



TIME NEEDED

One on	15
One	minutes
Group	30-45
Setting	minutes

EDUCATION

1. Introduce them to the MyPlate logo.
For an explanation of the logo and how to apply it to food choices go to <http://www.choosemyplate.gov/food-groups>.
2. Point to BMI Poster, remind participants that these recommendations are for a person of average BMI (Body Mass Index). In other words, this is for someone of average height and weight. A shorter than average person may need fewer calories than indicated. An extremely tall person may need more calories than indicated.
3. To read the chart, pink is for females and blue is for males. Look for the person's age range on the left hand side of the chart. Then go across to the colored boxes on that row. The box on the left of the set of colored boxes is for a sedentary/inactive person. The box furthest on the right of the colored boxes is for an active person.

The following is a description of Sedentary and Active.

Sedentary means a lifestyle that includes only light physical activity associated with typical day-to-day life.

Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

Look across the top of the chart to see the recommended calorie intake level for the individual. Have them write this on their card.

Running a finger straight down the column to the section on "servings," have them write on their card the number of servings from each food group they should be eating each day.

Inform them that along with the number of servings it is recommended:

CHILDREN get **60 minutes** of physical activity each day

ADULTS get **30 minutes** of physical activity each

MY PLATE CALORIE LEVEL

Calorie Level _____



Food Group	Amount
Grains	_____ Ounces
Vegetables	_____ Cups
Fruits	_____ Cups
Dairy	_____ Cups
Protein Foods	_____ Ounces
Oil	_____ Teaspoons
Solid Fat & Added Sugar	_____ Calories

RECREATION**Sedentary vs. Active****Equipment/Supplies:**

- 25 foot rope, "Caution" tape, or something similar
- Signs - SEDENTARY, ACTIVE
- Large room with space for participants to move around freely

Instructions:

1. Lay the rope on the floor down the middle of the room, dividing it in half. If you are in a gymnasium, you could use the center court line. If necessary, secure with tape to minimize the tripping hazard.
2. Place the "SEDENTARY" sign to the left of the rope on the wall and the "ACTIVE" sign on the right side of the rope on the wall. This will create your activity level continuum with the rope being the neutral starting point in the center.
3. Instruct participants to line up on the rope. The leader will call out a type of activity and participants must move along the continuum by hopping on one foot - sedentary to active -- to what they feel is appropriate for the specific activity. For example, if the activity were 100 yard dash, that is an active activity and participants should hop toward the active side.
4. Below is a list of activities that can be used or the leader can create their own list.

Sedentary Activities	Active Activities
Playing Video Games	Jumping Rope
Watching TV	Swimming
Monopoly	Ice Skating
Bingo	Jumping Jacks
Dominos	Running a Marathon
Playing Cards	Gymnastics
Sleeping/Napping	Dancing
Listening to Music	Riding a Bike
Doing Homework	Rappelling
Knitting	Football

SEDENTARY**VS.****ACTIVE**

GET FIT 4 LIFE STATION

The Get Fit 4 Life station for this lesson will walk participants through reading the "Choose MyPlate — Food Intake Range Chart" to determine the number of calories they need based on their activity level and gender. They will also be able to identify the servings needed each day from each food group. Copy the cards on page 6 and cut them apart. Place the cards and a box of pencils/pens on the table. Display the "Choose MyPlate — Food Intake Range Chart" provided in the Get Fit 4 Life Equipment/Supply Kit or you may make copies from the one provided on page 5. Display the instruction page (a laminated copy is provided in the kit) on the table. Participants will complete a card, referencing the chart and then keep that card with them as they rotate through other stations.

PROCESS/EVALUATION

Questions you might ask...

- Do you think you are eating the appropriate amounts of food each day?
- Are you getting too little of some food groups? Are you getting too much of other food groups?

REFERENCES

Choose MyPlate, United States Department of Agriculture, www.choosemyplate.gov.

Get Moving, Get Healthy developed by 4-H Youth Development, Rutgers Cooperative Extension, 2011.

Cooperative
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CHOOSE MY PLATE — FOOD INTAKE RANGE

Based on a person of average Body Mass Index (BMI)



		Calorie Range by Age and Activity Level										
		INACTIVE					ACTIVE					
Age		1200	1400	1600	1800	2000	2200	2400	2600	2800	3000	3200
Female	4-8											
	9-13											
	14-18											
	19-30											
	31-50											
	51+											
Male	4-8											
	9-13											
	14-18											
	19-30											
	31-50											
	51+											
Servings												
	Grains (ounces)	4	5	5	6	6	7	8	3	10	10	10
	Vegetables (cups)	1.5	1.5	2	2.5	2.5	3	3	3.5	3.5	4	4
	Fruits (cups)	1	1.5	1.5	1.5	2	2	2	2	2.5	2.5	2.5
	Dairy (cups)	2.5	2.5	3	3	3	3	3	3	3	3	3
	Protein Foods (ounces)	3	4	5	5	5.5	6	6.5	6.5	7	7	7
	Oil (teaspoons)	4	4	5	5	6	6	7	8	8	10	11
	Solid Fats & Added Sugar Calories	120	120	120	160	260	270	330	360	400	460	600

Source: United States Department of Agriculture, Choose My Plate, www.choosemyplate.gov

MY PLATE CALORIE LEVEL

Calorie Level _____



Food Group	Amount
Grains	_____ Ounces
Vegetables	_____ Cups
Fruits	_____ Cups
Dairy	_____ Cups
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Oil	_____ Teaspoons
Solid Fat & Added Sugar	_____ Calories



For more information, go to <http://www.choosemyplate.gov/weight-management-calories.html>

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FIT 4 LIFE MY PLATE

- FIND YOUR AGE RANGE AND GENDER ON THE CHART.
- THEN GO ACROSS THE CHART TO THE RIGHT TO THE AREA WHICH BEST REPRESENTS YOUR LEVEL OF PHYSICAL ACTIVITY (INACTIVE—ACTIVE).
- MOVE STRAIGHT DOWN THE CHART TO THE SERVING SIZES FOR YOUR COLUMN AND WRITE THE CALORIE LEVEL AND SERVINGS PER DAY FOR EACH FOOD GROUP ON YOUR CARD.
- KEEP YOUR CARD WITH YOU AS YOU ROTATE THROUGH THE STATIONS.

MY PLATE CALORIE LEVEL



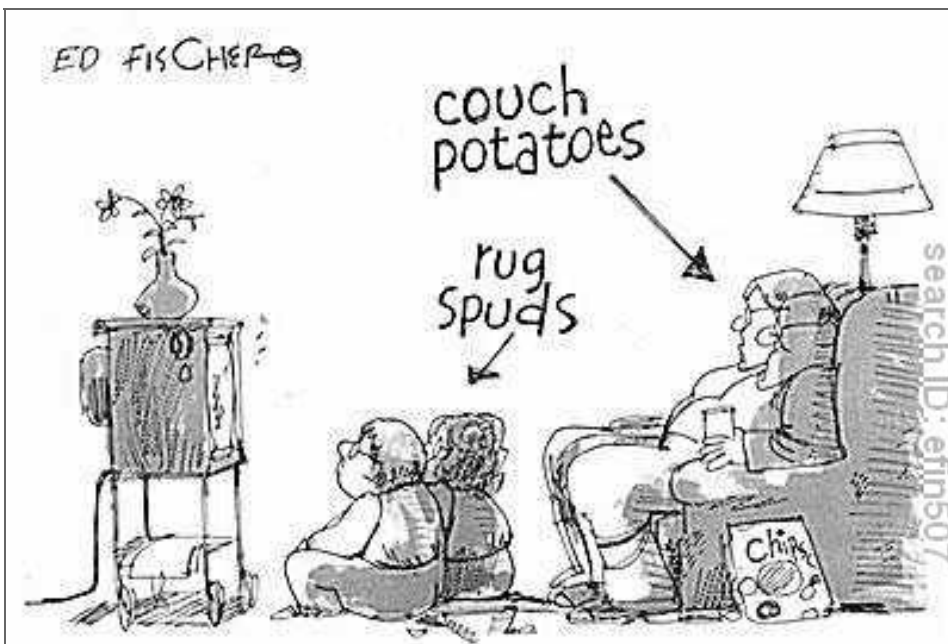
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Cooperative
effort of



FIT 4 LIFE MYPLATE

SEDENTARY



Cooperative effort of



FIT 4 LIFE MYPPLATE

ACTIVE

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effort of

