

Dear Parents or Caregivers,

Today your child was introduced to MyPlate and the different food group names and colors. MyPlate is a symbol designed by the US Department of Agriculture to help Americans eat healthier. Ask your child to tell you the colors of the different food groups, and they should say that:

1. The color red represents the Fruit Group.
2. The color green represents the Vegetable Group.
3. The color orange represents the Grains Group.
4. The color purple represents the Protein Foods Group.
5. The color blue represents the Dairy Group.

The foods in each of the different food groups provide us with different nutrients that our bodies need to be healthy, so it is important to eat a variety of foods from the different food groups every day.

During this lesson, your child learned a song about the five food groups on MyPlate. Have your child teach you the lyrics and motions to the song. Once you know the lyrics, sing the song and do the motions together. Here are some additional ideas to help reinforce the ideas taught in today's lesson:

- Allow your child to help with the grocery shopping. Let them pick out foods for the family to eat from each of the five food groups. This allows your family to eat a variety of food.
- Ask your child to name the food group and to tell you the color that corresponds with that food group for food she/he eats during the week.

With the information your child learned today and these at home activities, we hope that your child will eat foods from each of the five food groups on MyPlate every day. For more information about MyPlate and to determine how much food you and your child need daily, visit www.choosemyplate.gov.

Sincerely,
Dina Sizemore

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