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. **Solid fats:** 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.**