

Ohio SNAP-Ed Adult & Teen Programs Using MyPlate for Healthy Living

Task Topic: MyPlate

Task Title: Using MyPlate for Healthy Living

Teaching Message(s):

- ☒ Use MyPlate to make food choices for a healthy lifestyle.
- ☒ Use a smaller plate at mealtime to help with portion control.
- ☒ When consuming dairy products like milk, cheese, yogurt, etc., choose low fat or fat free dairy products.
- ☒ Eat at least one kind of vegetable daily.
- ☒ Eat at least one kind of fruit daily.
- ☒ When consuming grain products like bread, pasta, rice, cereal, etc., choose whole grain products.
- ☒ When consuming meat like beef, pork, chicken, or seafood, choose lean or low fat meats like beef, pork, chicken, or seafood.
- ☒ Be physically active for at least 30 minutes most days of the week.

Resources: Adapted from *Choose MyPlate.gov, Dietary Guidelines*

Objectives for the Task:

1. Name one strategy that MyPlate can offer to promote a healthy lifestyle.
2. Identify other healthy behaviors related to MyPlate.

Materials Needed for the Task (including Handouts):

- MyPlate large poster or laminated placemat
- Fact Sheet – *10 Tips Nutrition Education series: Choose MyPlate*
- Scenario Cards – Using Myplate

General Materials List:

- Flip chart paper
- Thought box
- Highlighters
- VOICE principles
- Post-it notes
- Markers
- Masking tape
- Participant evaluation forms
- Index cards
- Pens
- Name tags

Preparation:

- Tape scenario cards around the room. Set out one pad of Post-it notes and a few pens next to each station for each type of food.



Key Points to Review:

- Introduce yourself. Give brief description of the program (program name, length of sessions, duration of program).
- Include your purpose as the facilitator (i.e. to introduce ideas that are supported by research, to give them the tools to make informed decisions about areas that affect their health & nutritional needs, and to identify topics that might be covered based on the curricula used in the program).
- Review the V.O.I.C.E. Principles.
- Ask participants to sign in on the SNAP-Ed sign-in sheet.
- Remember to pass out the appropriate participant evaluation form at the end of the session, making sure to read the questions out loud to the participants.

Transition:

Last time we met, we learned about You were asked to Who would like to share about their experiences with this activity?

Today we'll learn about strategies for healthy living that we can derive from MyPlate. Let's begin today's lesson by walking in place for 2 minutes. A good target is 30 minutes of daily physical activity. Walking is a great activity: anyone can do it, and all you need is a pair of sneakers. You can walk indoors or outdoors, up and down steps if you choose. You can go at your own pace. And as an added bonus, walking is weight-bearing exercise, so it helps build bone strength.

Physical activity guidelines can be found at the following websites:

- Office of Disease Prevention and Health Promotion: www.health.gov/paguidelines/
- CDC: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>
- President's Council on Fitness, Sports, and Nutrition: www.fitness.gov/active/physical-activity-guidelines-for-Americans/

Anchor

When you think of "healthy behaviors," what comes to mind? Call out a few examples and I will write them down on flip chart paper.

What has been your experience with practicing these behaviors?

Add

Did you know that MyPlate is more than a simple graphic depicting the five food groups? We can learn a lot from looking at this tool and the recommendations that go with it. *Hold up a picture or laminated MyPlate placemat.*

By looking at this poster (placemat) of MyPlate, we notice a few things, such as the relative proportions of each food group we should eat, as well as which ones to include at meals. Beyond these things, though, we can use MyPlate as a visual reminder for other healthy living strategies that aren't necessarily obvious at first glance. For instance, the **size of the plate** we use when we eat can help with portion control. Portion control is simply making sure we



don't eat too much food at meal times. Controlling portion sizes of the foods we eat can help keep our body weight at a healthy level, or can help us lose weight. Using a smaller plate, bowl, or cup can make it easier to control portions of foods and beverages.

Within each of the five food groups, we can **make better choices** about which foods we eat. Including lean or low fat protein and dairy foods, for instance, helps us meet our protein needs without additional calories or fat. Eating fruits and vegetables every day, with at least one meal, helps with weight management, disease prevention, and nutrient intake. Choosing whole grain breads, crackers, cereals, and pastas gives us a healthy dose of vitamins and fiber and helps keep our blood sugars level.

And although it's not shown on MyPlate, an important part energy balance is to **include at least 30 minutes of daily physical activity**. Physical activity doesn't just have to be running or exercising at the gym. It can include many everyday activities, such as walking the dog, dancing, or cleaning your house. Who would like to share some additional ideas ways to be physically active?

So as you can see, MyPlate has so much to offer beyond what you see at first glance. Becoming familiar with the messages MyPlate shows, you can incorporate healthy behaviors into your lifestyle.

Apply

Instruct participants to separate into 4-6 small groups.

Around the room, I have taped up several scenario stations. Working in your small groups, visit each station. Read the information in each scenario and, with your group, discuss at least one way the person in the scenario can benefit from using MyPlate. Write your suggestions on a Post-it note and stick it up next to the scenario card. Repeat this with the other 2 posted scenarios.

After groups have worked on all of the scenarios, have them reconvene as a large group. Go around to each scenario and read a few of the recommended suggestions; invite additional comments from the participants.

Away

Please write down one way you can use information from MyPlate to help you in living a healthy lifestyle, whether it be making half your plate fruits and vegetables or eating lean protein foods. I challenge you to put it into practice over the next few days. We'll share your experiences at our next meeting.

Pass out the Fact Sheet: 10 Tips Nutrition Education Series – Choose MyPlate for participants to take to read at home.



Facilitator's Notes:**Facilitator's Checklist:**

- ☐ Have I gathered all of the pertinent materials needed for the lesson?
- ☐ Did I spend the requisite amount of time covering each targeted message?
- ☐ Did I apply the principles of adult learning to my program?
- ☐ Did I create a comfortable and functional learning atmosphere?
- ☐ Did I fill out a Program Log with the necessary program information?
- ☐ Did I ensure that all participants signed the sign-in sheet?
- ☐ Did I read the survey instrument out loud to the participants?
- ☐ Did I collect all requisite survey instruments needed for today's lesson?

