PLATE ACTIVITY (Instrument 2)
3rd-5th grade
Instructions

Now that you have recorded the foods that you ate within the past day, please take a minute to think about what you ate for dinner last night. Remember to include fruits, vegetables, bread, meat, milk...

(1) After you remember what you ate, I would like you to WRITE A LIST of everything you ate for dinner last night in the box on your paper.

Do you have any questions?
(pause)

(2) Next, I would like you to DRAW ON THE PLATE what your dinner last night looked like. You will see there is a small plate up on the top. This is for anything you ate that was not on your big plate (i.e., salad, soup, fruit).

Do you have any questions?
(pause)

(3) The final step is to turn the page over. Please check the box below ONE PLATE ONLY to show a guess of how much of your big plate was filled with FRUITS AND VEGETABLES. If you drew something on the little plate that was fruits and vegetables, remember to include that in your guess of what was on the big plate.

Do you have any questions?
Last night for dinner I ate:


2.1 The SHADED AREA shows how much of your dinner plate last night was filled with fruits and vegetables.