

Just Say Yes to... Fruits and Vegetables

Lesson 2: MyPlate

Lesson Materials

- *MyPlate* poster and mini-posters
- Felt board and poster board
- Cardboard food models
- Markers and flip pad
- Ingredients and supplies to prepare and serve JSY recipe

Duration of Lesson

(In minutes)

Welcome	2
Icebreaker	5
Introduction	10
Activity 1	15
Activity 2	15
Recipe	20-40
Physical Activity	5
Closing	5

Take Home Items

- *MyPlate* mini-posters
(www.choosemyplate.gov)
- JSY recipe
- JSY incentive
- MyBenefits handout

To Find Out More

- www.choosemyplate.gov
- www.fruitsandveggiesmorematters.org

Objectives

At the completion of the workshop, participants will be able to:

- Identify *MyPlate* recommendations.
- Plan a day's worth of meals which follows *MyPlate* guidelines.
- Identify ways to make healthy food choices using *MyPlate* recommendations.
- Identify overall health and wellness strategies to include intentions to eat healthy and increase physical activity.

Welcome

- Greet participants as they enter workshop area.
- Introduce yourself and JSY program.
- Explain what the workshop will be about and how long it will take.
- Define workshop ground rules:
 - This is a safe learning environment.
 - No one will be called on. Participants have a "voice by choice."
 - Please stay until the end, complete a survey and receive incentive.

Icebreaker

- Ask participants to share what they have done recently or would like to do to eat healthier.

Introduction

- Explain to the group that there is a way to know if they are eating healthy—*MyPlate*. Display poster and pass out mini-posters to each participant.
- Ask—Have you seen this before? Where?
- *MyPlate* is designed to make healthy food choices. Review each section of *MyPlate* and explain how the food groups relate to each color. Highlight the following and discuss the benefits of each:

- Make half your grains whole
- Make half your plate fruits and veggies (at least 5 cups daily)
- Serve low fat milk and milk products
- Choose a variety of lean protein foods
- Choose foods and drinks with little or no added sugar

MyPlate Menu (Activity 1)

- Place food models on the flipchart around a plate for participants to see and use.
- Place one food item on the flipchart for each meal (i.e. cereal at breakfast, soup at lunch, plain pasta for dinner).
- Ask participants to use the food models to complete the meals using *MyPlate* recommendations. Place the food models on the plate as participants call out suggestions.
- Continue planning the day's meals to meet *MyPlate* guidelines.
- Emphasize including a variety of different colored fruits and vegetables. Look at the selections to see what colors are represented.
- Talk about foods that might be available at the food pantry.

Take Away Task

- Invite participants to share with the group what they are going to do this week to eat from all 5 food groups each day.

Meal Makeover (Activity 2)

- On the flipchart, create 3 meals: one that is incomplete, one that is unhealthy and a third blank plate. Working as a group, ask participants to analyze each meal.
- For the incomplete meal, ask "What could you change to include more food groups?" (ex. include low fat milk as a beverage or fruit as a dessert)
- For the unhealthy meal, ask "What could you change to make the food choices healthier?" (ex. lower fat meat, whole grains, colorful vegetables)
- For all, ask "Do any portion sizes need to be adjusted?" (ex. less meat and more fruits and vegetables)
- What fruits and vegetables are available at the food pantry that could be added to the meal?
- As participants make suggestions, use the food models to create a new version of the meal on the prepared flip chart page.

Take Away Task

- Invite participants to share with the group what changes they are going to make to their family meals this week to make them healthier.

Demonstrate a JSY Recipe

- Discuss all steps in preparation.
- Explain how to select and store the fruit or vegetable used in the recipe.
- Offer samples to participants.
- Announce JSY allergy disclaimer (i.e. participants should avoid the sample if they have an allergy to any of the ingredients).

Suggested Recipe Talking Points

- If possible, use a main-dish recipe. Outline why the recipe is a good meal idea.
- Talk about what food groups are included in the recipe. Ask participants how they could include missing food groups to round out the meal.
- Ask participants if or how they might change this recipe at home for their families.

Physical Activity Transition Statement

Nutrition and physical activity are key factors to living a long and healthy life. Making healthy recipes can be easy and inexpensive. Including physical activity into your life can be just as simple!

Select a Physical Activity Message from the Menu

Applicable FNS Messages

- They take their lead from you. Eat fruits and veggies and your kids will too.
- When they come home hungry, have fruits and veggies ready to eat.

Closing

- Summarize key points in lesson.
- Ask participants, "What are your questions?"
- Distribute JSY Surveys. Assist participants with completion, if needed.
- Give a JSY Nutrition Education Incentive to each participant as they hand in their survey.
- Thank participants.

Clean and pack up workshop space.