

# Choose MyPlate...For Children



**Ages 10-12**

## Activity 10: What's on Your Plate?

Food is your body's fuel. You need it every day to keep your body running. The amount of fuel, or calories, you need each day depends on your age and how active you are. For example, a 10-year-old boy or girl who is moderately active (this means being active for 30-60 minutes on most days) needs about 1,800 calories every day.

Along with getting enough fuel, it's important to get the right amounts of nutrients, such as vitamins and minerals. For a 10-year-old, **MyPlate** suggests eating these amounts from the five food groups so your body gets enough calories and nutrients.

### Follow these instructions to find out "what's on your plate."

- 1 Look over the daily menu below. Think about the food group where each food belongs.
- 2 Figure out the total amounts of each food group in this daily menu and write these in the chart to the right under Menu Amounts.
- 3 Compare the Menu Amounts to the Suggested Daily Amounts for each food group. Can you suggest additional foods to make this menu complete? Are there any food choices that could be better-for-you options?

Food Group	Suggested Daily Amounts for 1,800 Calories	Menu Amounts
<b>Grains</b>	6 ounces	
<b>Vegetables</b>	2 1/2 cups	
<b>Fruits</b>	1 1/2 cups	
<b>Dairy</b>	3 cups	
<b>Protein Foods</b>	5 ounces	

### Daily Menu

#### BREAKFAST

- 1 slice (count as 1 ounce) of whole wheat toast
- 1 tablespoon (count as 1 ounce) of peanut butter\*
- 1 cup of banana slices
- 1 cup of 1% milk

#### LUNCH

- 2 ounces of chicken strips
- 1/2 cup of green beans (with 1 teaspoon of margarine)
- 1/2 cup of applesauce
- 1 cup of chocolate milk

#### SNACK

- 3 cups (count as 1 ounce) of popcorn
- 1/2 cup of carrot sticks

#### DINNER

- 1 cup (count as 2 ounces) of spaghetti noodles
- 1 cup of tomato sauce with meatballs (2 ounces)
- 1 slice (count as 1 ounce) of bread (with 1 teaspoon of butter)
- 1 cup of 1% milk



Did you know that oils, a form of fat, are also important for good health? It's best to get your oils from fish, nuts and liquid oils such as corn oil, soybean oil and canola oil. Foods that are mainly oil include mayonnaise, certain salad dressings and soft (tub or squeeze) margarine. For 1,800 calories, try to keep oils at 5 teaspoons or less. Take a closer look at the fats in this menu—about how many teaspoons are included? Can you suggest some smarter choices?

### Ideas for Smarter Choices



Low-fat or reduced-fat chocolate milk, low-fat popcorn, baked chicken strips, unsweetened applesauce or fresh apple, whole wheat spaghetti, whole-grain bread.

\*This amount of peanut butter contains 2 teaspoons of oil found in peanuts.

**Answers:**  
**Grains:** 5 ounces (To reach 6 ounces of grains, you could add cooked oatmeal or whole-grain cereal at breakfast, or brown rice at lunch)  
**Vegetables:** 2 cups (To reach 2 1/2 cups, you could add green pepper strips to the snack, or a side salad with dinner to reach 2 1/2 cups of vegetables)  
**Fruits:** 1 1/2 cups (Terra!)  
**Dairy:** 3 cups (Awesome!)  
**Protein Foods:** 5 ounces (Great!)  
**Extra Credit:** about 4 teaspoons oils and fats (For healthier fats, use soft (tub or squeeze) margarine in place of regular margarine and butter.)