

WELCOME TO THE TEST KITCHEN!

Food is the fuel you put in your body. The more nutritious your meals are, the better your body and brain will perform.

According to the MyPlate guidelines developed by the U.S. Department of Agriculture (MyPlate.gov), people should eat foods from the five food groups at every meal: dairy, fruits, vegetables, grains, and protein. Here's how:

- Half of your plate should be fruits and vegetables to give your body the important vitamins and nutrients you need to grow. Choose fruits and vegetables of different colors to ensure you are getting a good mixture of vitamins and nutrients.
- One quarter of your plate should be protein, which is important for strong muscles and keeping your body running smoothly. Choose lean cuts of meat for your protein, and mix it up a little by trying seafood or lentils.
- Another quarter of your plate should be grains, such as rice or pasta. Make at least half of those whole grains.
- Finally, add around a cup of dairy to your meal, such as low-fat yogurt or milk.



Part 1

Now it's time to put on your chef's hat and get cooking! (Not for real.) On the back of this sheet, work with your group to plan a tasty, healthy, and nutritious meal using frozen and refrigerated foods. Your meal must include all the MyPlate food groups: dairy, fruits, vegetables, grains, and protein. You can show your meal plan in a chart or in a drawing of the MyPlate graphic.

Part 2

You have your healthy meal planned. Now, before you head to the kitchen, like all chefs, you need to understand the "Core Four" food safety rules:

1. **Clean**—Always wash your hands and food prep materials before you start preparing food.
2. **Separate**—Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and in your refrigerator.
3. **Cook**—Cook food to a safe internal temperature—use a thermometer!
4. **Chill**—Refrigerate or freeze perishable or leftover food within two hours of purchase or use, and keep your refrigerator's temperature at 40 degrees Fahrenheit.

How do these rules apply to the meal you have planned? Use the space below to list the safety steps you would take to prepare your meal.

