

# Picture Your Plate

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## Supplies Needed:

- Brightly colored tablecloth
- Food models from the National Dairy Council (in ziplock bag)
- Paper plates (8-12)
- Plastic 9 inch plate (use a permanent marker to divide into 1 half and 2 fourths) and tape food model cards on it to represent 1/4 lean protein, 1/4 whole grain, and 1/2 vegetable or fruit
- 8 ounce glass of milk food model (fold flap at bottom and tape to a small piece of cardstock)
- Deck of cards
- Tennis ball
- Four dice
- Clear 20 ounce soda bottle with 8 ounces of cola or colored water in it (8 ounce line clearly marked)
- 8 ounce clear plastic cup
- Red OSUE Community Nutrition Programs shopping bag

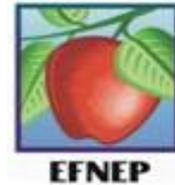
- A 10-12 ounce bowl with 1 cup of cereal in a baggie (clear is best)
- A 18-20 ounce bowl with 2 cups of cereal in a baggie
- Copies of flyers

## Introduction:

Hello my name is \_\_\_\_\_.  
I work for Ohio State University Extension with the EFNEP (Expanded Food and Nutrition Education Program) The curriculum we use is the Eating Smart, Being Active or ESBA. This is a research based program.

## Anchor:

What food group dominates your typical dinner plate?  
What color is the largest serving of food on your dinner plate? \*These two questions can lead into portion sizes of food.



## Add:

Ask, "What size bowl do you use?" Then show the one-cup bowl and the two-cup bowl with measured baggies of cereal inside. Discuss which size bowl they use when eating cereal at home. Place food models and paper plates on a brightly colored tablecloth. Handout the "Picture Your Plate" flyers and present the nine inch marked plate with food models taped on it to represent a healthy plate consisting of 1/4 lean protein, 1/4 whole grain and 1/2 vegetables or fruit (such as 3oz. chicken, 1/2 c. brown rice, broccoli and carrots). Stand the food model of the eight-ounce glass of milk (taped to card stock) upright behind the plate. Bring out the tennis ball, dice, deck of cards, 8 oz. clear plastic cup and 20 oz. soda bottle with 8 oz. of cola in it.

Talk about each of the eight “Picture Your Plate” food comparisons and how to visualize healthy food portions. Ask them to try using a nine-inch plate with the  $\frac{1}{4}$  lean proteins,  $\frac{1}{4}$  whole grains, and  $\frac{1}{2}$  vegetables or fruit concept. Explain that the serving size listed for the soda is only two-fifths of the bottle and that the nutrition facts are based on 8 ounces. Therefore, the calories and sugar in the whole bottle are two and a half times the amount listed. Take it a step farther by stating that 8 ounces of low fat or skim milk will supply one of the three-cup equivalents that we need each day and that the soda has no nutritional value.

### **Apply:**

Ask participants to come up and create a plate that represents a healthy dinner. Then ask them to share ideas about how to “Picture their Plate” and serve healthy portions.

### **Away:**

Think about one food that you could measure this week to get the right portion size. Cereal is a great one to start with.

### **Closing:**

My next class will be July 1 at 2 pm. It will be held at YMCA community room. Please join me.

### **Adaptations:**

This lesson could be used for a variety of audiences in its original format. You could change the open-ended questions to meet the needs of a particular audience.

### **References:**

-[www.drinkmilk.com](http://www.drinkmilk.com)  
-[www.mypyramid.com](http://www.mypyramid.com)  
-[http://www.aicr.org/site/PageServer?pagename=pub\\_new\\_amer\\_plate](http://www.aicr.org/site/PageServer?pagename=pub_new_amer_plate)

