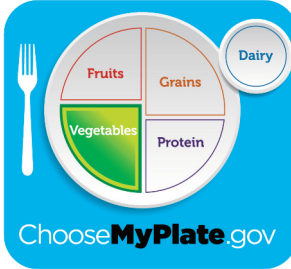


Discover MyPlate

Lesson 3

Children learn about the health benefits of eating **FRUITS** and **VEGETABLES**.



Let's Get Started

1. **Print** the MyPlate graphic and point out Fruits in the red section and Vegetables in the green section.
2. **Talk** about the importance of eating fruits and vegetables.
 - Fill half your plate with fruits and vegetables.
 - Eat a variety of fruits and vegetables every day to help your body grow and stay healthy.
3. **Print** the fruit and vegetable color shield. We need to eat a variety of colors because they each have different nutrients to benefit our body. Choose fruits and vegetables of all colors—red, yellow/orange, green/dark green, purple/blue, and white.
 - **Purple/blue** helps our memory and slows down aging.
 - **Yellow/orange** helps keep our immune system strong and helps our vision.
 - **White** helps our blood pressure and our heart.
 - **Green** helps our bones and teeth stay strong.
 - **Red** helps our heart and memory.
4. **Remind** your children to wash fresh fruits and vegetables before eating them by rinsing them with cold running water.
5. **Purchase** fresh, frozen, dried, and canned versions of fruits and vegetables all of which are healthy options. **Check** the label for *low sodium*, *no sugar added*, and *100% juice*.



Hands-On Learning Activities

- **Look** at the MyPlate fruit and vegetable character cards from Lesson 1. **Ask** your children to name the fruits and vegetables they see on the cards and count how many different foods they find.
- **Play** the 100% Juice Scavenger Hunt. Ask your children to search your kitchen and pantry for the words *100% juice* on food labels. How many labels did you find?
- **Challenge** your family to add new fruits and vegetables to the shopping list.
- **Prepare** the [Melon Fruit Salad](#) recipe together with your family.



Online Activities

- **Watch** how to make [Frozen fruit Cups](#). Do you think your family would like to eat them?
- **Sing** and **dance** to the [Vegetable Song](#).