



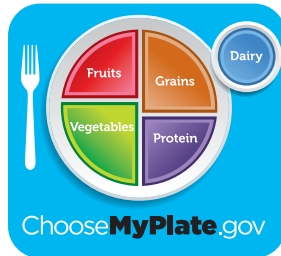
# Youth Understanding MyPlate

A nutrition curriculum that teaches elementary school children how to make healthier choices

Developed by the University of Florida • Offered by the **UF/IFAS Extension Family Nutrition Program (FNP)**

## The Lessons

- Free for qualifying sites
- 6+ lessons per grade level
- 30-45 minutes each
- Include hands-on learning and physical activities
- Evidence-based, peer-reviewed, and pilot tested
- Aligned with the Florida Standards
- Based on the latest nutrition recommendations: the 2015-2020 Dietary Guidelines for Americans and MyPlate
- Education and materials provided by the UF/IFAS Extension Family Nutrition Program staff



## The Effects

Children who participated in the YUM program had:

- An increase in **consumption of:**
  - Fruits
  - Vegetables
  - Low-fat and non-fat milk
  - Whole grains
  - Water
- An increase in the **amount of exercise**
- A decrease in **consumption of sugary beverages**
- A decrease in **screen time**



## Examples

- **Kindergarten: Start with Food Safety**  
Keeping food safe to eat is an important part of healthy eating. This lesson introduces how and when students should wash their hands through an interactive story and “Super Soap” dance.
- **Third Grade: Delicious Dairy**  
Students become detectives in this lesson to discover which types of dairy foods are best. The lesson also includes physical activities that reinforce the importance of eating dairy foods everyday.

*Additional resources for teachers include Florida Standards for each lesson, supplemental worksheets, book recommendations, and parent letters.*



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