

# MyPlate QR Code Stations

## Materials Needed

iPad/Device with QR Code Reader App

Pen or Pencil

5 Colored Pencils (green, red, purple, orange and blue)

## Directions:

Record your gender and age before starting.

Visit each station and complete the information about the food group on the chart. Be sure you are adding the information to the correct section.

Color in the location of the food group on the icon with the color that represents it.



Answer the final prompt after viewing the information that corresponds with it.

See the teacher for the follow-up assignment that utilizes this information.



# Choose MyPlate

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Food Group	Suggestions	Message	Daily Intake
<p style="text-align: center;"><b>Fruit Group</b> (Color in Location)</p> <div style="text-align: center;">  <p>Choose<b>MyPlate</b>.gov</p> </div>	<p>Any fruit or _____ fruit juice counts as part of the Fruit Group. Fruits may be _____, canned, _____, or dried, and may be whole, cut-up, or pureed. Enjoy fruit with _____ such as _____ or as a dessert.</p>		
<p style="text-align: center;"><b>Vegetable Group</b> (Color in Location)</p> <div style="text-align: center;">  <p>Choose<b>MyPlate</b>.gov</p> </div>	<p>Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables can be consumed fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.</p> <p>Choose a _____ of colorful veggies to prepare in _____ ways: steamed, _____, roasted or _____.</p>		



Food Group

Suggestions

Message

Daily Intake

**Grain Group**

(Color in Location)



Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Limit grain \_\_\_\_\_ and \_\_\_\_\_ such as \_\_\_\_\_, cookies and pastries.

Grains are divided into 2 subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Refined grains have been milled, a process that removes the bran and germ.

Look for \_\_\_\_\_ grains to be listed \_\_\_\_\_ or \_\_\_\_\_ on the \_\_\_\_\_ list.

**Protein Group**

(Color in Location)



All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group.

Proteins come from both plant and animal sources. Be sure to mix up your sources and be sure to keep your meats \_\_\_\_\_.




Food Group

Suggestions

Message

Daily Intake

<p><b>Dairy Group</b> (Color in Location)</p>  <p>Choose <b>MyPlate</b>.gov</p>	<p>All fluid milk products and many foods made from milk are considered part of this food group. Choose dairy products that are _____ or low-fat to cut back on the _____ fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.</p>		
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After viewing the station about "limited foods", write 4-5 cohesive sentences explaining why you think it's important to limit fats, sugars and sodium in our daily diets.

