Directions for the *MyPlate Food Recall Activity*

Allow at least 20 minutes for this activity. Distribute for each participant:

- Six strips each of red, green, orange, purple and blue paper, to represent the five food groups of MyPlate
- One copy of the *MyPlate Food Recall Activity* handout (NOT copied front and back)
- A pen or pencil

1. Ask participants to think about what they ate and drank for their last meal or snack. (Start with the most recent time and work backwards for 24 hours, going through each standard meal or snack period: breakfast, mid-morning, lunch, mid-afternoon, supper, bedtime, and any other. For example, if doing this activity right before lunch, start by asking what they ate and drank for a mid-morning snack.)

2. If they ate or drank a serving of fruit, put one strip of the red paper over the fruit section of MyPlate. If they had two servings of the same fruit, or one serving of two different fruits, put two strips over that section of MyPlate. If a serving of fruit was mixed in with foods from other groups, it’s okay to count it with a red strip.

3. Ask participants to continue like this for vegetables/green, grains/orange, protein/purple and dairy/blue foods/strips, as appropriate for what they ate or drank for that meal or snack from that food group. Note that some high-fat or sweet foods they ate may not be represented by a strip.

4. Once finished, ask participants to write down on row 1 the number of each red, green, orange, purple and blue strips that they just used.

5. Have participants set the strips of paper they have used aside in a separate stack.

6. Using their remaining strips of paper, have participants repeat this procedure (steps 1-5) for the previous meal or snack (for example, breakfast this morning).

7. Repeat steps 1-6, one at a time for each of their eating occasions in the last 24 hours (for example, bedtime snack, for supper the night before, any afternoon snack and for lunch food choices from the day before).

8. When all meals and snacks are recalled and recorded, set the leftover strips aside. Spread all of the used strips back onto MyPlate in the correct sections. This now represents one day of the participant’s foods and drinks chosen from the five MyPlate food groups.

9. Have participants count the used strips and write the number on the Totals row. Before moving the strips, engage participants in a discussion of meal-time questions.

10. If desired, collect the strips for use at another session.

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