

UTAH 4-H



Career Readiness Workshops



LIVING ON YOUR OWN For Intermediate 4-H Youth



LIVING ON YOUR OWN

Introduction

Living away from home is a big milestone. There are a lot of things to balance and learn. This activity is designed to teach youth to remember to eat healthy, balanced meals to fuel themselves for success.

Supplies

- Balloons - 5 different colors, one for each participant
- MyPlate Diagram
- Snacks that reflect each of the food groups
- Speaker to play music
- Table, Plates/Bags/Utensils

Set Up

Blow up each balloon and assign a color to one of the My Plate food groups.

For example:

Red = Grains

Green = Vegetables

Blue = Fruits

Yellow = Dairy

Orange = Protein

Set up a table with snacks that represent each of the food groups.

Activity

Talk to the youth about what the MyPlate diagram means. Explain that MyPlate illustrates the five food groups that are the building blocks for a healthy diet. Many times when we get to decide what goes on our menu, we don't take time to think about what goes on our plates. Explain that when they move away, they won't have others (parents, teachers, leaders, etc.) reminding them about what to eat. It will be completely their responsibility.

Much like we categorize animals (mammals, amphibians, fish, etc), we categorize food into different groups. Hand out the MyPlate Group cards and ask them to read each square. Call on a few people and ask them to summarize the different groups.

Pass out the balloons and sit in a circle. Explain which colors relate to each of the food categories. Tell the group that the music will play for a moment, and when it stops the facilitator will call out a food. Whoever has that color balloon can shout out "MyPlate!". Whoever shouts first will have the chance to explain why their food group is an important part of their diet. If they do so successfully, they can leave the circle and make a snack. Continue the process until everyone has been able to get to the snack table. The goal is to not be the last person in the circle.

Examples of Food for Facilitator to Call Out:

Grains:

- Bread
- Cereal
- Cornbread
- Oatmeal
- Pasta
- Rice
- Rolls
- Tortillas

Vegetables:

- Bok choy
- Broccoli
- Carrots
- Cauliflower
- Lettuce
- Spinach

Fruits:

- Apples
- Bananas
- Cherries
- Kiwi
- Mangoes
- Orange juice
- Pineapples
- Tangerines
- Watermelon

Dairy:

- Ice cream
- Milk
- Pudding
- String cheese
- Swiss cheese
- Yogurt

Protein:

- Beef
- Chicken
- Eggs
- Fish
- Hamburger
- Pecans
- Pinto beans
- Turkey

Wrap Up

As youth are snacking, ask the group the following questions:

1. What snacks did you pick out from the table? Why?
2. What is the hardest part about being responsible for your own food decisions?
3. How are you going to remember to eat balanced meals?

*Activity adapted from MyPlate, Junior Master Gardener Kids Activity

Vegetables Group

Vegetables contain important vitamins and minerals. They also contain fiber, which is important for proper bowel function (helps you go to the bathroom.)

When we eat vegetables, we help our bodies work at their best! For example, many vegetables contain vitamin A, which helps protect against infections and keeps our eyes and skin healthy. Vegetables come in four forms: fresh, frozen, canned and dried. Some can be eaten raw; others have to be cooked. They make great snacks!

Fruit Group

Fruits contain minerals and vitamins, including vitamin C, which helps heal wounds and keep our teeth and gums healthy. It also helps our bodies absorb iron. Fruits are also great sources of fiber.

However, fruit juice contains little or no fiber. Eat whole or cut-up fruit instead of drinking juice. If you drink juice, choose 100% just instead of drinks that are flavored like juice. Also, drink it no more than once a day.

Fruits come in four forms: fresh, frozen, canned and dried. They are great to eat as snacks or desserts instead of cookies or candy. It is best to eat fruits without adding sugar to them.

Grains Group

Grain foods are great sources of carbohydrates, which provide energy for our bodies. They also contain vitamins, fiber and minerals.

There are two types of grains: whole and refined. Most of the grains you eat should be whole grains. If you are not sure if a food is a whole grain or not look at the ingredients list on the food package. A whole grain will have the word whole listed first on the ingredient list.

Protein Group

Protein helps build muscle and repair our bodies.

Some types of beans and peas, like pinto beans and black-eyed peas, are vegetables, but they also contain lots of good protein. So they are included in the protein food group also. Beans can count as either a vegetable or a protein food, but not both. Try having beans or peas instead of meat.

Dairy Group

Dairy food contain lots of good nutrients including vitamins and minerals. Dairy food are high in calcium and vitamin D which are very important for keeping bones and teeth strong.

Choose fat-free or low-fat dairy foods. Also it is best to choose milk and yogurt that do not contain sweet flavorings.