



# Adding a Youth Flavor to Local Foods

## Ohio Foods Flashcards

### Intended Audience:

- 8 year olds-18 year olds
- Adults who work with youth on food topics

### Lesson Objectives:

Session participants will:

- Identify pictures of foods produced in Ohio to recognize new foods and associate them to being locally produced.
- Use MyPlate to group foods into the five food groups and others to comprehend the ability to consume a balanced diet of local foods.

**Time:** 10-15 minutes

### Equipment and supplies:

- MyPlate hand-outs (see attachment)
- Ohio food flashcards (see attachment; 1 per participant)
- Flashcard answers and sampling of local foods (see attachment)

### Do Ahead:

- Review activity instructions.
- Gather equipment and supplies.
- Identify 6 areas in a room for each group of foods to meet.

### BACKGROUND

Producers in Ohio raise many species of livestock and grow more than 200 different crops that include an increasing variety of fruits, vegetables, herbs, meat, nuts, eggs, dairy products and more. Foods from Ohio are represented in all five food groups of MyPlate: milk, grains, fruits, vegetables, and proteins. In addition to foods from the five food groups, Ohio also provides oils for cooking, herbs, sauces, dressings, beverages and packaged snack foods such as potato chips.

Ohio is among the top five states for food production of bakery, dairy (especially Swiss Cheese), snacks, spices, maple syrup, eggs and other products. Ohio local food comes from small, medium and large-scale agriculture from rural to urban areas. There is great diversity in the food that is grown and produced in Ohio.

### WHAT TO DO

#### Activity:

- Distribute MyPlate hand-outs. Say, “MyPlate is a symbol that serves as a reminder to build healthy eating patterns by making healthy choices across the five food groups. A healthy eating pattern includes a variety of foods from all food groups and it limits saturated fats and trans fats, added sugars, and sodium.”
- Distribute the flash cards to participants. Let them know that it is OK if they are not familiar with the food on their card – some are easier to identify than others. Most of the flash cards show one food item but if there is additional food on the picture, for this activity, use the most prominent food in the picture.
- Instruct:
  - Listen to all of the instructions first before moving.
  - Youth will identify food on the flash card (if participants are not familiar with their food, they can ask another participant or the leader about their photo once the activity begins).
  - Youth decide what food group from MyPlate the picture belongs in: dairy, protein, grain, fruit, vegetable, or other.
  - Facilitator points to different areas of the room where each food group will meet (e.g. all fruits at the front).
  - Once groups meet, youth look over the foods on the flash cards and name one way the food could be used in a recipe or a meal – or their favorite way to eat it.
- Move! Remind them where each of the six groups are meeting and remind them that they will be discussing how they can use each of the foods in a recipe or meal or a favorite way to eat it.



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

## Sources:

- Locate a local farmer's market:  
<http://www.localharvest.org>
- Research Ohio products:  
<http://www.ohioproud.org/searchpartners.php>
- Learn more about local foods in Ohio:  
[www.localfoods.osu.edu](http://www.localfoods.osu.edu)
- MyPlate:  
<https://www.choosemyplate.gov/>

### Additional lessons in this series can be found online at:

<http://localfoods.osu.edu/adding-youth-flavor-extensions-signature-programs>

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- Have the groups “report out” to one another about their foods and how it could be used in a recipe or a meal – or their favorite way to eat it.

**For the facilitator** – reference the attachment for the correct grouping of foods

## TALK IT OVER

### Reflect:

- Ask, “What are other foods we could list in each of the categories that are grown and produced in Ohio?”
  - Reference the foods listed in the attachment
- “Some of the flash cards show the original food such as wheat growing in the field or dried beans or apples. What are foods that are made from these products?”
  - Wheat: bread, tortillas, cereals, crackers, etc.
  - Dried beans: soups and chili, refried beans, salads, etc.
  - Apples: apple sauce, baked goods, eat them plain
- “Some of the flash cards show one form of the food like fresh green beans or tomato juice – what are some other ways we might find the food for purchase at the store?”
  - Green beans (and other vegetables): fresh, frozen, canned, sometimes dried
  - Tomatoes: fresh, canned, frozen, dried, sauces like spaghetti and pizza, juice, etc.
- “Why aren’t pickles (made from cucumbers) and chips (made from potatoes) in the vegetable group or strawberry jelly in the fruit group?”
  - Answer: MyPlate is designed to remind Americans to eat healthfully, using foods from the food groups. Foods are grouped together on MyPlate by the nutrients they give our bodies. Although those foods in the additional group might have ingredients from one or more of the five food groups, they also have added calories from solid fats and/or added sugars or high amounts of sodium. It is OK to eat a small amount of empty calories but many people eat far more than is healthy. In addition to the five food groups, it is important to consider other food components when making food and beverage choices like added sugars, sodium and saturated and trans fats. Use nutrition facts labels for information on nutrients and serving sizes for different foods.

### Apply:

- Ask, “What are some new foods you are willing to try?”
- “Where can you find those foods?”
  - Grocery stores, farmer’s markets, restaurants
- Encourage others to purchase local foods.
- Next time you go to the store, commit to purchasing \$10 worth of local foods.