



# MYPLATE DURING THE HOLIDAY

## TEACHERS GUIDE

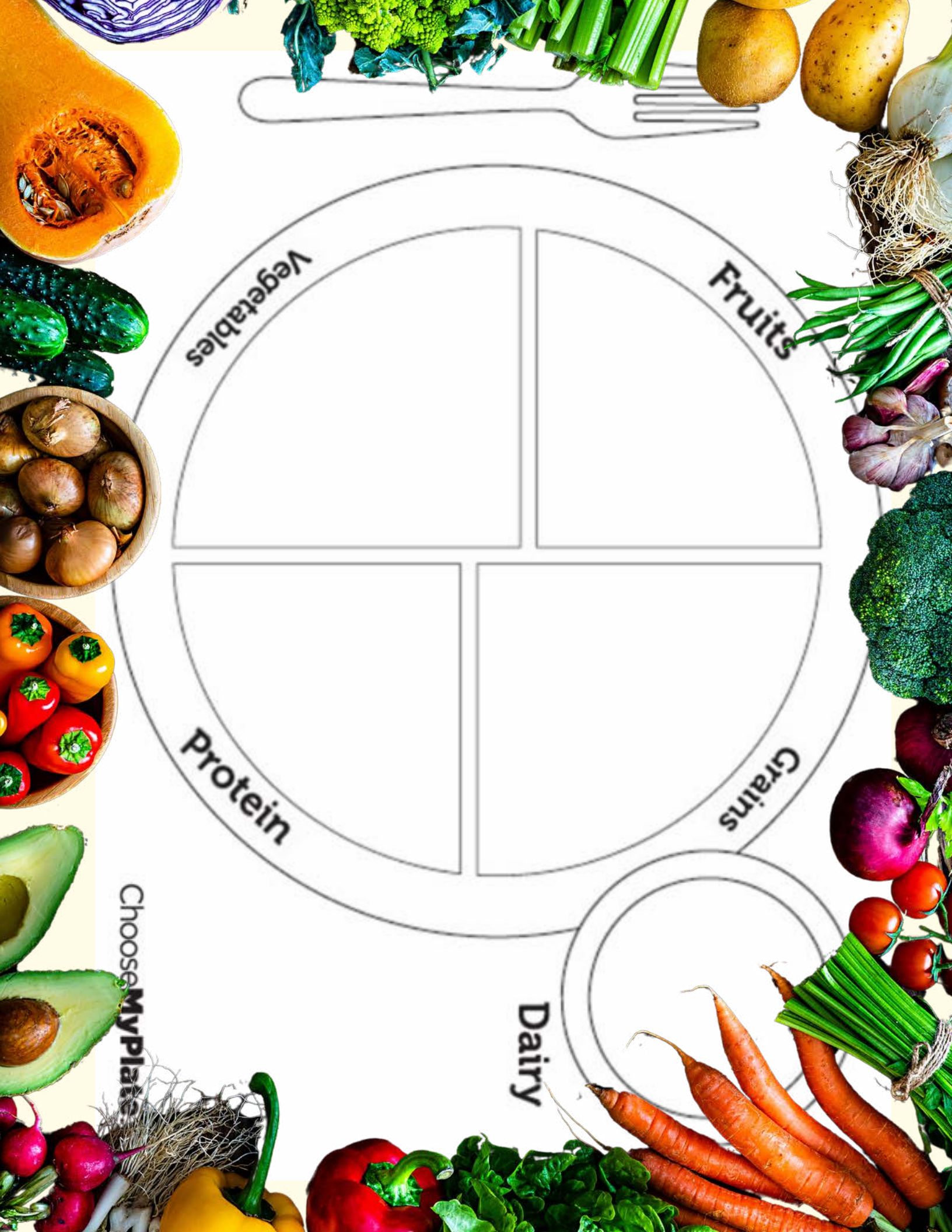


## MyPlate Discussion Questions



1. What is MyPlate?
2. What are the 5 categories of foods listed on MyPlate?
3. What are examples of each of the categories? Try to think of foods that your family likes to eat.
4. We've learned that MyPlate helps people to eat healthy. Why is healthy eating important?
5. What are some traditions you and your family have surrounding food and the holidays?

Using the template on the next page, draw a meal you would eat with your family during the holidays.  
Use the MyPlate proportions to build a healthy and delicious meal!



Vegetables

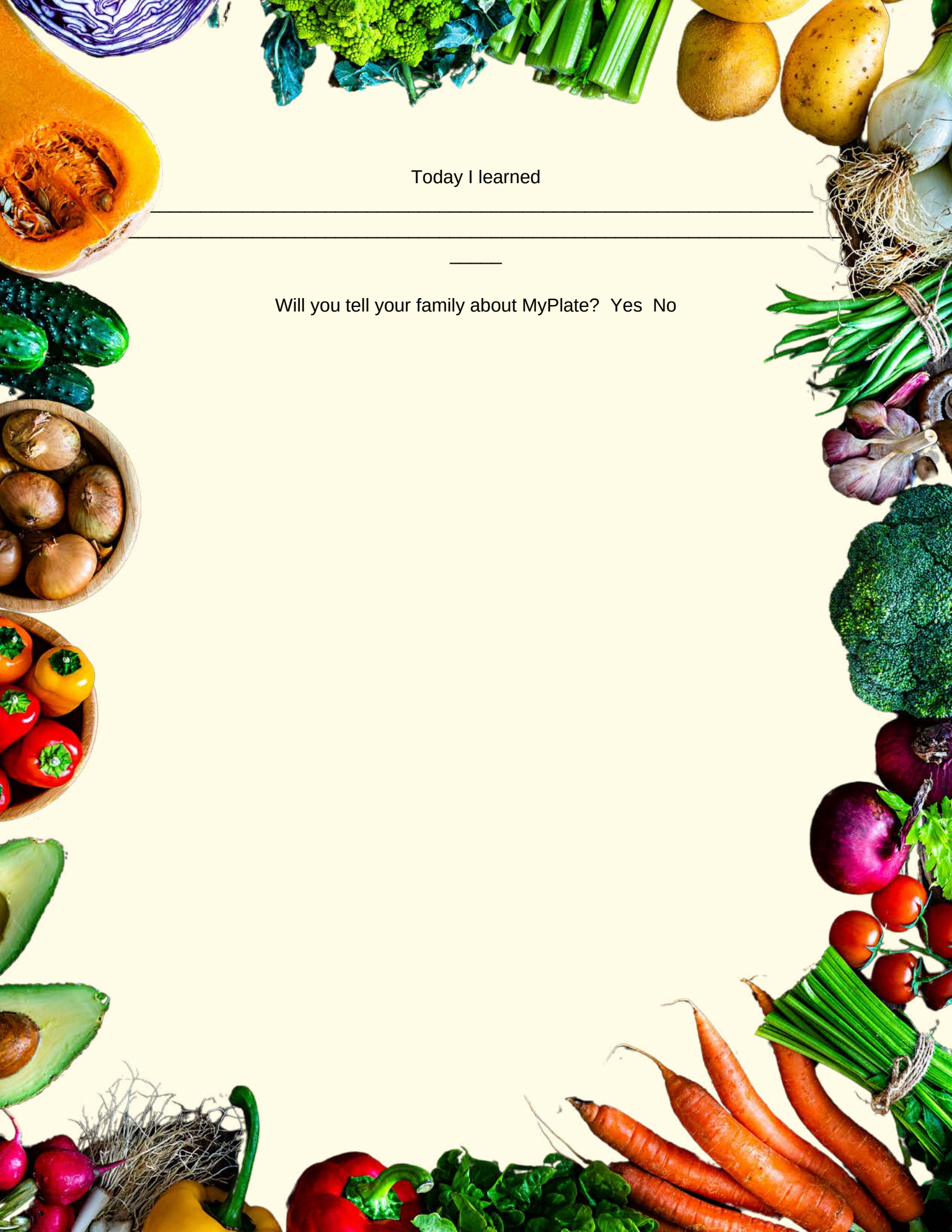
Fruits

Protein

Grains

Dairy

Choose MyPlate



Today I learned

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Will you tell your family about MyPlate? Yes No



# EATING A RAINBOW IS HEALTHY!

Red foods are good for your heart and blood health, and support joint function.

Orange foods help prevent cancer and reduce the risk of heart disease.

Yellow foods are good for your skin, heart, and eyes, and improve digestion and your immune system.

Green foods are good for your bones, as well as detoxing the body and strengthening your immune system.

Blue and purple foods help with mineral absorption, and can improve your memory and brain function.

White foods are good to help fight viruses, and can lower your cholesterol and blood pressure.







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Using the colors of the rainbow, you can't go wrong.  
If you don't grow these items: Look for them at the store.



**WHICH IS NOT A HEALTHY FOOD?**

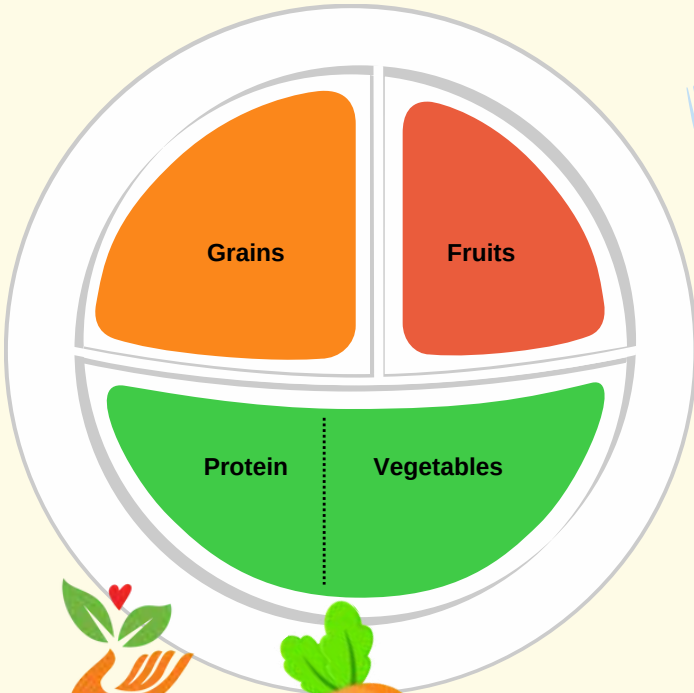
-   
**A.**
-   
**B.**
-   
**C.**
-   
**D.**

**WORD-SCRAMBLE**

- ANNAABS \_\_\_\_\_
- ROCTASR \_\_\_\_\_
- TROGYU \_\_\_\_\_
- AREBD \_\_\_\_\_
- NICKECH \_\_\_\_\_

**WORD FIND**

SEZDBNECDS  
 XEFRUITSANGELGGP  
 CYII  
 QRSBTIHZRE  
 TQAZATMEYTWFFIL  
 TYRGO  
 ZCAANWEEVR  
 LEEXXSPGXP  
 QHJMSUHVEKQCOBQ  
 URLTV




  
*You ARE what YOU eat.*

How many words can you make out of ...

**FRUITS AND VEGETABLES**

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# THE RAINBOW CONNECTION

Why are there so many songs about rainbows,  
and what's on the other side?

Rainbows are visions,  
but only illusions,  
and rainbows have nothing to hide.  
So we've been told and some choose to believe it,  
I know they're wrong, wait and see.

Someday we'll find it,  
the rainbow connection,

the lovers, the dreamers, and me.

Who said that every wish would be heard and answered,  
when wished on the morning star?

Somebody thought of that,  
and someone believed it.  
Look what it's done so far.  
What's so amazing that keeps us stargazing,  
and what do we think we might see?

Someday we'll find it,  
the rainbow connection,  
the lovers, the dreamers, and me.

All of us under it's spell,  
we know that it's probably magic.

Have you been half asleep, and have you heard voices?  
I've heard them calling my name.

Is this the sweet sound that calls the young sailor?  
The voice might be one and the same.  
I've heard it too many times to ignore it.  
It's something that I'm supposed to be.

Someday we'll find it,  
the rainbow connection,  
the lovers, the dreamers, and me.

La da da di da da doo.  
La la da da da, dee dah dooo!





## Quinoa (Keen Wah), Kale, Chickpea Salad

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### Ingredients:

2 Cups Cooked quinoa. Can be made ahead and refrigerated.

1 Cup Cooked canned chickpeas, drained

3 Tablespoons Chopped sun-dried tomatoes in oil

2 Tablespoons Basil pesto. You can make your own, or buy prepared in the store

1/2 Cup Chopped fresh red onions

1/2 Cup Chopped green onions (also known as scallions)

1/2 Cup Chopped fresh kale NOTE: For a nice soft texture, place kale leaves in a plastic bag with a little oil, and massage them until they become softer.

Salt, pepper, lemon juice and olive oil to taste to finish off the salad.

OPTIONAL: You can add 1/2 cup of diced cherry tomatoes and/or red peppers

### Directions:

This is very simple! Place all the ingredients into a big bowl and mix them together.

Add the salt, pepper, lemon juice and olive oil to taste, and you are ready to serve it!

### Serving Suggestions:

This can be served as a salad on the side. You can eat this as a main dish, by placing it on romaine lettuce or similar greens. You can eat this as an entree, by cutting assorted colored peppers in half, scooping them out, and filling it with this salad mixture.

Finally, for a snack, you can top gluten free crackers with this salad mixture, or buy mini peppers, cut them in half, and place a tablespoon of the mixture into each side.

*Additional Notes: We like to "chop" our ingredients into a medium size chop (about 1/4"), however, you can chop them smaller. Also, you can use your own favorite seasonings and "add ins".*



# REMEMBER . . .



“Came from a plant, eat it.  
Made IN a plant, don’t!”

-Michael Pollan



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