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Background
To MyPlate and Beyond was previewed at the 2012 Indiana State Fair, which allowed content and exhibit specialists to enhance the exhibit’s interactive elements and strengthen its educational mission. The new To MyPlate and Beyond premiered at the 2013 Indiana State Fair.

Mission
This exhibit illustrates the five food groups that are the building blocks for a healthy diet. MyPlate uses a familiar image — a place setting for a meal — created by the United States Department of Agriculture.

Learning Objectives
After this exhibit, visitors will be able to:
• Build a MyPlate and know its five components: vegetables, grains, proteins, fruits, and dairy.
• Recognize that they have the power to select healthy and balanced meals.
• Realize that healthy food choices are possible no matter the location or situation.
• Understand that a food’s value includes more than its price.

Explore the world of healthy eating with Max & Munch – this exhibit provides exciting opportunities to experience hands-on benefits of healthy eating habits!
Introduction
Meet Max, a 7-year-old learning about MyPlate in school. He likes to share these simple eating guidelines with his best pal, Munch — especially before bedtime. Tonight the MyPlate appears in Max’s dream, and it can fly! So, he and Munch climb aboard and go off on a healthy food adventure. Max and Munch encounter a variety of displays; each one presents information about the five MyPlate sections: fruits, vegetables, grains, proteins, and dairy.

Super Market
Max and Munch swoop into a grocery store filled with colorful walls and counters covered with hands-on activities that feature lively information about MyPlate. There’s talking fruit, the Great Grain Grab game, and the dairy section that features a huge glass of milk that Max and Munch swim in! Special musical raps (that you can sing and dance to) sum up the importance of each section.

The protein rap reminds you to:

Think LEAN when you’re picking up chicken
Think LEAN when you’re picking up beef
Think LEAN when you pick up your pork roast
Think LEAN when you’re picking up MEAT!
Urban Garden
Visitors learn how certain colors of fruits and vegetables provide wellness benefits:
- Reds may help protect you from cancer.
- Greens may help your eyes.
- Oranges and yellows may help your immune system.
- Blues and purples may help keep your heart healthy.
- And whites may help blood pressure.

Max and Munch learn that you can grow vegetables almost anywhere: in a community garden, your backyard, even in containers on your balcony. And if Max spends part of the summer trying to grow eggplant, Max may just try it at dinner instead of saying, "No way." After all, he helped grow that eggplant.

Restaurant and Drive-through
Max’s Restaurant and Munch ‘n’ Drive help visitors apply MyPlate guidelines while eating out.
- Eating out can be hard to do.
- Whether sitting down or driving through.
- Max’s Restaurant has some tips for you.
- And Munch ‘n’ Drive offers good ones too!

Max’s Restaurant offers menu selections for each of the five MyPlate areas. Assembling your own MyPlate meal is a hands-on activity. At Munch ‘n’ Drive, being a MyPlate server is a hands-on activity.

MyPlate items at Munch ‘n’ Drive include:
1. Grilled whitefish on whole-wheat bun
2. Apple, orange, or banana
3. Yogurt
4. Iced skim milk
5. Veggie cut-ups (carrots, celery, broccoli, red peppers)
6. Single lean all-beef hamburger
7. Pack-O-Nuts (almonds today)
8. Pack-O-Seeds (sunflower)
The Hot Plate
The Hot Plate is a lively interactive that calls for visitors to get moving by stepping on footpads. Move to the music to identify pictures as grains, vegetables, fruits, proteins, or dairy.

Category
Health and Science

Target Audience
Grades PK-6th and their families

Square Feet
1600

Special Requirements
9.3 foot height clearance, electrical outlets

Installation Services
A Purdue Agriculture Traveling Exhibit Program specialist will be on-hand to help install the exhibition and return to uninstall it.

Related Materials from The Education Store
- The Purdue Extension Education Store offers educational materials related to the exhibit. Visit www.the-education-store, email edustore@purdue.edu, or call 888-398-4636 (toll-free) for more information.
- MyPlate Mini-Poster in English (CNPP-25) or Spanish (CNPP-25-S) (100/pkg)
  This is the newest MyPlate mini-poster (8.5 x 11 inches) handout from USDA nutritionists.
- MyPlate Poster: Make Half Your Plate Fruits & Vegetables (25/pkg) (CNPP-26)
  This colorful, 36 x 24 inch poster (folded to 8 x 9 inches) comes in packets of 25.
- MyPlate: Let’s Eat for the Health of It (25/pkg) (HG-232-CP)
  This is the first consumer brochure for the new ChooseMyPlate nutritional program from the USDA.
- MyPlate: Let’s Eat for the Health of It (Bulk 100/pkg) (HG-232-CP-4P)
  A bulk purchase option of the ChooseMyPlate consumer brochure.
- What’s on MyPlate? DVD (HHS-780-DVD)
  This video from Purdue University provides practical, everyday examples of how to follow the United States Department of Agriculture’s MyPlate nutritional guidelines.
Indiana Academic Standards for Health & Wellness

“The standards were updated for all grades, K-12, and were aligned to the 2007 National Health Education Standards” (Indiana Department of Education). All of the standards can be addressed in To MyPlate and Beyond.

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will analyze the influence of family, peers, culture, media, technology and other factors on healthy behaviors.
3. Students will demonstrate the ability to access valid information and products and services to enhance health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use the decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family and community health.

Contact

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