Fun with Food and Nutrition

Clover Kids Leaders,

Eating healthy and exercising are important for all of us. It is never too early to introduce children to the food groups and how to make wise food decisions. This lesson will help you teach your Clover Kids about the food groups and how to be healthy.

As you go through this lesson, you can also utilize technology. Follow the directions below on how to use Layar to make this paper lesson an interactive technological experience for you and your Clover Kids members. Once you are done using this lesson, please take the time to complete an online survey. Thank you and enjoy!

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WHAT’S INSIDE:
MyPlate
Grains
Vegetables
Fruits
Dairy
Proteins/Meats
Sometimes Foods
Snack Idea
Choose MyPlate
More Games
Quiz
Resources
Bibliography

HOW IT WORKS:

1. Download the free Layar app for iPhone or Android.
2. Look for pages with the Layar logo.
3. Open the Layar app, hold the phone above the page and tap to scan.
4. Hold your phone above the page to view the interactive content.
Introduction to Choose MyPlate

Do you like to eat? What are your favorite foods?

All of us need to eat in order to live and grow up strong. There are some foods that are good for us. There are also foods that aren’t as good for us.

Have you ever heard of food groups? What about “MyPlate”?

Here’s a fun song to start us on our exploration of various foods, where they fit in MyPlate and how food can help us stay healthy.

Groovy Grains

Grains give you the power to “Go”. They give you energy to exercise and move.


What are some examples of grains (the food that gives us the energy to move)? Click on the spaghetti and visit the Grains Food Gallery to see what foods are in the “Grains Group”.

Clover Kids need to have 6 ounces of grains every day. What grains do you like to eat?

You need to eat at least 3 ounces of whole grains a day. What is a whole grain? We can visit here to find out.

Reflect: What grains do you eat now? What whole grains do you eat?

Apply: How can you eat more grains? How can you eat more whole grains?
**Various Vegetables**

Vegetables give you the power to ‘glow’. They give you energy and nutrients. What are your favorite vegetables?

**Do:** Let’s learn how to do the “Fruit and Veggie” swag.

Have you heard of the vegetables in the video? What are some other vegetables? Click the vegetable picture to visit the Vegetable Gallery to find more vegetables.

Clover Kids need to eat 2 1/2 cups of vegetables every day. Vegetables also come in many colors just like a rainbow.

**Reflect:** Do you eat enough vegetables every day?

**Apply:** How can you eat a rainbow of vegetables?

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**Famous Fruits**

Fruits give you the power to ‘glow’. They give you energy and nutrients. Fruits are also yummy and sweet.

**Do:** Design a fruit bowl that you would like to try. Draw a bowl with at least 3 different types of fruit in it on a piece of paper. What fruits did you include in your fruit bowl?

What are some examples of other fruits? Click the fruit picture to visit the Fruit Gallery to find more fruits.

Clover Kids need to have 1 1/2 cups of fruit every day. You should eat whole or cut-up fruit more often than fruit juice. Why?

**Reflect:** What fruits would you like to add to your fruit bowl now?

**Apply:** How can you make sure that you eat 1 1/2 cups of fruit a day?
Delicious Dairy

Dairy foods help you ‘grow’ strong bones and muscles. Dairy foods have calcium in them which makes your bones strong and solid.

**Do:** Draw a bone on a piece of paper. Now take your pencil and put some dots on the bone. Make some dots big and some dots small. Each dot that you drew is a spot that doesn’t have enough calcium. What would happen if your bones didn’t have enough calcium?

What are some examples of dairy foods? Click the dairy picture to visit the Dairy Gallery to find more dairy foods.

Clover Kids need to have 2 1/2 cups of dairy every day. Most dairy should be low-fat or fat-free.

**Reflect:** What dairy foods do you like to eat?

**Apply:** How can you add more dairy foods every day?

Powerful Proteins

Proteins or meats help you ‘grow’. Protein helps build strong muscles.

**Do:** Stand up and show everyone your muscles. What foods do you think you can eat to help them grow bigger?

What are some more examples of protein foods? Click the picture of meat to visit the Protein Foods Gallery to find more protein foods.

Clover Kids need to have 5 ounces of protein every day.

**Reflect:** What proteins do you like to eat? What foods are proteins that surprised you?

**Apply:** You should eat a variety of protein foods. Why? How can you vary your proteins?
Sometimes Foods

There are foods that aren’t good foods to eat a lot of. We call these foods “Junk Foods” or “Sometimes Foods”.

**Do:** What are your favorite sometimes foods? Why shouldn’t you eat them a lot?

Work with your group to create a list of ‘sometimes’ foods. Then work on creating a list of healthy foods that you could eat instead of the ‘sometimes’ foods.

If you get stuck and can’t think of any more healthy snacks, click on the picture of ‘sometimes’ foods to get ideas.

**Reflect:** Why shouldn’t you eat a lot of sometimes foods? What do you think of the list of healthy snack choices that you created?

**Apply:** What will be the hardest part of eating healthier snack foods? What will be the easiest part?

**Perfect Parfaits**

**PERFECT PARFAITS**

Can you make a yummy snack with almost all of the food groups? Have your leader help you make perfect parfaits.

**Do:** Make the perfect parfaits following the directions.

**Reflect:** What food groups did you eat? What were the foods in each group? What group was missing?

**Apply:** Will you make this recipe at home? Would you make any changes?

**INGREDIENTS**

- 5 cups low fat vanilla yogurt
- 5 cups sliced bananas or apples
- 5 cups sliced berries (strawberries/raspberries/blueberries)
- 5 cups sliced citrus fruits (pineapple, mandarin oranges)
- 1 cup chopped dates
- 1 1/4 cups almonds or other nuts
- 1 small box granola
- 4-6 ounce plastic cups (1 per child)
- Spoons (1 per child and 1 per food)

**DIRECTIONS**

Wash hands. Have a grown-up help you wash and cut the fruits.

Take a plastic cup. Fill your cup with 1-2 spoons of a fruit, 1-2 spoons of yogurt, 1-2 spoons of another fruit, and 1-2 spoons of yogurt. Top off your parfait with dates, nuts, and granola.

Adapted from www.growinginthegarden.org, Iowa State University Extension and Outreach, 4-H Youth, Ames, IA, April 2008.
Choose MyPlate

Note: Leaders will need to print off copies of the “Pyramid Go Fish” cards or other cards with food pictures on them before the meeting. Click on ChooseMyPlate to get the “Pyramid Go Fish” cards or go to: http://teamnutrition.usda.gov/resources/go-fish_color.pdf.

When you eat, you should eat a variety of foods from each of the food groups.

Do: Play “Roll a Healthy Meal” with your friends. Take turns rolling a die and taking a food associated with the number on the die. Your goal is to get a complete healthy meal. The game is over, when everyone has at least one item from each of the 5 food groups.

Roll a 1 and take a Grain
Roll a 2 and take a Vegetable
Roll a 3 and take a Fruit
Roll a 4 and take a Dairy
Roll a 5 and take a Protein
Roll a 6 and switch cards with another player

Reflect: What foods are in your meal? Do you like the foods that you have? How would you change your meal?

Apply: Is it easy to create a healthy meal? How will you make sure that you eat from all food groups?

Online Games

Want to play more games to see how well you learned about MyPlate. Enjoy playing them. Don’t forget to eat healthy and exercise every day to grow up strong and healthy.

* Try “Blast Off” and “Track and Field Fuel-Up Challenge”. Note: Both games require Flash Player. If you don’t have Flash Player, you can download an internet browser app such as Rover, which will allow you to use Flash when games are opened in Rover. http://www.fns.usda.gov/tn/Resources/servingupmyplate.htm#extras

* Play the “Body Quest” Challenge iPad games from the Alabama Cooperative Extension System.

WANT TO KNOW MORE?
FIND US AT: HTTP://WWW.EXTENSION.IASTATE.EDU/4H/PAGE/IOWA-4-H-CLOVER-KIDS
Are you food smart?

How much do you know about food and MyPlate? Try these 10 questions and see how well you do.
The quiz is available online also.

1. What food group do you need the most of?
   A. Grain
   B. Vegetable
   C. Fruit
   D. Dairy

2. What is an example of a grain?
   A. Cereal
   B. Bread
   C. Crackers
   D. All of the above.

3. How many cups of dairy should you have every day?
   A. 1/2 cup
   B. 2 1/2 cups
   C. 3 cups
   D. 10 cups

4. Broccoli is a vegetable. True or False.

5. What are the 5 Food Groups?
   A. Pasta, Tomatoes, Candy Bars, Ice Cream, Pretzels
   B. Peanut Butter, Grains, Blueberries, Squash
   C. Grains, Vegetables, Fruits, Dairy, and Protein
   D. Grains, Vegetables, Fruits

6. “Perfect Parfaits” contains each of the 5 food groups. True or False

7. How can you add more fruits and vegetables to your diet?

8. The calcium in dairy foods builds strong bones. True or False

9. What food(s) are in the Protein group?
   A. Peanut Butter
   B. Chicken
   C. Fish
   D. All of the above

10. What was the best part of this activity?
More Information for Leaders and Parents

If you would like to know more about Food and Nutrition, here are some additional resources.

Choose MyPlate “Health and Nutrition Information for Educators” contains background information, handouts, games, and lessons to use with children 6-11 years old.

“Serving Up MyPlate: A Yummy Curriculum” is a complete unit for teaching healthy food choices and a balanced diet. The words to “Alive with 5” can be found on p. 6 of Level 1 “Serving Up a Yummy Plate”.

Iowa State University Extension and Outreach has many resources for teaching children about food and nutrition. Check out the resources in the “Extension to Families” section or under Iowa 4-H Clover Kids.

BIBLIOGRAPHY

Sources

Iowa State University Extension and Outreach, Iowa 4-H. Iowa 4-H’s photostream. www.flickr.com/photos/iowa4h/. December 2012. Photos 1, 2, 3, 4, 6, 8, 9, 10, 11, 12, 13, and 14.


Welch, Brenda. Photos 5 and 7, December 2012. (Creative Commons Attribution-NonCommercial-NoDerivs3.0 Unported)
Eat Smart To Play Hard

Use MyPlate to help you fuel up with foods from each food group.

Choose MyPlate.gov

Keep on Moving!

You need at least 60 minutes of physical activity each day. Whether that’s skateboarding, tossing a ball, or playing tag, every little bit counts!
FRUITS Fuel Up With Fruits at Meals or Snacks
Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.

VEGETABLES Color Your Plate With Great-Tasting Veggies
Try to eat more dark-green, red, and orange vegetables, and beans and peas.

GRAINS Make at Least Half Your Grains Whole Grains
Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.

PROTEIN Vary Your Protein Foods
Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.

DAIRY Get Your Calcium-Rich Foods
Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.

Know Your “Sometimes” Foods Look out for foods with added sugars or solid fats. They fill you up so that you don’t have room for the foods that help you eat smart and play hard.
Perfect Parfaits

**Preparation before class:**
Gather the supplies needed to make the recipe. Wash and drain the fruit. Place the different types of fruit in separate bowls with tablespoons. Wash the table surface and place the plastic cups and spoons at one end of the table. Put some of the fruit next, then half the yogurt, followed by more fruit, the rest of the yogurt, then the dates and almonds or granola.

**Directions for class:**
Have students wash their hands. Stress the importance of clean hands, utensils, and surfaces when preparing food. Have the students line up on both sides of the ingredient table and fill their cups with one or two tablespoons of one kind of fruit, then one big tablespoon of yogurt, another one or two tablespoons of fruit, one big tablespoon of yogurt, and top it with the dates, nuts, or granola. Have them take a look at their colorful parfaits before they sit down and enjoy eating them!

**Follow-up Questions**

What food groups did we just eat?
(Use the USDA Food Guide Pyramid for Young Children poster found in the back pocket of Growing in the Garden, 4H-905A.)

What is the 5 a day rule?
Eat 3 servings of vegetables and 2 servings of fruit each day.

Did you eat a serving of fruit with this parfait?

Did you find any 5 a Day - for Better Health logos on the food packages?

Did you try a new fruit or food item? What was it? Did you like it?

Would you make this again at home?

What ingredients would you like to try?

When could you make and eat fruit parfaits?

Did you eat anything that was a seed?

Did you find the seeds on the fruits?

Which food ingredients were from plants?

What food ingredient was from animals?

Can we grow any of these fruits and nuts in our state?

What country does the word parfait come from?

France
What does it mean?
Perfect

What makes this recipe a parfait?
The layers of fruit and some sort of dairy product such as yogurt, ice cream, or heavy cream. They are usually served in clear, stemmed glasses.
ROLL A HEALTHY MEAL

Play “Roll a Healthy Meal” with your friends. Take turns rolling a die and taking a food associated with the number on the die. Your goal is to get a complete healthy meal. The game is over, when everyone has at least one item from each of the 5 food groups.

Roll a 1 and Take a Grain
Roll a 2 and Take a Vegetable
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Roll a 6 and Switch cards with another player

Discuss:
What foods are in your meal?
Do you like the foods that you have?
How would you change your meal?
Is it easy to create a healthy meal?
How will you make sure that you eat from all food groups?
**Clover Kids**
Where children experience the joy of learning
in a supportive, creative, challenging and fun environment.

**Are You Food Smart?**

How much do you know about food and MyPlate? Try these 10 questions and see how well you do.

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   - A. Grain
   - B. Vegetable
   - C. Fruit
   - D. Dairy

2. What is an example of a grain?
   - A. Cereal
   - B. Bread
   - C. Crackers
   - D. All of the above.

3. How many cups of dairy should you have every day?
   - A. 1/2 cup
   - B. 2 1/2 cups
   - C. 3 cups
   - D. 10 cups

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10. What was the best part of this activity?
Pyramid Go Fish Instructions

Getting Ready
Print copies of the Pyramid Go Fish food cards. At least two sets of cards are needed for a class of 25 students; one set is adequate for a class of 10 – 12 students. Cut out the cards along the dotted lines. To make the cards sturdier, print onto card stock, laminate the cards, or paste the printed cards onto index cards or playing cards.

Playing Pyramid Go Fish
● Divide the students into groups of four.

● Give each group 30 cards.

● The dealer shuffles the cards and deals out four cards to each student, and places the rest in the middle.

● The first student (let’s call him Michael) asks the student sitting to his left, “Kayla, do you have a fruit?” If Kayla has a fruit she says, “Yes, I do,” and hands it to Michael, who then places his pair on the table. Michael is then able to ask the next student a question.

● If Kayla doesn’t have a fruit, she replies, “No I don’t have a fruit. Go fish,” and Michael can take a card from the pile in the middle. It is then Kayla’s turn to ask the student on her left for a card. The students continue to ask questions and match cards until all the pairs are found.

● The student with the most pairs wins.
Meat & Beans
Black Bean Soup

Fruits
Blueberries

Vegetables
Broccoli

Grains
Brown Rice

Grains
Brownie

Fruits
Pears

Fruits
Pineapple

Fruits
Cantaloupe
Grains

Cereal

Vegetables

Carrot Sticks

Cauliflower

Celery

Grains

Cereal

Grains

Cereal

Grains

Cereal

Grains

Cereal
Grains
Cereal

Vegetables
Chef Salad

Vegetables
Cherry Tomatoes

Grains
Chex Mix

Grains
Wild Rice

Milk
Yogurt

Grains
Chocolate Chip Muffin

Milk
Chocolate Pudding
Vegetables
- Collard Greens
- Corn
- Corn on the Cob

Grains
- Whole Wheat Dinner Roll
- Whole Wheat Toast
- Crackers
- Cornbread

Fruits
- Dried Apricots
Grains
- English Muffin

Vegetables
- French Fries

Meat & Beans
- Fried Chicken

Fruits
- Fried Plantains

Fruits
- Applesauce

Fruits
- Frozen Fruit

Fruits
- Juice Bar

Fruits
- Frozen Yogurt

Fruits
- Fruit Salad

Milk
- Fat-free Frozen Yogurt
Fruit Leather
Apple Juice
Garlic Bread
Graham Crackers
Granola Bar
Grape Juice
Green Beans
Green Grapes
Milk

Vegetables

Mashed Sweet Potatoes

Milk

Milk

Fruits

Mango

Milk

Fat Free Milk

Fat Free Milk

Chocolate Fat Free Milk

2% Milk

2% Milk

Fat Free Milk

Fat Free Milk
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Grains

Vegetables

Meat & Beans

Vegetables

Soft Pretzel

Spinach Salad

Steak

Steak Fries

Fruits

Milk

Vegetables

Vegetables

Strawberries

String Cheese

Summer Squash

Baked Sweet Potato
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Grains
- Cereal
- Wild Rice

Vegetables
- Chef Salad
- Yogurt

Grains
- Chocolate Chip Muffin
- Chex Mix

Vegetables
- Cherry Tomatoes

Milk
- Chocolate Pudding
- Lowfat Yogurt (Strawberry flavor)
Grains
- English Muffin

Vegetables
- French Fries

Meat & Beans
- Fried Chicken

Fruits
- Fried Plantains

Fruits
- Applesauce
- Frozen Fruit
- Frozen Yogurt

Milk
- Juice Bar

Fruits
- Fruit Salad
Vegetables
- Green Peas

Meat & Beans
- Grilled Chicken

Meat & Beans
- Grilled Fish

Grains
- Grits

Meat & Beans
- Ham

Fruits
- Honeydew

Milk
- Ice Cream

Fruits
- Kiwi
Milk
Strawberry Milk
Fat Free Milk
Whole Milk
Milkshake
Mixed Vegetables
Grains
Animal Crackers
Oatmeal
Fruits
Orange Juice
Orange Slices
Grains: Pretzels
Fruits: Raisins, Red Grapes, Red & Green Pepper Slices
Meat & Beans: Salmon, Sausage Links, Scrambled Eggs, Side Salad
Vegetables:
Grains: Soft Pretzel
Vegetables: Spinach Salad
Meat & Beans: Steak
Vegetables: Steak Fries

Fruits: Strawberries
Milk: String Cheese
Vegetables: Summer Squash
Vegetables: Baked Sweet Potato
Grains
- Tortilla Chips

Vegetables
- Tater Tots
- Vegetable Soup
- Vegetable Soup
- Vegetable Soup

Milk
- Vanilla Pudding

Meat & Beans
- Tossed Salad
- Trail Mix