



Youth Understanding MyPlate

Nutrition curriculum that teaches students how to make healthier choices!

Pre-K through 5th grade



This UF/IFAS file photo was taken prior to national guidelines of face coverings and social distancing.

Available in person or online!



- Free for qualifying sites
- 1-6+ lessons per grade level
- 20-45 minutes each
- Include hands-on learning and physical activities
- Developed by the University of Florida and offered by the UF/IFAS Extension Family Nutrition Program
- Evidence-based, peer-reviewed, and pilot tested
- Based on the latest nutrition recommendations: the 2015-2020 Dietary Guidelines for Americans, and MyPlate
- Aligned with the Florida Standards

Positive Impacts

Children who participated in the YUM program had:

An increase in **consumption of:**

- Fruits
- Vegetables
- Low-fat and non-fat milk
- Whole grains

An increase in **amount of exercise**

A decrease in **consumption of sugary beverages**

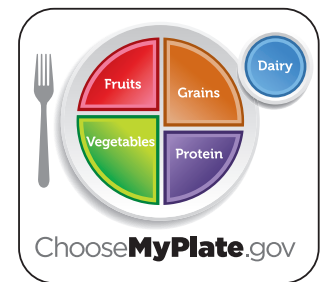
A decrease in **screen time**



Lesson examples:

- **Pre-K and Kindergarten: Start with Food Safety** Introduces how and when students should wash their hands through an interactive story and dance.
- **3rd Grade: Delicious Dairy** Students become detectives to discover which types of dairy foods are best. Includes physical activities.

Additional resources for teachers include Florida Standards for each lesson, supplemental worksheets, book recommendations, and parent letters.



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For more information or to schedule a class series, please contact:

An Equal Opportunity Institution

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