My Favorite Foods
ChooseMyPlate.gov

Ask your child to cut out pictures of his/her favorite foods from magazines or sales flyers and glue to each food group on the plate.

GOLD NUTRITION STARTS WITH CHILD-SIZED PORTIONS!

Did you know? Your child should eat 1 1/2 cups of vegetables and fruits each day? A 1/2 cup portion equals:

1 cup salad greens
6 baby carrots
1/2 medium (2-3 inch) potato
1 large stalk of celery
1/4 large apple
16 seedless grapes
1/2 large banana
4 large strawberries

Ask your child to color this page!
Read to Me

Pick a healthy recipe to make from a cookbook or magazine together. Read the ingredient list out loud and check to see if you have the ingredients you need. Encourage your child to look for some of the items. If you don’t have everything, make a list of the items you need and take a trip to the store. Make the special meal together and enjoy!

Choose a book to read together. Ask your child to predict the end of the story before you read it.

Find things around the house together that match! They can match by color, size or shape. Items like toys, socks and cups would be great to use for this activity! Talk about why the items match.

Count with Me

Look for objects that are the same. Look for objects that are different.

At dinner, ask your child, “Who has the greatest amount of vegetables?”

Play “Fastest Eyes” with your child. Hold up 3 fingers for one second and quickly hide them. Ask, “How many did you see without counting?” Repeat using 1-5.

Talk to Me

Ask your child to help you set the table.

Encourage your child to thank someone he/she loves.

Name your favorite fruit. Name your favorite vegetable.

MORE CHILD SIZE PORTIONS

- GRAINS 4 to 5 oz./day
  - 1 ounce of grains equals:
    - 5 whole wheat crackers
    - 1/2 cup cooked oatmeal
    - 1/2 cup cooked rice or pasta
    - 1 small (6-inch) tortilla

- MILK (DAIRY) 2 cups/day
  - Other dairy equal to 1/2 cup milk:
    - 4 ounces yogurt
    - 1/2-inch cube of hard cheese
    - 1 cup cottage cheese
    - 3/4 cup ice cream

- MEAT & BEANS (protein) 3 - 4 oz./day
  - 1-ounce serving equals:
    - 1 ounce of meat, poultry or fish
    - 1/2 cup cooked dry beans
    - 1 tablespoon peanut butter
    - 1 egg

- BUTTER & OILS 4 tsps./day
  - 1 tsp of oil equals:
    - 1/2 teaspoons peanut butter
    - 1 tablespoon mayonnaise
    - 1 tablespoon salad dressing