

Healthy Eating

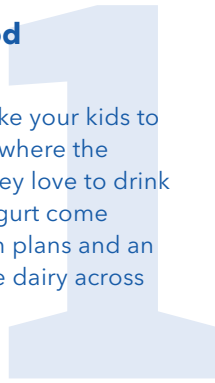


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Find Out Where Your Food Comes From

Join Discovery Education and take your kids to a dairy farm – virtually! Find out where the nutritious and delicious foods they love to drink and eat like milk, cheese and yogurt come from. Additional activities, lesson plans and an interactive map help you explore dairy across the country!

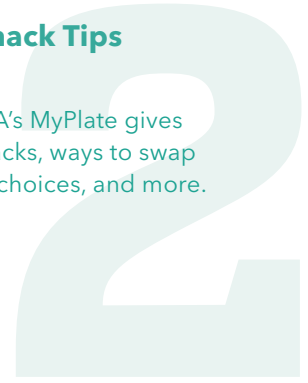
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10 Tips: MyPlate Snack Tips for Parents

This list of tips from USDA's MyPlate gives suggestions for great snacks, ways to swap ingredients for healthier choices, and more.

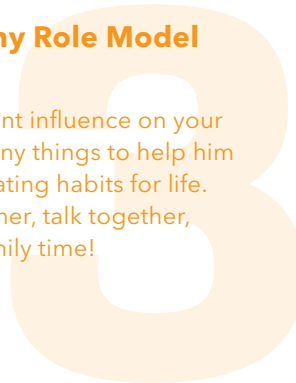
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10 Tips: Be a Healthy Role Model for Children

You are the most important influence on your child, and you can do many things to help him or her develop healthy eating habits for life. Cook together, eat together, talk together, and make mealtime a family time!

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MyPlate Kids' Place

From the USDA, this site includes games, activity sheets, videos, songs and recipes geared toward helping students build a better plate.

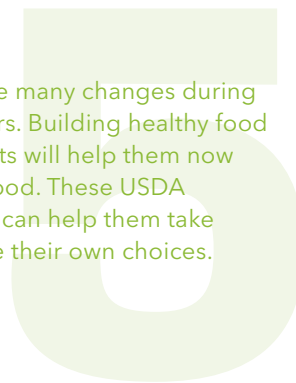
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MyPlate for Teens

Young people experience many changes during their tween and teen years. Building healthy food and physical activity habits will help them now and as they enter adulthood. These USDA resources, tips and ideas can help them take charge and learn to make their own choices.

[CLICK HERE](#)



Breakfast Recipes

Get the family together to make a nutritious breakfast using these recipe ideas from the National Dairy Council.

[CLICK HERE](#)

