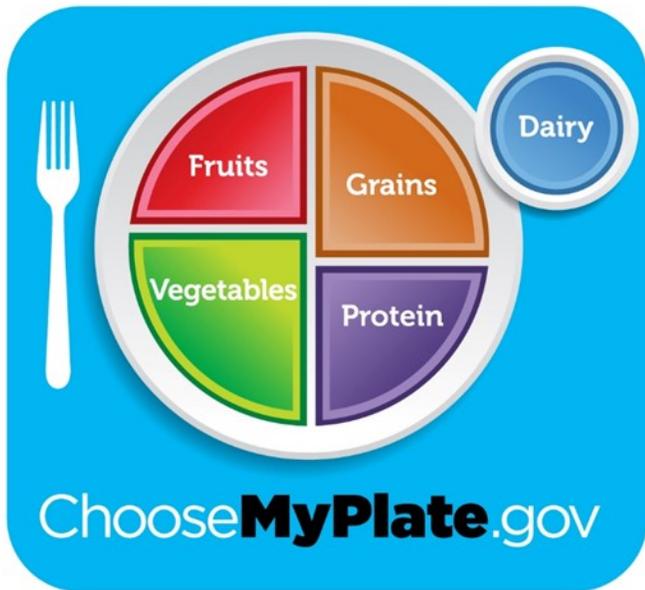


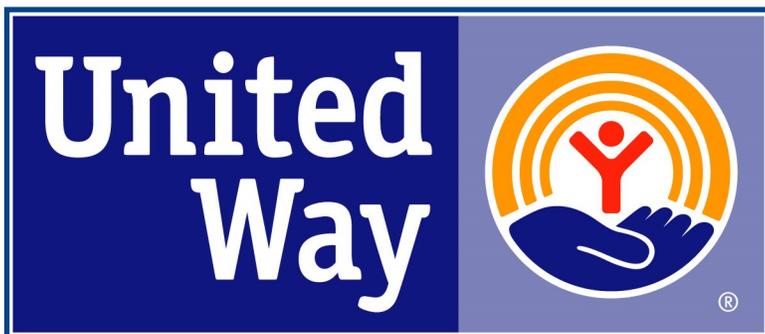
## SERVING UP MYPLATE



I'm sure as adults we would all agree that it is a challenge to eat the recommended 5 – 9 servings of fruits and vegetables each day. Data from the 2016 Fulton County Community Health Assessment proves that it is an even bigger challenge to get our kids to eat those same 5 – 9 servings each day.

The 2016 Health Assessment identified that only 6% of Fulton County youth ages, 12-18, ate 5 or more servings of fruits and vegetables per day. 30% ate 3 to 4 servings of fruits and vegetables per day and 57%

ate 1 to 2 servings per day. The assessment also identified that about two-thirds (64%) of Fulton County children, ages 0 – 11, ate vegetables at least once per day during the past week. 5% of children had not eaten any vegetables in the past week.



FULTON COUNTY HEALTH DEPARTMENT

To educate our children, youth and parents on the importance of getting the recommended servings of fruits and vegetables each day and doing so in a fun way, the Fulton County Health Department partnered with Fulton County United Way to bring Serving Up MyPlate to Archbold Elementary and Wauseon Elementary 3rd graders during the 2016-2017 school year.

Visit our website: [www.fultoncountyhealthdept.com](http://www.fultoncountyhealthdept.com)

## SERVING UP MYPLATE

For more information on MyPlate visit:  
[www.choosemyplate.gov](http://www.choosemyplate.gov)



Serving Up MyPlate is a program designed to integrate nutrition education into Math, Science, English Language Arts, and Health. This yummy curriculum introduces the importance of eating from all five food groups using the MyPlate icon and a variety of hands-on activities, including the Sugar Experiment and a Taste Test. Students also learn the importance of physical activity to staying healthy. Many resources are also sent home to the families to incorporate the things learned in the classroom at home. Through pre-tests and post-tests data is gathered to determine knowledge gained by the 3rd grade students. Fruits and veggies are not as boring when you can “eat a rainbow”.

