Meet MyPlate:

MyPlate reminds us that we need foods from each of the five food groups: Fruits, Vegetables, Grains, Protein, and Dairy.

Following MyPlate can help you balance food & fun.

Fruits
- Apples
- Bananas
- Grapes
- Oranges
- Peaches
  Focus on fruits!

Vegetables
- Broccoli
- Carrots
- Celery
- Peas
- Popcorn
  Vary your veggies!

Grains
- Bread
- Cereal
- Granola
- Popcorn
  Eat whole grains!

Protein
- Beans
- Chicken
- Eggs
- Nuts
  Go lean!

Dairy
- Cheese
- Milk
- Yogurt
  Get calcium!

Can you unscramble these MyPlate words?
1. ehlahyt
2. uotnitrn
3. tproeni
4. tegebvales
5. furti

Healthy Recipe: Sweet Potato Corn Cakes

Ingredients
- 1 sweet potato
- 1 onion
- 1 tbsp butter/olive oil
- 1 cup corn kernels
- ¾ cup corn meal (or you can use bread crumbs/ground oats)
- ½ cup flour
- 1 ½ tsps baking powder
- ½ cup milk
- 3 eggs beaten
- Handful roughly chopped green herb of choice

Directions:

**Adult:** Bake sweet potato in 400°F oven for approximately 45 minutes.

**Together:** Allow sweet potatoes to cool, and peel (the peel should slip right off.)

**Adult:** Warm skillet, melt butter and sauté chopped onion until translucent. Cut sweet potato into pieces while adding to the pan. You may have to mash the pieces a little bit. Add corn, mix well and turn off heat.

**Together:** Meanwhile, in a medium-sized bowl, combine dry ingredients. Add milk and eggs.

**Kid:** Stir in the sweet potato mixture and add green herbs.

**Together:** Warm just enough butter or olive oil in a frying pan to cook the pancakes. Spoon batter into pan and cook several minutes on each side.

Makes 12-15 3-4" pancakes.