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Name of Activity	
Making My Plate Great	
Submitted by	Melanie Lynch
National Standard(s)	Standard 7
Grade Level Outcome or Performance Indicator	High School S3.H13 Nutrition
Activity Objective	Cognitive: By completing this lesson, students will be able to describe reasons why maintaining a healthy diet is important. Cognitive: After completing the “Making My Plate Great” activity, students will be able to identify healthy food choices, as well
Grade(s)	9-12
Materials	Handouts/Worksheets: Food Choice Continuum Student’s packets to complete “Choosing Your Healthy Plate,” PowerPoint presentation slides, Props for serving size and meal demonstration, MyPlate cards and plates.
Activity Description	
<p>1. <u>Introduction to the Lesson (Set Induction): “Now & Then”</u></p> <ul style="list-style-type: none"> ○ “Today we are going to discuss the evaluation of the USDA Nutrition Guidelines. Many years ago our country didn’t have the knowledge it does now to help guide us American’s to eat and live a healthier lifestyle. During the 1970’s there were considered to be only four food groups, which consisted of Milk, Meat, Fruits and Vegetables and lastly Bread and Cereal. Just the names of the four categories could confuse people when it came to what to eat. As the years have past these four groups then turned into a pyramid in the early 1990’s. This was a nice step but still lacked the proper information to help guide people to proper nutritional information. This pyramid stood for quite awhile until 2005, when new developments happened with the pyramid. Physical activity was added along with recommendations of how much food we should have. In 2011, they pyramid was replaced with the MyPlate illustration. The MyPlate illustration is supposed to help people visually see on a plate how much food they should have for a healthy meal. 	

2. Bell Ringer (Instant Activity): "Plastic Food Serving Size Props"

- ◆ Students will be shown the recommended serving sizes of certain types of foods. This will bring awareness to show them how big of a difference their portion size is compared to the recommended serving size.

3. Content & Instructional Strategies:

- ◆ **Why is a healthy diet important? - Question & Answer**
 - *Ask students why they think it is important to have a healthy diet (discuss all reasonable answers)*
 - A healthy diet can help to manage weight and reduce the risk of overweight and obesity. *Ask students what they know about the health risks associated with being overweight or obese. Overweight and obesity can cause an increased risk for chronic diseases such as Type 2 diabetes, heart disease and high blood pressure.*
 - A healthy eating pattern is important to establish as a daily habit *now* because the earlier in life you begin to make healthier food choices, the lower your risk for being overweight and obese and having adult chronic diseases such as diabetes, heart disease and cancer.
- ◆ **What is MyPlate? - Lecture**
 - MyPlate is a tool designed to remind Americans to eat healthier. Melanie Lynch, M.Ed.
 - The plate illustrates the five food groups using a plate to help guide Americans to eat healthier.
 - MyPlate can help you visualize what foods to eat and how much to eat for each meal.
- **MyPlate Key Messages - Question & Answer, Lecture**
 - There are several key messages that go along with MyPlate based on the 2010 Dietary Guidelines for Americans. The messages are grouped into three areas where you can start making changes to work toward a healthy diet and lifestyle.
 - **Balancing Calories**

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- Enjoy your food, but eat less- Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.
- Avoid oversized portions- Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal
- Foods to Increase
 - Make half your plate fruits and vegetables- Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.
 - Make at least half your grains whole grains -To eat more whole grains, substitute a whole-grain product for a refined product— such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.
 - Switch to fat-free or low-fat (1%) milk- They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.
- Foods to Reduce
 - Compare sodium in foods- Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."
 - Drink water instead of sugary drinks- Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar and calories, in American diets.
- **Build a Healthy Plate - Lecture**
 - Foods like fruits, vegetables, lean protein, whole grains and low-fat dairy contain the nutrients our bodies need without a lot of extra calories, making them nutrient dense. Foods like cheeseburgers, French fries, chips, and soda have a lot of calories, but not a lot of nutritional value.
We call these "empty calories".

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- Fruits and vegetables of different colors have different nutrients. Try to eat a whole rainbow of different colored produce.
- Dairy products are a great source of protein (for strong muscles) and calcium & vitamin D (for strong bones). Low-fat or fat-free milk and dairy products have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.
- Whole grains contain many nutrients, including fiber, which helps you stay full, maintain a healthy weight, and keep your digestive tract healthy.
- Protein is essential for strong and healthy muscles, however many meats are high in saturated fat (bad fat that can lead to heart disease). Choose lean options like grilled chicken, seafood, beans, nuts and tofu instead of high-fat bacon, hamburgers and fried chicken.
- ◆ **Physical Activity - Question & Answer, Lecture**
 - Choose activities you like to do, (for example, playing basketball, dancing, football, swimming, jump rope, yoga or running) and switch it up so you never get bored.
 - There are many kinds of exercise!
 - Aerobic activities make you breathe harder and make your heart beat faster.
 - Muscle-strengthening activities, like push-ups and weight lifting, make muscles stronger.
 - Bone-strengthening activities involve weight bearing and jumping moves and help strengthen bones.
 - Balance and stretching activities like yoga and martial arts improve stability and flexibility, reducing the risk of injury.
 - For health benefits, physical activity should be of moderate or vigorous intensity. Examples of moderate intensity activity include walking briskly (about 3 $\frac{1}{2}$ miles per hour), bicycling (less than 10 miles per hour), general gardening, dancing, golf, and water aerobics. Examples of vigorous intensity activity include running/jogging (5 miles per hour), walking very fast (4 $\frac{1}{2}$ miles per hour), bicycling (more than 10 miles per hour), heavy yard work, such as chopping wood, swimming, aerobics, basketball, tennis.

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- Get at least 60 minutes of moderate to vigorous exercise per day. It's ok to start with 10-minute increments throughout the day to build up to 60 minutes.
- Importance of Physical Activity
 - Physical activity is a great way to help maintain a healthy weight. It helps to balance energy in with energy out. It also may help you live longer, improve your self-esteem, decrease your risk of depression, help you sleep better, introduce you to new friends, build stronger muscles

◆ **In-Class Learning Activity:**

○ **Food Choice Continuum - Worksheet**

- From a continuum of "avoid" to "best," students will rank similar foods by raising their hand to contribute information
- Teacher will give an example of one on the PowerPoint presentation.
- Following the example the teacher will pass out the food choice continuum worksheet to each student.
- Students will work in small groups of 3 to complete their worksheets.
- See Appendices

◆ **Look Who's Coming to Dinner**

4. Students will each get a sample MyPlate meal at their desk on their plates.
5. Teacher will inform them that they are a dinner guest and that the meal in front of them is what is being served. They may, however, substitute a grain for another grain, a fruit for another fruit etc. This is to demonstrate how versatile the MyPlate is with its food choices.
6. Students will look at the other meals to see the variety of choices with the MyPlate plan.

6. **Self Management**

- ◆ Have students look at the NHES posters and tell them we are working on the skill that will help them practice health-enhancing behaviors and avoid risks and question to see if they can identify the skill that we will be practicing today. (Self-Management)

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7. Making My Plate Great

Students will be presented with a buffet table with foods from all of the different food groups. This will represent the “buffet” style food that is available at the dining commons in college.

- Students will clear their plates from the previous activity.
- Each student will go to the buffet table and create a dinner meal using the “cutouts and props.” Their meal should be balanced according to the MyPlate guidelines that they learned.
- If they don't find foods that they like or need, they can take the blank colored cut outs and write in their own food choices
- By the end of the lessons students show the instructor and other students their meal.
- Have them look at their peer's meals to see other variations.
- Brainstorm reasons why college eating is not always healthy or balanced.

◆ Final Thoughts/Conclusion to the Lesson

- Checking for Understanding (written or verbal)
 - The MyPlate is very interchangeable
 - Balance is the key
 - You may not always have a balanced plate each meal, but striving for that balance most of the time is important

“As we learned today, it is very important to balance your diet and include fruits, vegetables, protein and dairy in what you eat every day. Limiting your portion size, balancing your calories, and participating in physical activity on a regular basis are all essential components of healthy nutrition. Using MyPlate can really help as a visual demonstration of what your plate should look like at every meal. Hopefully you all will take away from this lesson and use these tips in your daily diet!”

Modifications

Include ways to modify this activity for advanced, lower level and inclusion students.

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I made cut outs of plain paper in purple, green, orange and red for students who may eat differently than the “American” food that I had access to for my lesson. I also wanted them to have a way to write in a food that they just may really like that was not available. Also, if I have lower level readers, all of my food was either a prop or it had a picture of the food above the word. The words are also in Spanish