



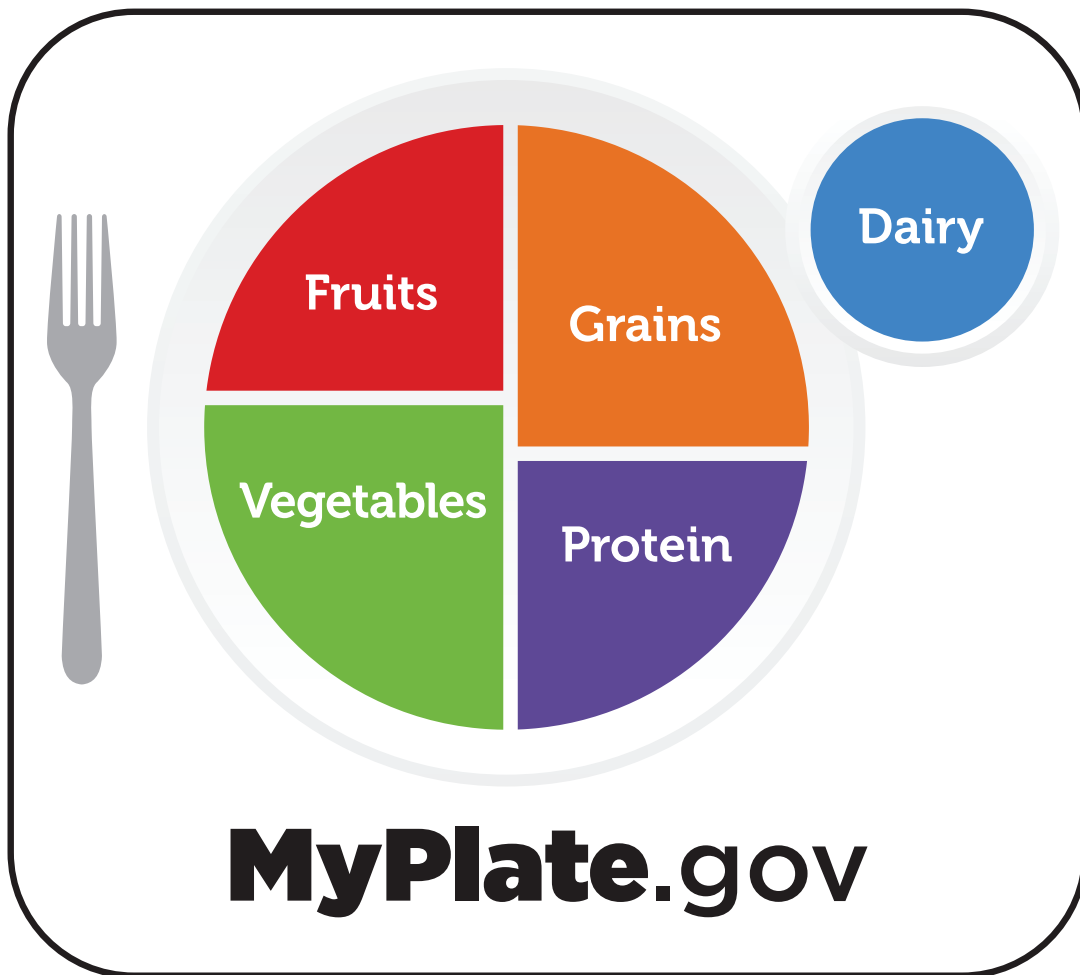
United States Department of Agriculture

# MyPlate

## Kids Activities Book

Mazes, Word Search, Coloring, Bingo,  
Crossword, Word Scramble

MyPlate.gov



collated by Dr Marlene MD  
DrMarleneMD.com



# Kitchen Activities

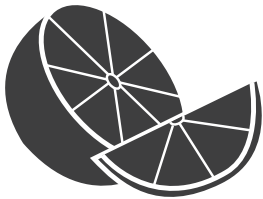
Get your preschooler to try new foods by having them help you in the kitchen. Kids feel good about doing something "grown-up." Give them small jobs to do. Praise their efforts. Children are less likely to reject foods that they help to make.

As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages.



## At 2 years:

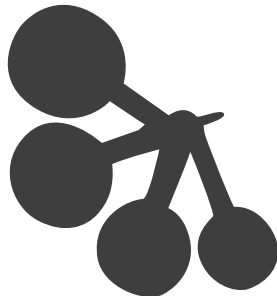
- Wipe tables
- Hand items to adult to put away (such as after grocery shopping)
- Place things in trash
- Tear lettuce or greens
- Help "read" a cookbook by turning the pages
- Make "faces" out of pieces of fruits and vegetables
- Rinse vegetables or fruits
- Snap green beans



## At 3 years:

All that a 2-year-old can do, plus:

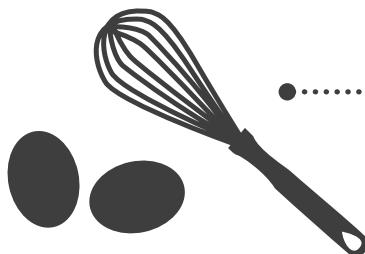
- Add ingredients
- Talk about cooking
- Scoop or mash potatoes
- Squeeze citrus fruits
- Stir pancake batter
- Knead and shape dough
- Name and count foods
- Help assemble a pizza



## At 4 years:

All that a 3-year-old can do, plus:

- Peel eggs and some fruits, such as oranges and bananas
- Set the table
- Crack eggs
- Help measure dry ingredients
- Help make sandwiches and tossed salads

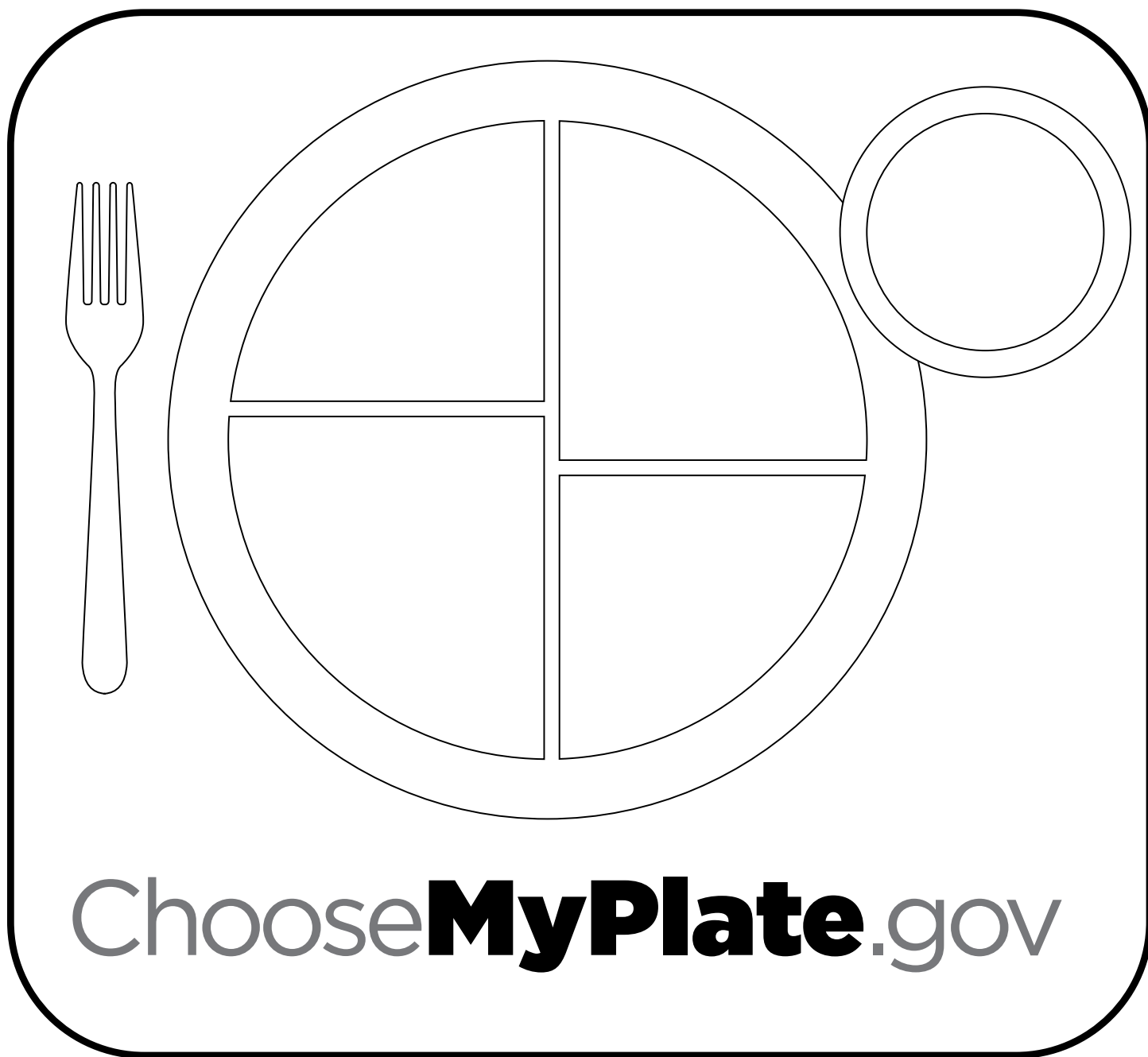


## At 5 years:

All that a 4-year-old can do, plus:

- Measure liquids
- Cut soft fruits with a dull knife
- Use an egg beater

# DRAW YOUR MENU!





**LIST YOUR MENU ITEMS USING THE TIPS BELOW:**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

 **TIPS FOR YOUR MENU:**

- Try to include all five of the MyPlate food groups: Fruits, Vegetables, Grains, Protein Foods, and Dairy.
- Make half your plate fruits and vegetables.
- Include low-fat or fat-free milk or yogurt.
- Make half your grains whole grains.
- Limit sodium, saturated fat, and added sugars.

FLIP OVER TO DRAW YOUR MENU! 

**MyPlate  
Champion**

# MyPlate Pledge for

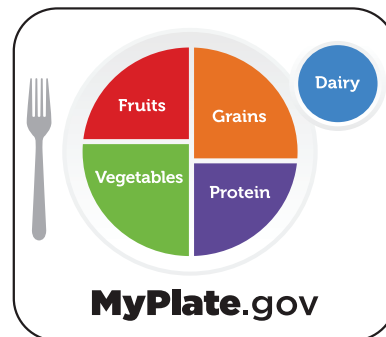
I pledge to be a MyPlate Champion. I will choose healthy foods from the five food groups at school and at home (or elsewhere) to keep my body and mind healthy. I pledge to find fun ways to be active everyday. I will also encourage my friends and family to make smart food choices and be active.

## I pledge MyPlate! Everyday I will:

**Eat more fruits & veggies.**

**Try whole grains.**

**Re-think my drink.**



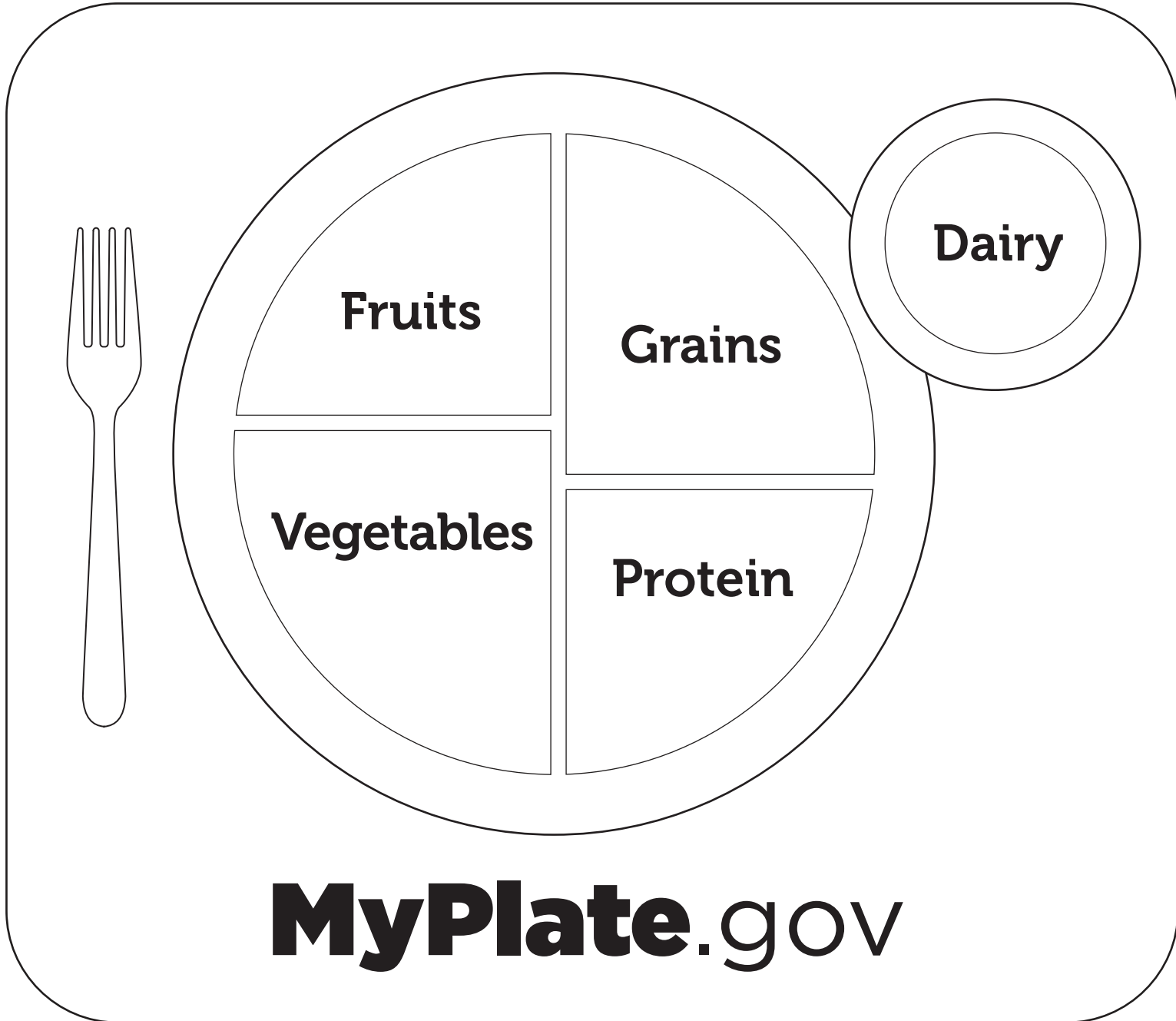
**Focus on lean protein.**

**Slow down on sweets.**

**Be active my way.**



United States  
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Agriculture



**MyPlate.gov**

# INFORMATION FOR ADULTS

With a variety of sights and smells, grocery shopping can be an exciting activity for kids. It can also be a little stressful for adults trying to buy groceries while keeping children entertained. MyPlate Grocery Store Bingo is a fun and educational activity that will focus the attention of your little ones while also allowing you to get your shopping done. That's what we like to call a **"MyPlate, MyWin!"**

## AGES: 5 & UP

While most appropriate for elementary school-aged children, this activity can be modified for other ages.

- For older children, consider giving them their own shopping list so they can help you shop.
- For younger children, ask them to find foods of various colors and shapes.

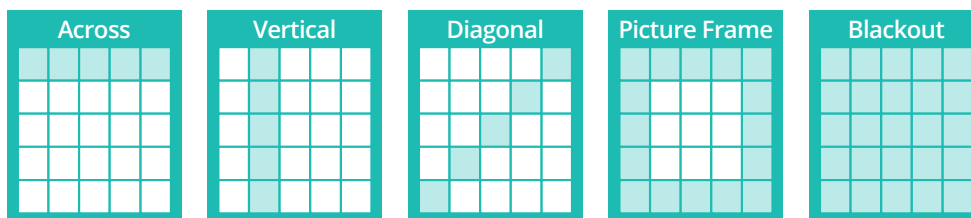
## INSTRUCTIONS:

- Print off the bingo cards for kids accompanying you on a grocery shopping trip.
- Give them a pen or pencil and let them circle foods they see in the store while you shop.
- Explain that we need foods from all five food groups.
- Explain that fresh, frozen, and canned varieties all count.



## TIPS:

- You can use this bingo card multiple times. In addition to the traditional style of bingo where you try to get five across, five vertical, or five diagonal, kids can also play picture frame where they try to find all of the foods on the perimeter of the card or blackout where they try to find every food on the card.



- If you have more than one child with you, kids can either compete against one another—whichever finds five in a row first wins—or work together as a team. This can be especially helpful if you have an older child that can help a younger child.
- Consider offering a prize for completing the bingo sheet. For example, take a family trip to the park or go for a bike ride together.

# MYPLATE GROCERY STORE BINGO

Circle foods you see in the grocery store. If you find 5 in a row, yell MyPlate Bingo!

<b>Fruits</b> 	<b>Vegetables</b> 	<b>Grains</b> 	<b>Protein</b> 	<b>Dairy</b> 
<b>Apple</b> 	<b>Avocado</b> 	<b>Bread</b> 	<b>Beans</b> 	<b>Milk</b> 
<b>Blueberries</b> 	<b>Broccoli</b> 	<b>Cereal</b> 	<b>Chicken</b> 	<b>Cottage Cheese</b> 
<b>Cantaloupe</b> 	<b>Corn</b> 	<b>Free Space</b> 	<b>Eggs</b> 	<b>Soy Milk</b> 
<b>Grapes</b> 	<b>Sweet Potato</b> 	<b>Popcorn</b> 	<b>Peanut Butter</b> 	<b>Cheese</b> 
<b>Orange</b> 	<b>Tomatoes</b> 	<b>Rice</b> 	<b>Tuna Fish</b> 	<b>Yogurt</b> 

ChooseMyPlate.gov/Families



# Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

**Find:**

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I

## Fruit and Vegetable Goals

Name a fruit you would like to try:

---



---



---

How will you eat this fruit?  
(On cereal, as a snack, for dessert, with dinner or on pancakes.)

---



---



---

Name a vegetable you would like to try:

---



---



---

How will you eat this vegetable?  
(As a snack, with dip, or for lunch.)

---



---



---



Adapted from

Team Up At Home Team Nutrition Activity Book

# Crack the Secret Code

Use your detective skills and the code at the right to complete the sentences below:

For each line of the quiz, pictures should spell out the answer, with spaces below for children to write in the correct word. See example below.

Eat a V A R I E T Y of foods



1. Eat more F R U I T S, V E G E T A B L E S



and whole grains

2. Eat foods lower in solid F A T





























3. Get your C A L C I U M rich F O O D S



4. Be P H Y S I C A L L Y A C T I V E



## Code

A=		N=	
B=		O=	
C=		P=	
D=		Q=	
E=		R=	
F=		S=	
G=		T=	
H=		U=	
I=		V=	
J=		W=	
K=		X=	
L=		Y=	
M=		Z=	

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Eat a V A R I E T Y of foods



1. Eat more \_\_\_\_\_ , \_\_\_\_\_



and whole grains

2. Eat foods lower in solid \_\_\_\_\_





























3. Get your \_\_\_\_\_ rich \_\_\_\_\_



4. Be \_\_\_\_\_

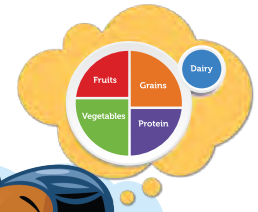


## Code

A= 	N= 
B= 	O= 
C= 	P= 
D= 	Q= 
E= 	R= 
F= 	S= 
G= 	T= 
H= 	U= 
I= 	V= 
J= 	W= 
K= 	X= 
L= 	Y= 
M= 	Z= 

# MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.

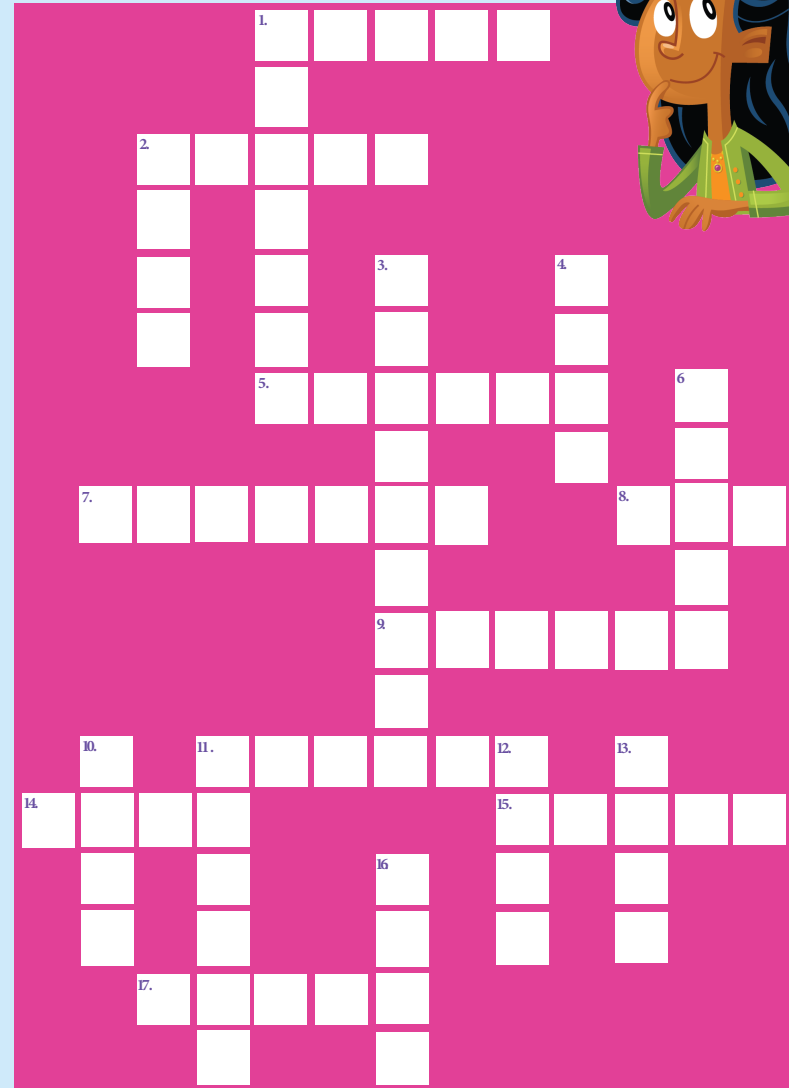


## Across

1. Use the My \_\_\_\_\_ as a guide.
2. Apples, oranges, and bananas fit into this food group.
5. This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
7. \_\_\_\_\_ are an orange vegetable.
8. Try fat-free or low \_\_\_\_\_ foods when you can.
9. Use whole-grain \_\_\_\_\_ for your sandwiches.
11. Cheddar, swiss, mozzarella, monterey jack are examples.
14. Fits into the grains group of MyPlate. Goes great with stir-fry.
15. MyPlate is a \_\_\_\_\_ to help you eat a variety of foods for a healthy body.
17. Spaghetti is a type of \_\_\_\_\_.

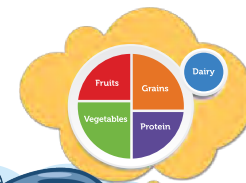
## Down

1. Chicken and turkey are examples of \_\_\_\_\_.
2. Eat a variety of \_\_\_\_\_ from all of the groups.
3. Broccoli and green beans are examples of a \_\_\_\_\_.
4. These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
6. Pinto, kidney, black, refried – there are lots of different kinds and they can be eaten lots of different ways.
10. Vegetable or olive \_\_\_\_\_ are often used for cooking and are part of a healthful diet.
11. This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
12. You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your \_\_\_\_\_?
13. Salmon and trout are examples of \_\_\_\_\_.
16. Lean \_\_\_\_\_ is an excellent source of protein, iron, and zinc.



# MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.

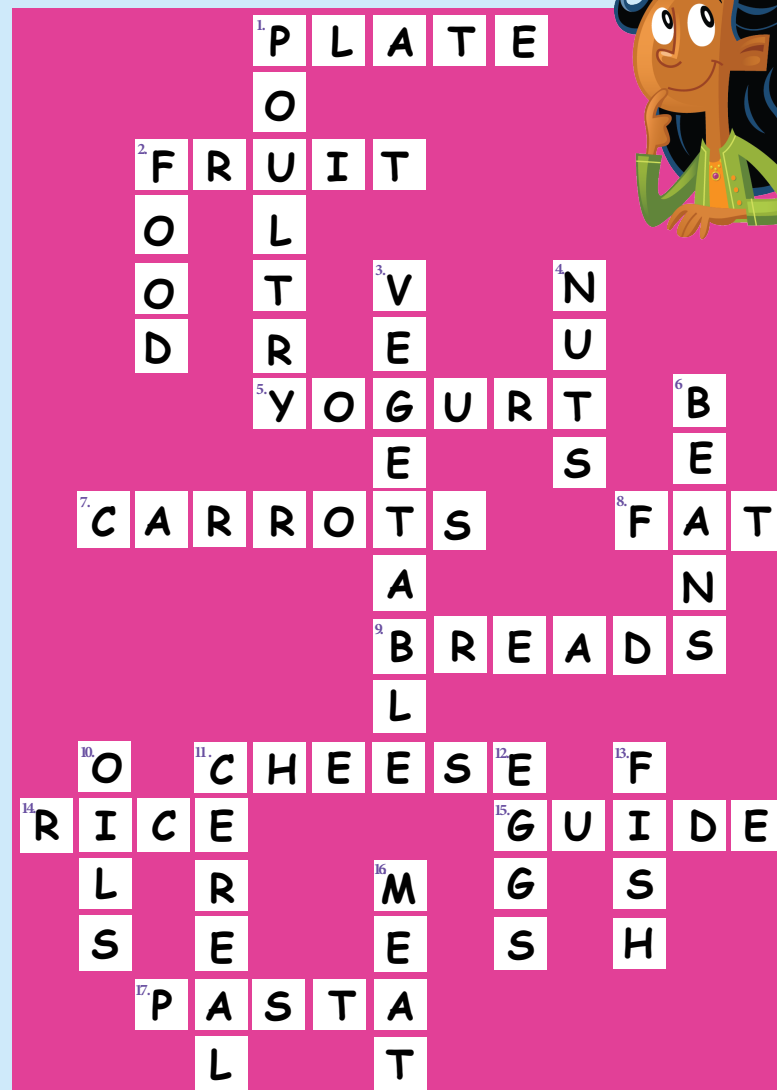


## Across

- Use the My \_\_\_\_\_ as a guide.
- Apples, oranges, and bananas fit into this food group.
- This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
- \_\_\_\_\_ are an orange vegetable.
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- Fits into the grains group of MyPlate. Goes great with stir-fry.
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- Spaghetti is a type of \_\_\_\_\_.

## Down

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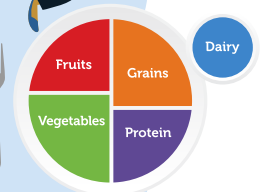
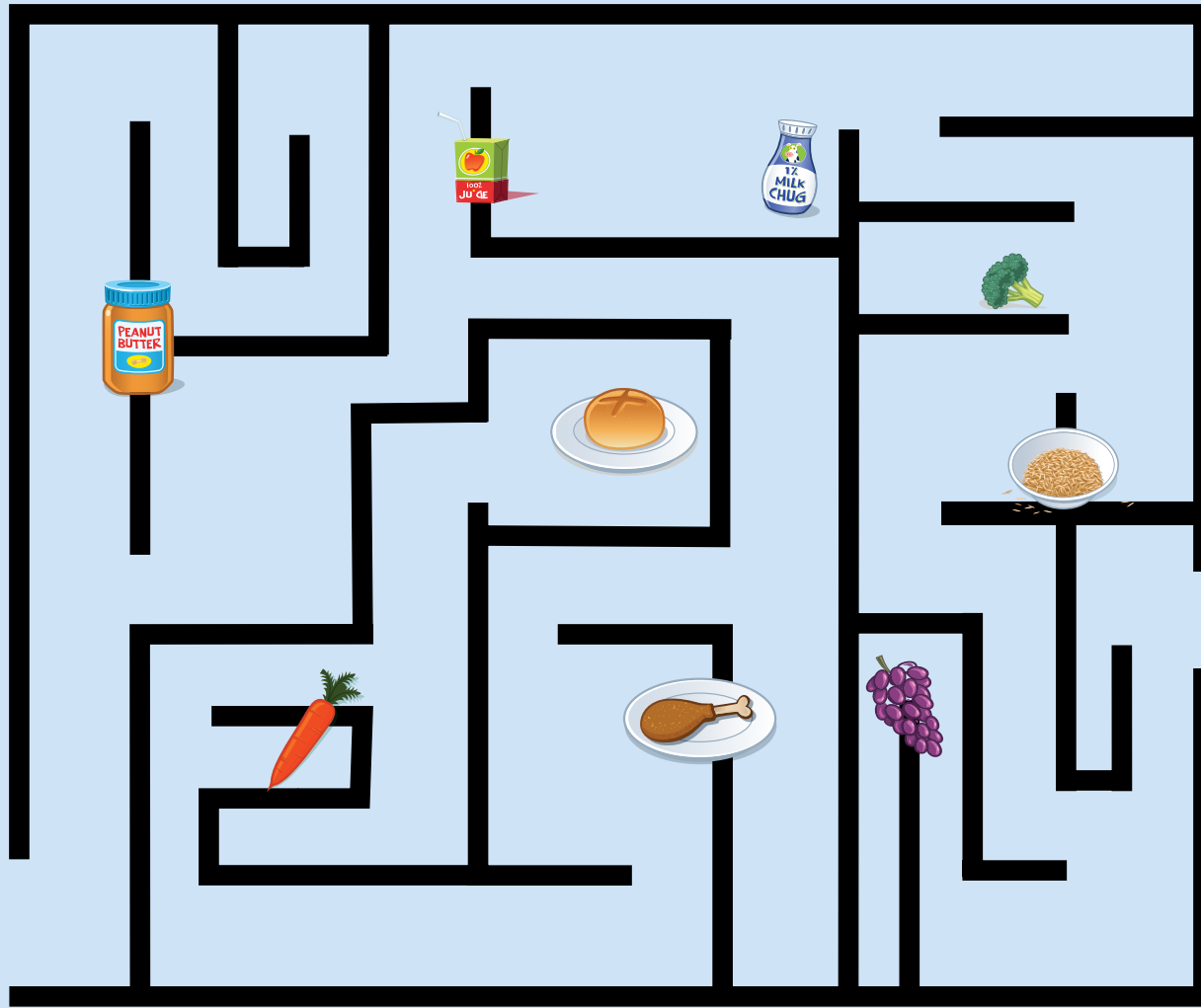


# MyPlate Maze

and help her find foods from each food group on the way to

Lead the pal from MyPlate through the maze

MyPlate for Kids.



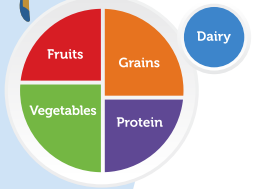
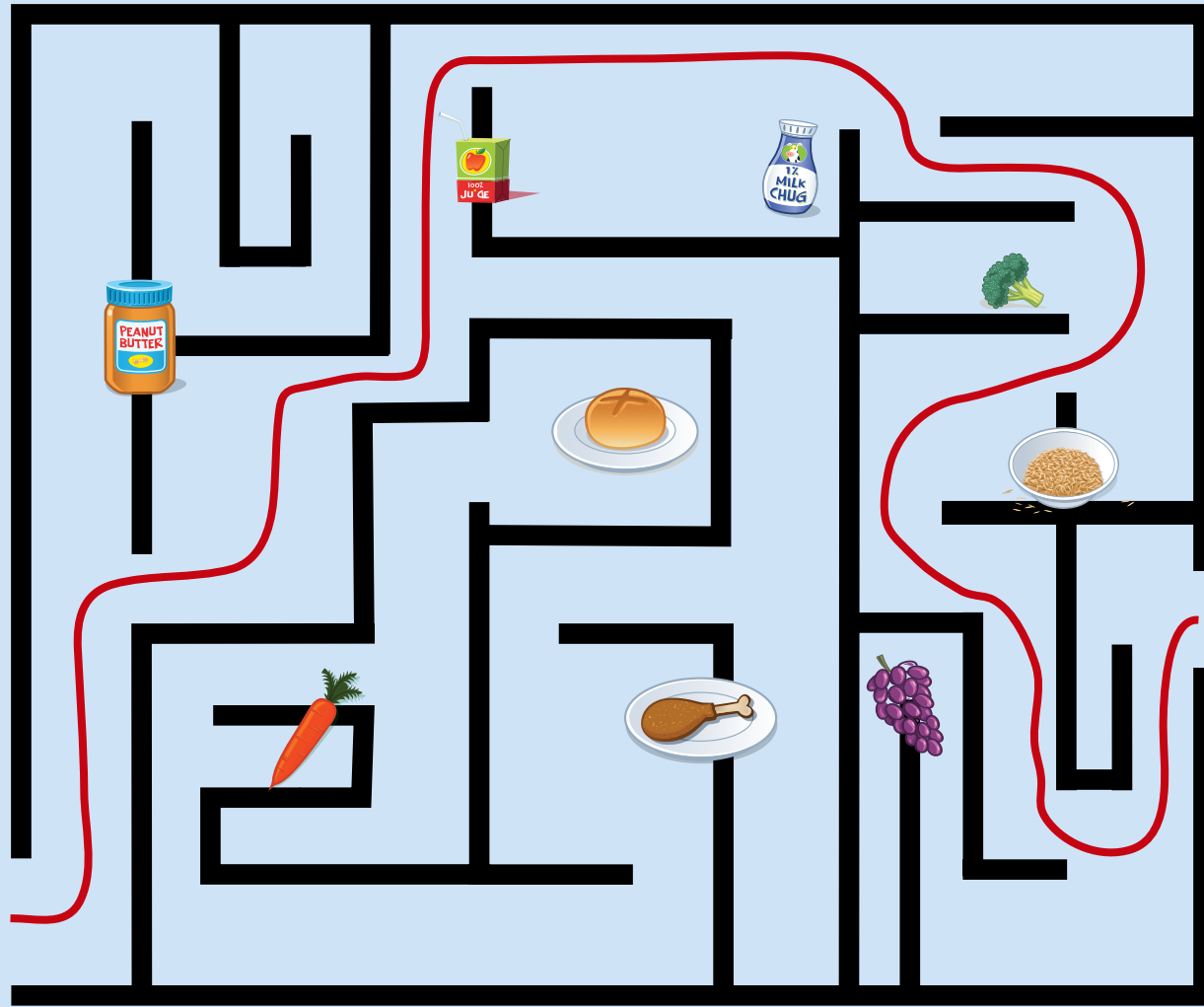
MyPlate.gov

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Lead the pal from MyPlate through the maze

MyPlate for Kids.



MyPlate.gov

# WORD SCRAMBLE-WHOLE GRAINS

## Grab Some Grains!

Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the

boxes at the bottom of the page with the same number to decode the hidden message.

PCNROPO

--	--	--	--	--	--	--	--

10

NRBOW ICER

--	--	--	--	--	--	--	--	--	--

13

12

LEISUM

--	--	--	--	--	--	--

14

EKAWTBHCU

--	--	--	--	--	--	--	--	--	--

2

HOEWL TEWAH ABDER

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

4

11

3

8

TEAMALO

--	--	--	--	--	--	--	--

6

7

LEWOH NIAGR YABELR

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

5

9

1

--	--	--

1 2 3

--	--	--	--	--	--

4 5 6 7 8

--	--	--	--	--	--	--	--

9 10 11 12 13 14

Adapted from

Team Up At Home Team Nutrition Activity Book

Answer key: popcorn, brown rice, muesli, buckwheat whole wheat bread, oatmeal, whole grain barley





# KIDS FOOD CRITIC ACTIVITY

Let kids select a new fruit, vegetable, or recipe to sample. Have them taste the food and rate it based on visual appeal, smell, taste, and texture using a scale of 1 to 5 where 5 is the best.



DRAW FOOD HERE!

	1	2	3	4	5	_____	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
		1	2	3	4	5	_____
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	1	2	3	4	5	_____	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	1	2	3	4	5	_____	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
					<b>TOTAL:</b>	_____	

**TOTAL SCORE**

**Serve it again?**

**YES    NO**

**FOR EXTRA FUN:**

- Have kids choose and prepare foods and have friends, siblings, or parents sample and rate them.
- Present 3 new recipes to sample and compare them.