

Name:

Date:

My Native Plate

Fruits

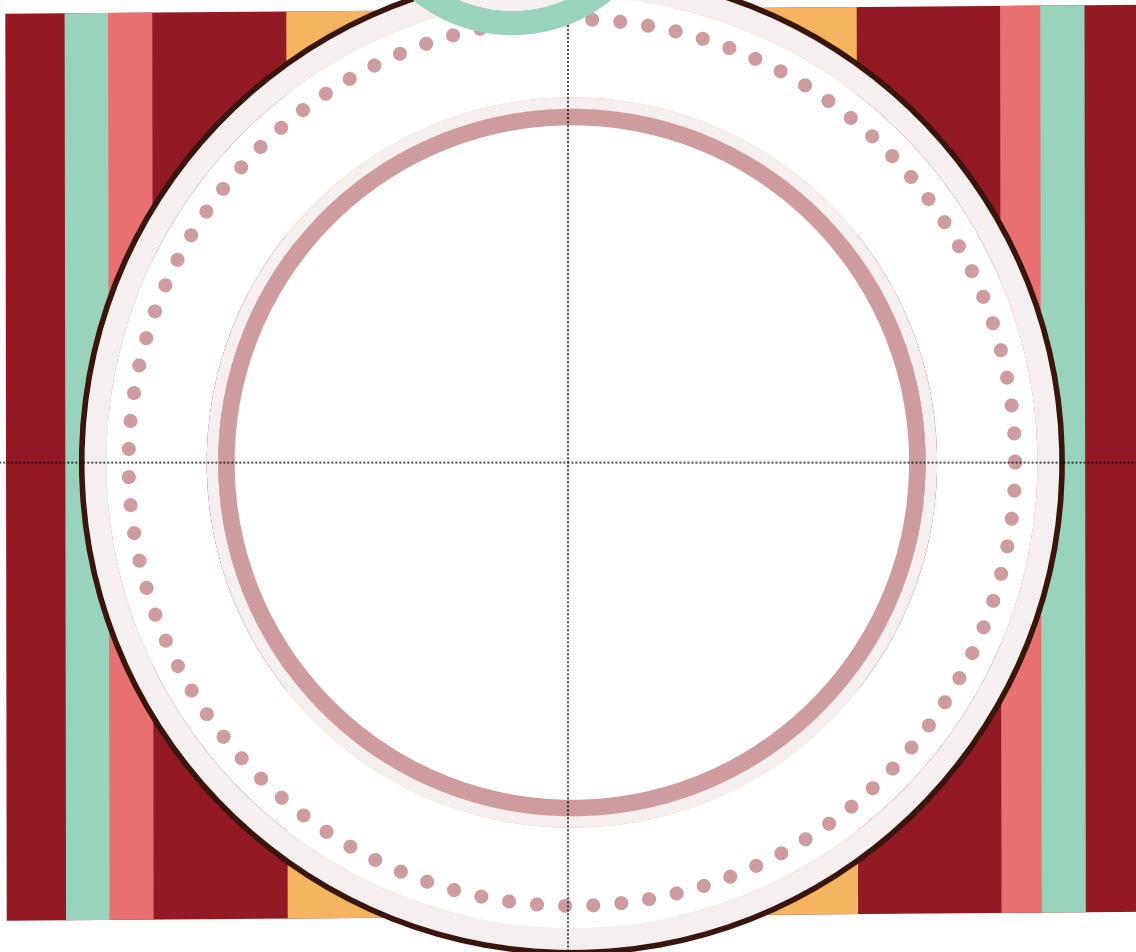
_____ cups per day

Water

8-oz cups
_____ per day

Grains & Starches

_____ ounces per day



Vegetables

_____ cups per day

Protein

_____ ounces per day

My Native Plate

Food Groups

Fruits and veggies are loaded with **fiber**. Fiber is important to keep your digestive system healthy. Fruits and veggies are also great sources of important vitamins that are used to keep your **eyesight** and **immune system** strong!

On a scale from 1-10, how open are you to trying new **fruits** and **veggies**?

1 2 3 4 5 6 7 8 9 10
Ew! I'm open!

Protein is used by the body for many processes and helps us build strong and healthy muscles. Nuts, acorns, and seeds are all healthy plant-based sources of protein. Fish and other seafood are especially rich in **fatty acids** that are needed to keep our brains healthy. Although it is important to consume a diverse array of proteins, not all proteins are healthy options. Protein sources should be **lean** (meaning low in fat) and if your protein is coming from meat, that meat should be grilled or broiled, not deep fried!



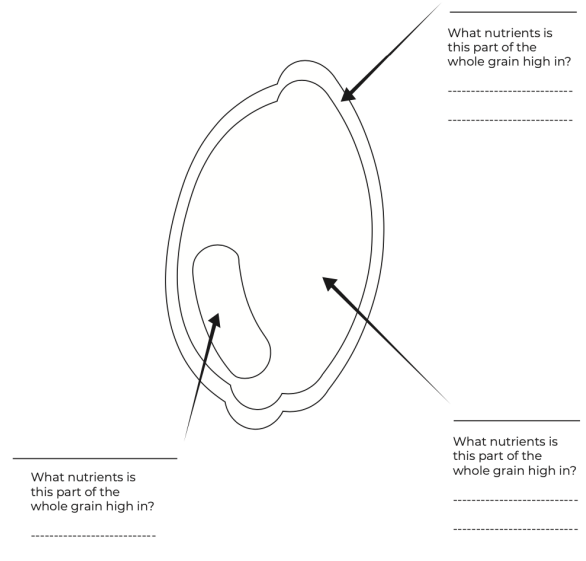
In the space below, list as many sources of **protein** as you can in 1 minute. Then exchange lists with a partner and circle the top 3 healthiest protein choices on their list.

Whole grains are high in fiber, vitamins, and minerals. Nutritionists recommend that at least half of the grain choices we make should be whole grains. The **ORIGINAL** form of all grains are **WHOLE** grains. In the un-processed, whole form, grains contain 3 parts:

- **Bran**: This is the outermost part of the grain. It protects the seed and is high in fiber and B vitamins.
- **Endosperm**: This is the middle of the grain. It provides nutrients to the grain as it grows and is high in carbohydrates and protein.
- **Germ**: This is the innermost part of the grain. It is the part of the grain that sprouts when it is planted. It is high in antioxidants, vitamins, and healthy fats.

Processing grains removes the bran and germ, leaving only the endosperm.

Color in the following graphic and label the different parts of the whole grain. List the nutrients that each part is rich in.



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Exercise!

Being healthy requires more than having a diverse diet. You also need to stay physically active. When we eat, we obtain **energy**. That energy is used when we are physically active. If we don't use the energy we get from eating, it gets stored as fat to be burned later when we need it.

There is an ideal size your body is meant to be, and it is normal to have a large or small body. When a person eats too many calories without exercising enough to burn off those calories their body can become larger than it is naturally meant to be, and their heart and other organs can become damaged. This can lead to bad health outcomes like type 2 diabetes, high cholesterol, and heart disease.



In the space below, list as many forms of exercise as you can in 2 minutes. Then, with a partner, pick an exercise that can be done in the space you're in, and practice doing that exercise for another 2 minutes.

What's your favorite way to be active
and why is it your favorite?



List 3-5 ways you can be active with
friends or family members:
