

*This information from Courtney Dodd.
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To: District-based 4-H Specialists

I have been getting quite a few calls about MyPlate and the Food Challenge. People seem to be confused because MyPlate does not indicate how many servings from each food group one needs on a daily basis (the MyPyramid handout we previously used did indicate the daily intake amounts). This information has **not** changed since MyPyramid was replaced with MyPlate.

In the back of the Food Challenge rules and guidelines, there is a list of resources that Food Challenge teams will be provided at the contest, and there is a list of suggested resources they need to study prior to the contest. One of those is www.choosemyplate.gov. At this site, they can access information on how many servings are recommended daily. This is information they need to know to include in their team presentations! Ideally, I am hoping this is a part of their learning experiences in the food & nutrition project.

To access this information, go to: www.choosemyplate.gov.

Click on "food groups" on the left-hand side of the screen.

Then, click on any food group. (You'll go through this process for each food group.)

When information about that particular food group comes up, there will be several links on the right-hand side of the screen. One of them is "how much is needed." Click on that and then click again on "click here to see chart" (in the middle of the page).

There's your chart! They need to view this and learn this information for each food group.

Please share this information with your agents and food challenge committees as you deem necessary. I have also created a video that talks about this. It's located at: <http://www.youtube.com/watch?v=qdHTH1A5mlc> (The video is also posted on the FCS Project Toolkit webpage we are getting ready to release - <http://texas4-h.tamu.edu/volunteers/fcs/index.php>)