High School Lesson Plan

My Plate
Build a Healthy Plate Featuring the New 2015-2020 Dietary Guidelines
Grades 9-12

I. Lesson Objectives:

A. Students will explain the three components of building a healthy eating style: variety, amount, and nutrition.
B. Students will identify foods high in solid fats, added sugars, and salt.
C. Students will list ways to shift to an eating style that includes healthier food and beverage choices.

II. Behavior Outcomes:

A. Make half your plate fruits and vegetables, at least half your grains whole grains, and switch to fat-free or low-fat milk and milk products.

III. Pennsylvania Educational Standards:

A. 11.3 Food Science and Nutrition
B. 1.6 Speaking and Listening
C. 10.1 Concepts of Health
D. 10.2 Healthful Living
E. 10.4 Physical Activity

IV. Materials

A. Laptop/Projector with Power Point Presentation
B. Handouts: *"Build a Healthy Plate" and "Get to Know MyPlate Food Groups"* worksheets
C. Optional Handouts: *"MyPlate, MyWins"*
D. Additional Activities: *"MyPlate Daily Checklist"*
E. Reinforcement that conveys the appropriate nutrition message
F. Hand wipes
G. Food tasting and any necessary supplies
H. Ten Tips Sheet: "*Choose MyPlate 10 Tips to a Great Plate"*

V. Procedure: *Text in italics are instructions for the presenter, non-italicized text is the suggested script.*

A. **Introductory**
   1. Lesson Introduction
      a. *Introduce yourself and the nutrition education program/organization presenting the lesson.*

b. *Briefly introduce lesson topic.*

B. **Developmental**

1. Slide 1: Build a Healthy Plate Featuring MyPlate and the new 2015-2020 Dietary Guidelines
   a. Today we will discuss how to build a healthy plate using MyPlate and the new Dietary Guidelines for Americans. Every five years the dietary guidelines are updated to reflect the latest research on how to create a healthy eating style.
   b. *Distribute "Build a Healthy Plate" worksheet.*

2. Slide 2: Project Sponsors
   a. Drexel University's EAT.RIGHT.NOW. program is the official Pennsylvania Nutrition Education TRACKS Program of the School District of Philadelphia.
   b. The program is funded by the USDA Supplemental Nutrition Assistance Program Education (SNAP-Ed) through the Pennsylvania Department of Human Services (DHS).

3. Slide 3: Why is a healthy diet important?
   a. *Ask students why they think it is important to have a healthy diet. Discuss all reasonable answers.*
   b. A healthy diet can help to manage weight and reduce the risk of overweight and obesity.
   c. Overweight and obesity along with unhealthy food and beverage choices can increase your risk for chronic diseases such as Type 2 diabetes, heart disease, and high blood pressure.
   d. A healthy eating style is important to establish now because the earlier in life you begin to make healthier food choices, the lower your risk for obesity, chronic disease, and early mortality which could lead to an overall better quality of life.

4. Slide 4: What is MyPlate?
   a. A reminder to find a healthy eating style you can build and maintain throughout your lifetime.
   b. MyPlate is a tool designed to show Americans how to eat healthy. It illustrates the five food groups using a familiar mealtime visual, a plate. MyPlate can help you visualize what foods and how much to eat at each meal.
   c. MyPlate transforms the Dietary Guidelines for Americans into practical examples for meal planning.

5. Slide 5: Dietary Guidelines Key Updates
   a. The 2015-2020 Dietary Guidelines focus on five key areas to help improve our food and drink choices and shape a healthier eating pattern.
      i. Find your healthy eating style for a lifetime.
      ii. Focus on variety, amount, and nutrition.
      iii. Limit calories from saturated fat, sodium, and added sugars.

iv. Shift to healthier food and beverage choices
v. Support healthy eating styles for everyone.

6. Slide 6: Healthy Eating Style
   a. The first focus of the updated Dietary Guidelines encourages us to adopt a healthy eating style that accounts for all foods and beverages consumed within an appropriate calorie level.
   b. Everything you eat or drink matters over time and can impact your health either negatively or positively.
   c. The right mix of food groups can help you be healthier now and in the future.

7. Slide 7: Variety, Amount and Nutrition
   a. Variety – Strive to make healthy choices from all five food groups. By eating a variety of foods, you will get a good balance of all of the different nutrients the body needs.
   b. Amount– Eat the right amount of calories for you based on your age, gender, height, weight, and physical activity level.
   c. Nutrition – Building a healthy eating style can help to get the nutrients your body needs, help to maintain a healthy body weight, and help to reduce the risk of diseases such as heart disease, diabetes, and cancer.

8. Slide 8: MyPlate Tips
   a. MyPlate shows us the components of a healthy eating style including appropriate food and drink choices
   b. The MyPlate guidelines suggest:
      i. Make half your plate fruits and vegetables with focus on whole fruits and a variety of vegetables
      ii. Make half your grains whole grains
      iii. Vary your protein intake
      iv. Shift to low-fat and fat-free dairy products

9. Slide 9: Limit SoFAS!
   a. Foods high in solid fat or added sugar (SoFAS) are high in calories but low in nutrients.
   b. <u>Solid fats</u>: *Ask students to list examples of foods with solid fats*
      i. Examples include red meat, whole milk, cream and butter. Solid fats are fats that are solid at room temperature
      ii. We need some fat in our diet to transport important vitamins, protect our vital organs and keep our body insulated. However, too much solid fat (saturated and trans fat), can increase risk for heart disease
      iii. Unsaturated fats are found in oils and include monounsaturated and polyunsaturated fats. This fat protects our heart against heart disease. Examples of foods high in unsaturated fats include olive and vegetable oils along with nuts, seeds, fish, and avocados.

c. Added sugars: *Ask students to list examples of foods with added sugars*
    i. Examples include soda, fruit blend drinks, candy, cakes, cookies, and ice cream
    ii. Added sugar can increase the amount of calories in our diet without adding other beneficial nutrients. Over time, these extra calories may contribute to excess weight gain.
    iii. Choose water or 100% juice instead of sweetened beverages and replace sugary desserts with naturally sweet fruit.
d. Sodium: *Ask students to list examples of foods high in sodium*
    i. Examples include processed foods, packaged and prepared foods such as ready-to-eat products, pre-packaged rice or pasta dishes, soups, seasonings, sauces and gravies), fast food and frozen meals
    ii. Salt, or sodium, can contribute to a disease called hypertension.
    iii. Season your food with spices and herbs instead of table salt.
e. Always check the nutrition label to find the amounts of saturated fat, sodium, and added sugars that are found in your food and drinks

10. Slide 10: Shift to healthier choices
    a. Small, simple shifts in your food and drink choices can make a big impact on improving your overall eating style.
    b. The Dietary Guidelines and MyPlate focus on shifting to whole grains, a variety of protein, low-fat or fat-free dairy, use of oils instead of solid fats, reducing added sugar intake and lowering your intake of salt.
    c. The guidelines also recommend continuing to make half your plate be fruits and vegetables with specific emphasis on consuming whole fruits and a variety of vegetables.
    d. Following these guidelines will make it easier to eat and drink the right amount of calories for you.

11. Slide 11: Healthy Eating for All
    a. The fifth and final update to the Dietary Guidelines encourages everyone to help support and create settings where healthy choices are available and affordable throughout the community.
    b. *Ask students what are ways they can get involved in making a difference in the community*

12. Slide 12: Physical Activity
    a. Along with improving your food choices, physical activity is another key component to following a healthier lifestyle.
    b. Physical activity can be anything you like to do such as playing basketball, dancing, football, swimming, jumping rope, yoga or running. Switch up your activities so you never get bored.

c. MyPlate recommends getting at least 60 minutes of moderate to vigorous exercise per day. It's ok to start with 10-minute increments throughout the day and build up to 60 minutes.
d. For health benefits, physical activity should be of moderate or vigorous intensity.
    i. Examples of moderate intensity activity include walking briskly (about 3 ½ miles per hour), bicycling (less than 10 miles per hour), general gardening, dancing, golf, water aerobics.
    ii. Examples of vigorous intensity activity include running/jogging (5 miles per hour), walking very fast (4 ½ miles per hour), bicycling (more than 10 miles per hour), heavy yard work, such as chopping wood, swimming, aerobics, basketball, tennis.

13. Slide 13: ACTIVITY: Sort the foods into the correct food groups
    a. *Distribute copies of "Get to Know MyPlate Food Groups" to each student*
    b. *Explain it may not be as easy as it looks. There is a list of foods on the bottom of the worksheet. Each student has to put them into the correct food group*
    c. *After they are finished, go over the answers with the class*
    Then turn the paper over and have the students answer the questions. This activity may be done individually, in groups or as a class discussion. Review the answers.

14. Slide 14: *"Get to Know MyPlate Food Groups" ANSWER KEY*

15. Slide 15: ADDITIONAL ACTIVITY: How does your diet compare to what you should be eating? *This activity may be completed as an additional follow-up activity.*
    a. *Distribute a copy of the "MyPlate Daily Checklist" worksheet to each student*
    b. *Review the following points from the first page of the checklist:*
        i. Everything you eat and drink matters
        ii. Choose a variety of foods and beverages from each food group, and make sure that each choice is limited in saturated fat, sodium, and added sugars.
        iii. Start with small changes to make healthier choices. Each small change is a win! MyPlate calls each healthy choice, "MyWins."
        iv. The amounts of each food group that is listed on the Daily checklist is based on a 2000 calorie diet.
        v. Be active your way: children 6 to 17 years old should move at least 60 minutes every day.
    c. *Have students write down everything they had to eat the day before. Then compare what they ate to what they should have according to MyPlate.*
    d. *Ask a couple of students to share their information with the class.* Did anyone do well? What will you try to work on? Can you identify any foods you ate in excess that have a lot of sugar, fat, or sodium?

16. Slide 16: Questions

C. **Conclusion**

1. *Review take-away messages from lesson.*
    a. *Review the three components of a healthy eating style: variety, amount, and nutrition, and why they are important.*
    b. *Ask students for examples of foods that are high in solid fats, added sugars, and/or salt.*
    c. *Ask students for examples of ways they can shift to healthier food and beverage choices.*
2. *Distribute hand wipes.*
3. *Provide each student with a food tasting and encourage him or her to make small changes in his or her diet now. Explain why the food is a healthy option.*
4. *Distribute the reinforcement, read the message and/or explain the reason why they are receiving the reinforcement.*
5. *Distribute Ten Tips Fact Sheet (or other appropriate fact sheet) and encourage students to share it with their families.*
6. *Thank the students for their participation and answer any question they may have.*

Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA SNAP-Ed, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DHS toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider.

Build a Healthy Plate

Directions: Answer the following questions as the instructor presents the slides. The instructor will review the correct answers at the end of the presentation.

1. List two reasons why eating a healthy diet is important.

2. MyPlate is a tool designed to help Americans _____.

3. The MyPlate guidelines include _____ food groups based off of the _____.

4. Everything you _____and _____matters when finding your healthy eating style.

5. List the three components of a healthy eating style.

6. According to MyPlate, how much of our plate should be fruits and vegetables?

7. The acronym SoFAS refers to foods that are high in So_ _ _ F_ _ _ and/or A_ _ _ _ S_ _ _ _ _. They are high in _____ and low in _____.

8. What mineral might contribute to hypertension if eaten in excess?

9. Complete these examples of healthy shifts you can make in your diet:

   White Bread → _____ Soda → _____

   Whole Milk → _____ Butter → _____

10. The daily recommendation for physical activity is _____ minutes a day of _____ to _____ exercise.

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Build a Healthy Plate- KEY

1. List two reasons why eating a healthy diet is important.

   Weight Maintenance and **decrease the risk of developing chronic disease**

2. MyPlate is a tool designed to help Americans ___**eat healthy**____.

3. The MyPlate guidelines include __**five**_____ food groups based off of the

   ____**Dietary Guidelines for Americans**_____.

4. Everything you __**eat**_____and ___**drink**_____matters when finding your healthy eating style.

5. List the three components of a healthy eating style.

   Variety, amount, nutrition

6. According to MyPlate, how much of our plate should be fruits and vegetables?

   Half of our plate should be fruits and vegetables

7. The acronym SoFAS refers to foods that are high in So**lid** F**ats** and/or A**dded** S**ugars**. They are high in ___**calories**_____ and low in __**nutrients**_____.

8. What mineral might contribute to hypertension if eaten in excess?

   Sodium

9. Complete these examples of healthy shifts you can make in your diet:

   White Bread ⟶ **whole wheat bread** Soda ⟶ **water**

   Whole Milk ⟶ **low-fat milk** Butter ⟶ **oil**

10. The daily recommendation for physical activity is __**60**____ minutes a day of

    __**moderate**_____ to ___**vigorous**_____ exercise.

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Get to Know MyPlate Food Groups

Name _____ Date _____

Directions: Look at the list of foods below and write them in the correct food group.

Grains	Vegetables	Fruits	Dairy	Protein Foods	Added Sugars &/ or Saturated Fats

Avocado	Soda	Cupcake	100% Juice	Granola	Blueberry Bagel
Peanut Butter	Strawberry Milk	Almond Milk	Candy Bar	Prunes	Sweet Potato
Frozen Yogurt	Banana	Asparagus	Cauliflower	Eggs	Sausage
Brown Rice	Oatmeal	Swiss Cheese	Black Beans	Creamy Dressing	Cream Cheese
Collard Greens	Potato Bread	Kale	Ribs	Canned Salmon	Nectarine

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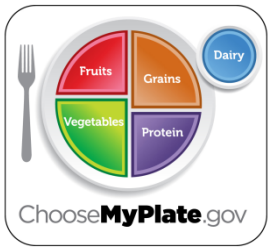

Bonus Questions

1. Which of the foods listed in the Grains group would be considered Whole Grains?

2. Name the dark green, leafy vegetables in the vegetable section. Which nutrient do these contain? (**Hint: Same nutrient found in Dairy foods and drinks)

3. Name at least three foods listed in the chart that contain healthy oils.

4. List the Protein foods that would be considered "lean" or low in saturated fat.

5. Which foods on the chart contain fiber?

6. Combination foods are ones that include more than one food group. Name the food groups included in each of the combination foods below:
    a. Egg and Cheese Breakfast Sandwich
    b. Hawaiian Pizza
    c. Cheesesteak with peppers and onions
    d. Chef Salad with egg, turkey, cheese, lettuce, tomatoes, celery & cucumbers
    e. Spaghetti with ground beef, tomato sauce and parmesan cheese

7. In addition to eating a balanced diet from all five food groups that is low in saturated fat and added sugar, what is something else you can do daily to keep your body healthy?

Get to Know MyPlate Food Groups – ANSWER KEY

Name _____ Date _____

Directions: Look at the list of foods below and write them in the correct food group.

Grains	Vegetables	Fruits	Dairy	Protein Foods	Added Sugars &/ or Saturated Fats
Brown Rice	Collard Greens	Avocado	Frozen Yogurt	Peanut Butter	Soda
Oatmeal	Asparagus	Banana	Strawberry Milk	Black Beans	Cupcake
Potato Bread	Kale	100% Juice	Almond Milk	Ribs	Candy Bar
Granola	Cauliflower	Prunes	Swiss Cheese	Eggs	Creamy Dressing
Blueberry Bagel	Sweet Potato	Nectarine		Canned Salmon	Cream Cheese
				Sausage	

Avocado	Soda	Cupcake	100% Juice	Granola	Blueberry Bagel
Peanut Butter	Strawberry Milk	Almond Milk	Candy Bar	Prunes	Sweet Potato
Frozen Yogurt	Banana	Asparagus	Cauliflower	Eggs	Sausage
Brown Rice	Oatmeal	Swiss Cheese	Black Beans	Creamy Dressing	Cream Cheese
Collard Greens	Potato Bread	Kale	Ribs	Canned Salmon	Nectarine

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Bonus Questions

1. Which of the foods listed in the Grains group would be considered Whole Grains?
   Brown Rice, Oatmeal, Granola.

2. Name the dark green, leafy vegetables in the vegetable section. Which nutrient do these contain?
   (**Hint: Same nutrient found in Dairy foods and drinks)
   Collard Greens, Kale. Calcium

3. Name at least three foods listed in the chart that contain healthy oils.
   Avocado, Peanut Butter, Canned Salmon

4. List the Protein foods that would be considered "lean" or low in saturated fat.
   Peanut Butter, Black Beans, Eggs, Canned Salmon (Note that Peanut Butter and Salmon are high in healthy, "unsaturated fat")

5. Which foods on the chart contain fiber?
   Brown Rice, Oatmeal, Granola, ALL Fruits and Vegetables, Peanut Butter, Black Beans

6. Combination foods are ones that include more than one food group. Name the food groups included in each of the combination foods below:
   a. Egg and Cheese Breakfast Sandwich
      Protein, Dairy, Grains
   b. Hawaiian Pizza
      Grains, Vegetables, Fruit, Dairy, Protein
   c. Cheesesteak with peppers and onions
      Grains, Vegetables, Dairy, Protein
   d. Chef Salad with egg, turkey, cheese, lettuce, tomatoes, celery & cucumbers
      Protein, Dairy, Vegetables
   e. Spaghetti with ground beef, tomato sauce and parmesan cheese
      Grains, Protein, Vegetables, Dairy

7. In addition to eating a balanced diet from all five food groups that is low in saturated fat and added sugar, what is something else you can do daily to keep your body healthy?
   60 Minutes of Physical Activity Everyday

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Find Your Healthy Eating Style & Maintain It for a Lifetime

Start with small changes to make healthier choices you can enjoy.

Follow the MyPlate building blocks below to create your own healthy eating solutions—"MyWins." Choose foods and beverages from each food group—*making sure that your choices are limited in sodium, saturated fat, and added sugars.*

Make half your plate fruits and vegetables: Focus on whole fruits

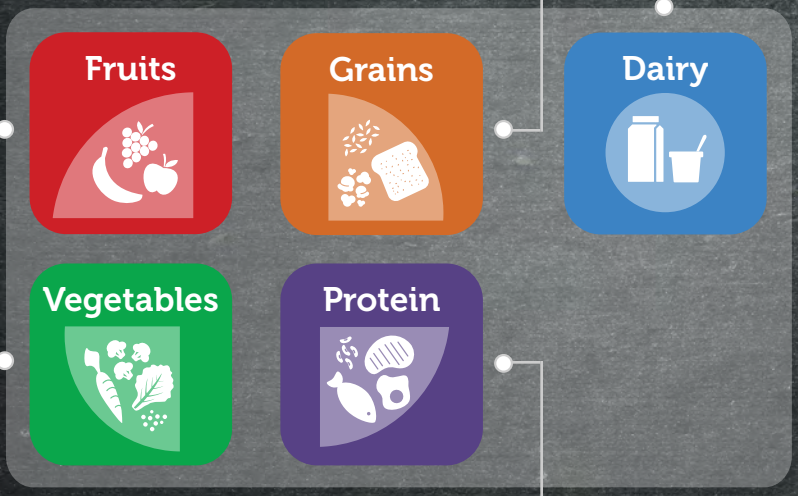
- Choose whole fruits—fresh, frozen, dried, or canned in 100% juice.
- Enjoy fruit with meals, as snacks, or as a dessert.

Make half your grains whole grains

- Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice.
- Limit grain desserts and snacks, such as cakes, cookies, and pastries.

Move to low-fat or fat-free milk or yogurt

- Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on saturated fat.
- Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



Make half your plate fruits and vegetables: Vary your veggies

- Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes.
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted, or raw.

Vary your protein routine

- Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Try main dishes made with beans and seafood, like tuna salad or bean chili.

Drink and eat less sodium, saturated fat, and added sugars

- Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars.
- Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.
- Drink water instead of sugary drinks.

MyWins

Everything you eat and drink matters.
The right mix can help you be healthier now and into the future. Find your MyWins!

Visit Choose**MyPlate**.gov *to learn more.*

Center for Nutrition Policy and Promotion
January 2016

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USDA
United States Department of Agriculture

MyPlate Daily Checklist

Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—*and making sure that each choice is limited in saturated fat, sodium, and added sugars*. Start with small changes—**"MyWins"**—to make healthier choices you can enjoy.

Food Group Amounts for 2,000 Calories a Day

Fruits	Vegetables	Grains	Protein	Dairy
2 cups	**2 1/2 cups**	**6 ounces**	**5 1/2 ounces**	**3 cups**
Focus on whole fruits Focus on whole fruits that are fresh, frozen, canned, or dried.	**Vary your veggies** Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	**Make half your grains whole grains** Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	**Vary your protein routine** Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	**Move to low-fat or fat-free milk or yogurt** Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.

Limit

Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to less than **2,200 milligrams** a day.
- Saturated fat to **22 grams** a day.
- Added sugars to **50 grams** a day.

Be active your way: Children 6 to 17 years old should move at least **60 minutes** every day.

Use SuperTracker to create a personal plan based on your age, sex, height, weight, and physical activity level.

SuperTracker.usda.gov

MyPlate Daily Checklist

Write down the foods you ate today and track your daily MyPlate, MyWins!

Food group targets for a 2,000 calorie* pattern are:		Write your food choices for each food group	Did you reach your target?
Fruits	**2 cups** 1 cup of fruits counts as • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice.		Y N
Vegetables	**2 1/2 cups** 1 cup vegetables counts as • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice.		Y N
Grains	**6 ounce equivalents** 1 ounce of grains counts as • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal.		Y N
Protein	**5 1/2 ounce equivalents** 1 ounce of protein counts as • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds.		Y N
Dairy	**3 cups** 1 cup of dairy counts as • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese.		Y N

Limit

Limit:

- Sodium to **2,200 milligrams** a day.
- Saturated fat to **22 grams** a day.
- Added sugars to **50 grams** a day.

Y N

Activity

Be active your way:

- Children 6 to 17 years old should move at least **60 minutes** every day.

Y N

* This 2,000 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.

MyWins ChooseMyPlate.gov

Track your MyPlate, MyWins

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January 2016
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