

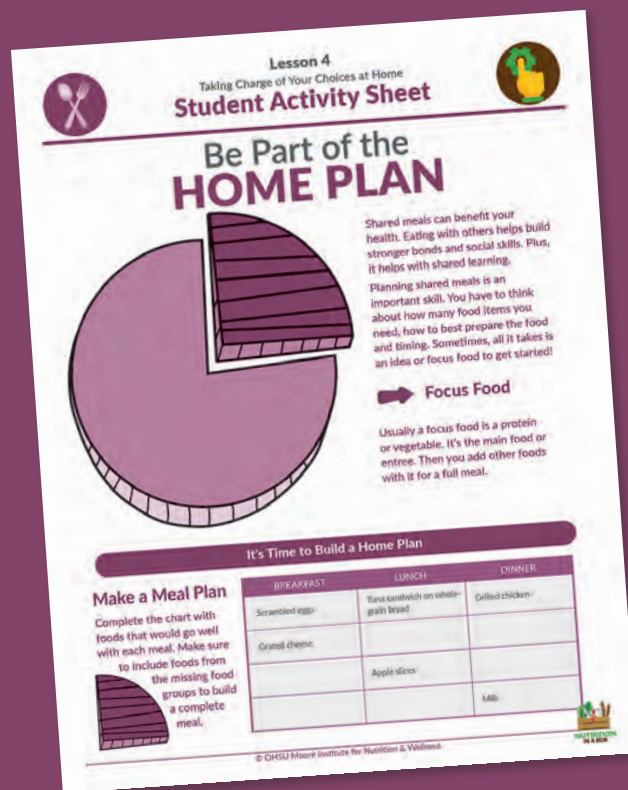


Lesson 4: Taking Charge of Your Choices

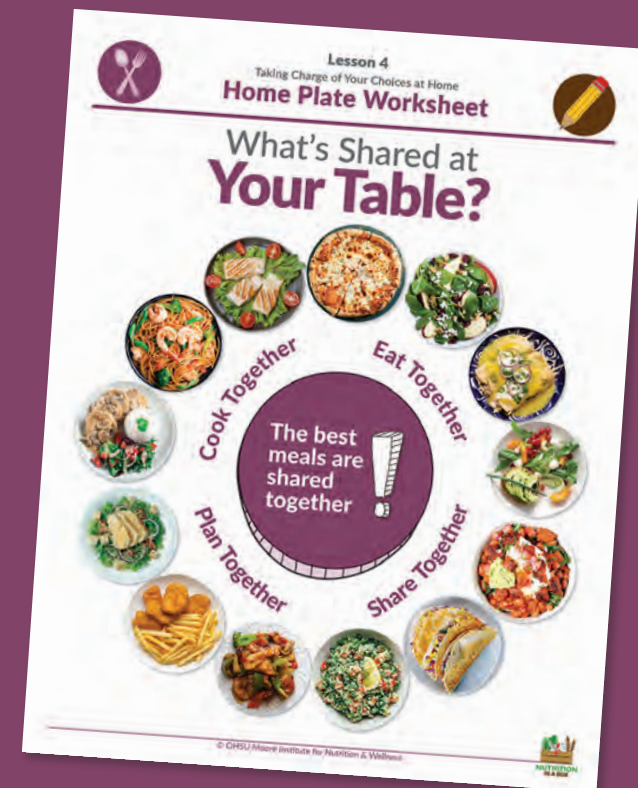


Make a Home Plate a Shared Plate

Set up a home plan for your home meals.



Plan, cook, eat and share food at home.



Every culture shares certain foods and traditions. What do you share at home?



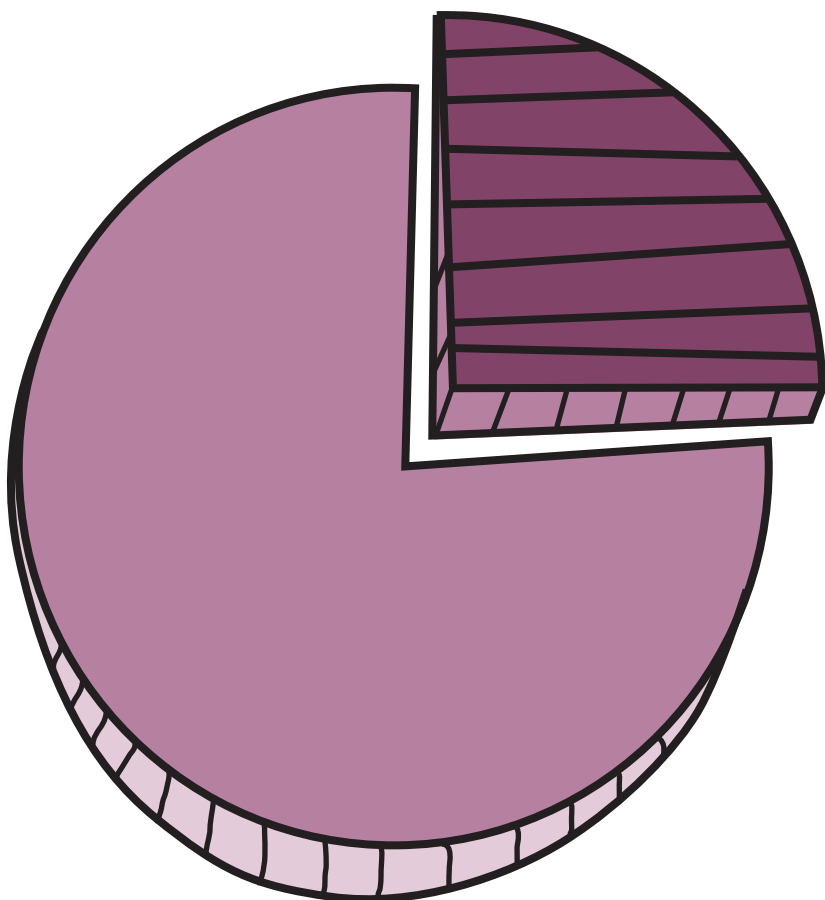
Lesson 4

Taking Charge of Your Choices at Home

Student Activity Sheet

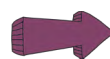


Be Part of the HOME PLAN



Shared meals can benefit your health. Eating with others helps build stronger bonds and social skills. Plus, it helps with shared learning.

Planning shared meals is an important skill. You have to think about how many food items you need, how to best prepare the food and timing. Sometimes, all it takes is an idea or focus food to get started!



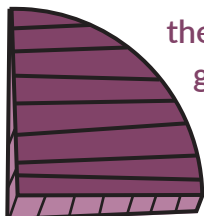
Focus Food

Usually a focus food is a protein or vegetable. It's the main food or entree. Then you add other foods with it for a full meal.

It's Time to Build a Home Plan

Make a Meal Plan

Complete the chart with foods that would go well with each meal. Make sure to include foods from the missing food groups to build a complete meal.



BREAKFAST	LUNCH	DINNER
Scrambled eggs	Tuna sandwich on whole-grain bread	Grilled chicken
Grated cheese		
	Apple slices	
		Milk





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Student Activity Sheet



HOME PLATE

Use the food cards or images below to choose one food from each food group to make a full meal for breakfast, lunch and dinner.

fruit



vegetables



proteins



dairy



grains



BREAKFAST	LUNCH	DINNER



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Home Plate Worksheet



What's Shared at Your Table?





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Taking Charge of Your Choices at Home

Home Plate Worksheet



Do you like helping in the kitchen or choosing recipes? Or are you more of a planner and like shopping for food? Use the plate to identify ways you can help with home meals, from learning new skills to sharing new ideas!

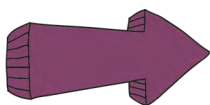
Cook Together

Eat Together

Plan Together

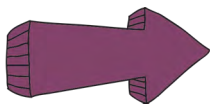
Share Together

Looking for fun and easy ways to make healthy meals? Here are a few websites to get you started:



Oregon State University's Food Hero:

<https://foodhero.org/>



USDA MyPlate:

<https://www.myplate.gov/>



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Food Pictionary for HOME PLATE



Mango



Orange



Apple



Banana



Berries



Kiwi



Frozen veggies



Snap peas



Baked potato



Carrots



Mixed green salad



Stir-fry



Mixed beans



Tilapia fish



Ground beef



Tofu



Broiled chicken



Scrambled eggs



Cottage cheese



Grated Parmesan



Greek yogurt



String cheese



Swiss cheese



Milk



Oats



Corn tortillas



Quinoa



Whole-wheat
spaghetti



Whole-wheat
bread



Yakisoba
noodles