

MY PLATE, MY HANDS

OBJECTIVE

Learn the importance of portion sizes in accordance with MyPlate Guidelines. Children will use their own hands as a guide to show the appropriate portion sizes for their body.

SUPPLIES

Scissors

Crayons

Plain white paper

Glue stick

Paper plate

DIRECTIONS

1. Trace child's hands (both hands) on white paper and cut them out.
2. Glue child's hands onto the paper plate (palms up, pinkies touching).
3. Glue provided worksheet on back of plate, as a reference guide for parents.
4. Have children color their cut hands on the paper plate with the corresponding portion size color.

