**My Plate Bookmark Activity**

Creating a bookmark will help students remember the new “My Plate” icon and how to approximately calculate their dietary needs for each food group.

**Materials Needed:**

* One pipe cleaner to string the beads on
* Beads:

4 Green beads Vegetable Group

2 Red beads Fruit Group

4 Orange beads Grains Group

2 Purple beads Protein Group

1 Blue Bead Dairy Group

**Procedure:**

* Make a knot or twist the cleaner at one end so the beads stay on. You can make a loop after all beads are put on the pipe cleaner that can be used for the top of the bookmark.
* Discuss that each colored bead represents one of the five food groups as shown above. Discuss the key messages…

Vegetables and Fruits: Make half your plate fruits and vegetables. (Fresh, frozen, dried, etc.)

Grains: Make half your grains whole grains. (Popcorn, oatmeal, wheat bread, brown rice, etc.)

Protein: Go lean with protein. (Lean meat, seafood, beans, etc.)

Dairy: Switch to fat-free or low fat milk. (Cheese, milk, yogurt, soymilk, etc.)

This is a modified version of an activity from Wisconsin Farm Bureau-Ag in the Classroom [www.wisagclassroom.org](http://www.wisagclassroom.org) and [www.choosemyplate.gov](http://www.choosemyplate.gov).