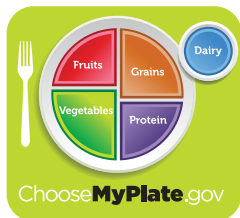


Put Me On Your Plate™

Pocket Card Tips, Games and Activities



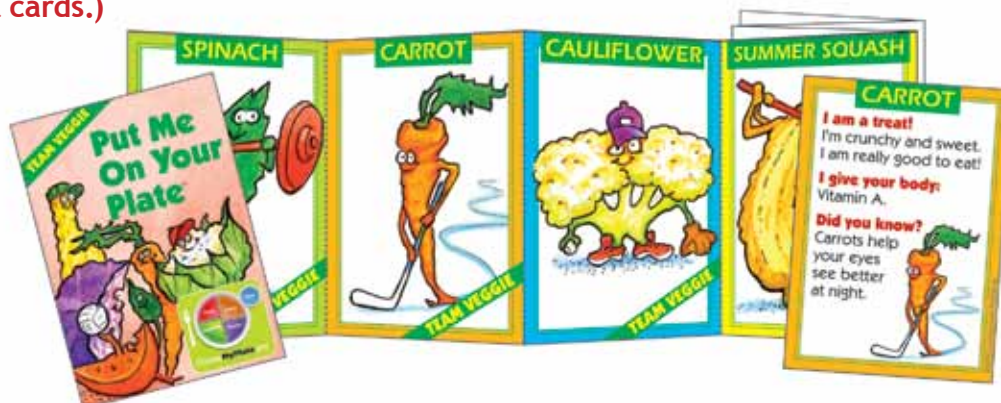
Put Me On Your Plate™ pocket cards offer a creative way to learn about healthy foods and the MyPlate dietary guidelines. The **Put Me On Your Plate™** pocket card series includes one title for each of the MyPlate food groups: Team Fruit, Team Veggie, Team Protein, Team Dairy and Team Grain, plus an All Star team, featuring all 5 food groups.

Each **Put Me On Your Plate™** pocket card title functions as a mini-brochure. Each title can also be separated along the perforated edges between panels to become 2.5 x 3.5 cards – providing flexibility for interactive learning activities. **Put Me On Your Plate™** pocket cards can be used as individual titles or alongside the other pocket cards in the series.

The **Put Me On Your Plate™** pocket cards can be used as:

- discussion starters in a group or classroom setting
- the creative foundation for learning activities and games
- handouts at health fairs, community events or school assemblies
- send-home pieces to get the whole family involved
- trading cards to encourage engagement and deeper learning – and because kids love to trade cards!
- prizes and incentives in classroom or other youth group settings
- reinforcements for your own healthy eating messages

On the following pages are just a few activities you can do with these cards. (To play these games, take the mini-brochures and carefully separate them into individual cards.)



Activities and Games for One or More!



Make Your Own All Star Team

Look at all the cards. Which are your favorite foods? Pick a favorite from each of the 5 food groups to make your own All Star team.

How Many Meals?

Using these cards, come up with as many different meals as you can that include a food from each food group. (Hint: There are 7776 possibilities! How many did you come up with?)



I've Never Tried That

Look through the cards and pick out any foods you have never eaten before. Read the fun facts. Which new foods are you ready to try? Already tried them all? Good for you! Can you think of a new food, not on the cards, that you may be ready to try?

Chef's Choice

Pick a card. Make up a recipe using that card as the main ingredient.



1-2-3. Pick a Card

Then name 3 ways that food can be eaten.

Looking for games for classrooms or groups?
Look below.

Activities and Games for Groups Big and Small!



Find the Balance

Take turns picking cards. Who can make a balanced meal first?

Food Group Bingo

Make or download bingo sheets (you'll find some to download at www.journeyworks.com). In random order fill squares with the names of the MyPlate five food groups – vegetables, fruits, grains, proteins and dairy. Place cards in a paper bag and draw. Players must identify which group the drawn card belongs to and place a marker on a corresponding square.

Did You Know?

Pick a card and read the “Did you know?” section out loud to friends, family or classmates. Can you think of other interesting facts about this food?



Play with Your Food

Divide into small groups. Give each person a card. Ask groups to make skits using the foods on their cards as characters.

20 Questions

Have partners stand back to back then pick a card. Each partner can ask up to 20 yes or no questions as they try to guess what food item the other one has.

Get the Facts

Pick a card. What else can you learn about that food? Ready, set, research....



Fruit and Veggie Alphabet

Pick a card. Read it aloud then say a fruit or veggie which comes alphabetically right before or right after your card.

We Are MyPlate

Hand out cards to a group of people. Then ask the group to arrange themselves as a balanced plate.

Tomato, Tomato, Banana (a variation of Duck, Duck, Goose)

Use the cards to pick a food group category to start the game. Player must tap those seated and say a different food from the starting food group each time they tap someone as they go around the circle – to call out a “goose” they say something from another food group.



What other games or activities can you think of?

We would love to hear your great ideas!

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