Discover MyPlate

Lesson **4**

Children learn about the health benefits of eating **DAIRY** and **PROTEIN FOODS**.

Let's Get Started

1. **Print** the MyPlate graphic and point out Dairy in the blue section and Protein in the purple section.
2. **Talk** about the foods that make up the Dairy section:
   - All fluid milk products and many foods made from milk such as yogurt and cheese
   - Calcium-fortified soy beverages

   The nutrients in dairy foods include minerals such as calcium to build strong bones and vitamin D to help our bones use the calcium we get from the foods we eat. Eating dairy foods is an important part of making sure our bodies grow, stay healthy, and build strong bones and teeth. Choose low-fat dairy options when possible.
3. **Talk** about the foods that make up the Protein section:
   - Plant sources such as beans and peas, seeds, nuts, and soy products like tofu
   - Animal sources such as meat, seafood, eggs, and poultry

   A healthy diet includes a variety of protein foods. Select lean and low-fat meat and poultry options. Nutrients in Protein foods build strong muscles. Protein is important for our bodies to grow and stay healthy.

Hands-On Learning Activities

- **Look** at the Mary Dairy and Dean Protein MyPlate character cards. Ask your children to name the dairy and protein foods they see on the cards and count how many different foods they find.
- **Play** the Protein and Dairy Scavenger Hunt. Ask your children to search your kitchen and pantry for the following items: a plant protein, an animal protein, and one dairy food and one protein food you could eat for breakfast. For fun, they can draw the item or take a picture of what they find.
- **Exercise** challenge. Get your heart pumping and build your muscles. Challenge your family to see who can do the most push-ups.
- **Prepare** the Berry Yogurt Crunch recipe together as a family.

Online Activities

- **Take** the Protein Food Quiz. This quiz is suitable for children in 3rd, 4th, and 5th grades.
- **Learn** about serving size facts for Dairy and Protein foods.