MyPlate Servings

**AGE/GRADE LEVEL:** Adults and Older Adults

**FORMATION:** Standing or seated

**EQUIPMENT:** Two cans of food (6-16 ounces) for each participant

**RULES/DIRECTIONS:**
Teacher leads class through the different color sections of MyPlate (Grains, Vegetables, Fruit, Dairy, Proteins). Each student holds one can in each hand and moves arms in different motions to the count of recommended servings for each food group. For this activity, a half serving counts as one repetition:

- Grains – 6 ounces (6 repetitions)
- Vegetables – 2 ½ cups (3 repetitions)
- Fruits – 2 cups (2 repetitions)
- Milk – 3 cups (3 repetitions)
- Protein – 5 ½ ounces (6 repetitions)

- Example 1: Student sits or stands with arms straight down at sides holding can in each hand. Teacher says “Grains – 6 ounces;” student raises both arms to side, shoulder height, holding for one second to the count of 6.

- Example 2: Student sits or stands, bending forward slightly at the waist; holding can in each hand, student extends both arms forward as teacher says “Fruit – 2 1/2 cups.” Student pulls arms back, bending elbows into a 90-degree angle and then slowly straightens arms, extending them forward to count of 3 as teacher says, “one ounce, two ounces, one-half ounce.”

**VARIATION:** Can be done without cans.

**NUTRITION NOTE:** Use with serving size lesson.