

MyPlate Nutrition

Self- Guided Lessons

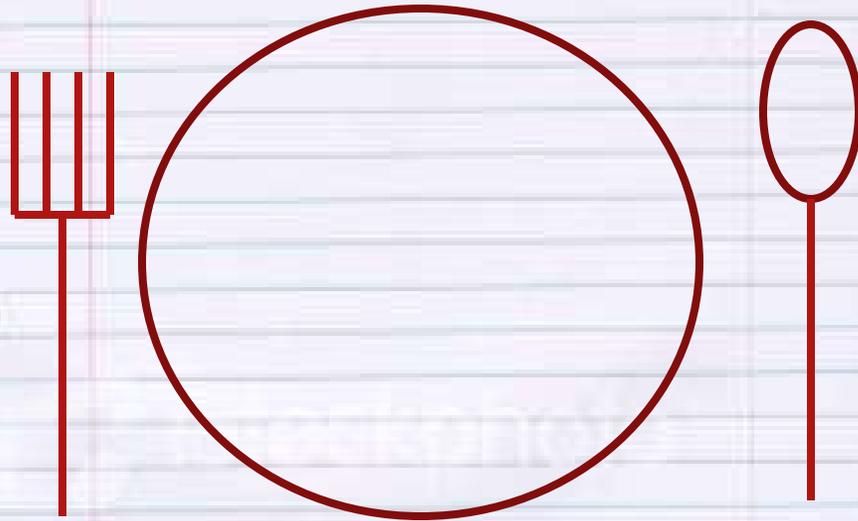
LEARNING TARGET



I will be able to identify the five food groups and name a variety of examples from each.

I will be able to explain the purpose of MyPlate.

What did I eat
yesterday?



What did I eat
yesterday?

STEP 1 Create the
drawing as shown.

STEP 2: List ALL of the
food and drink you
consumed yesterday -
EVERYTHING!

5 minutes- GO!!!

TASK 1

TASK #2- WHAT DOES IT MEAN TO BE HEALTHY?
WRITE A FEW SENTENCES.



TASK 3: GATHERING INFO ABOUT MYPLATE

For the next few slides you will be taking down information about each section of MyPlate.

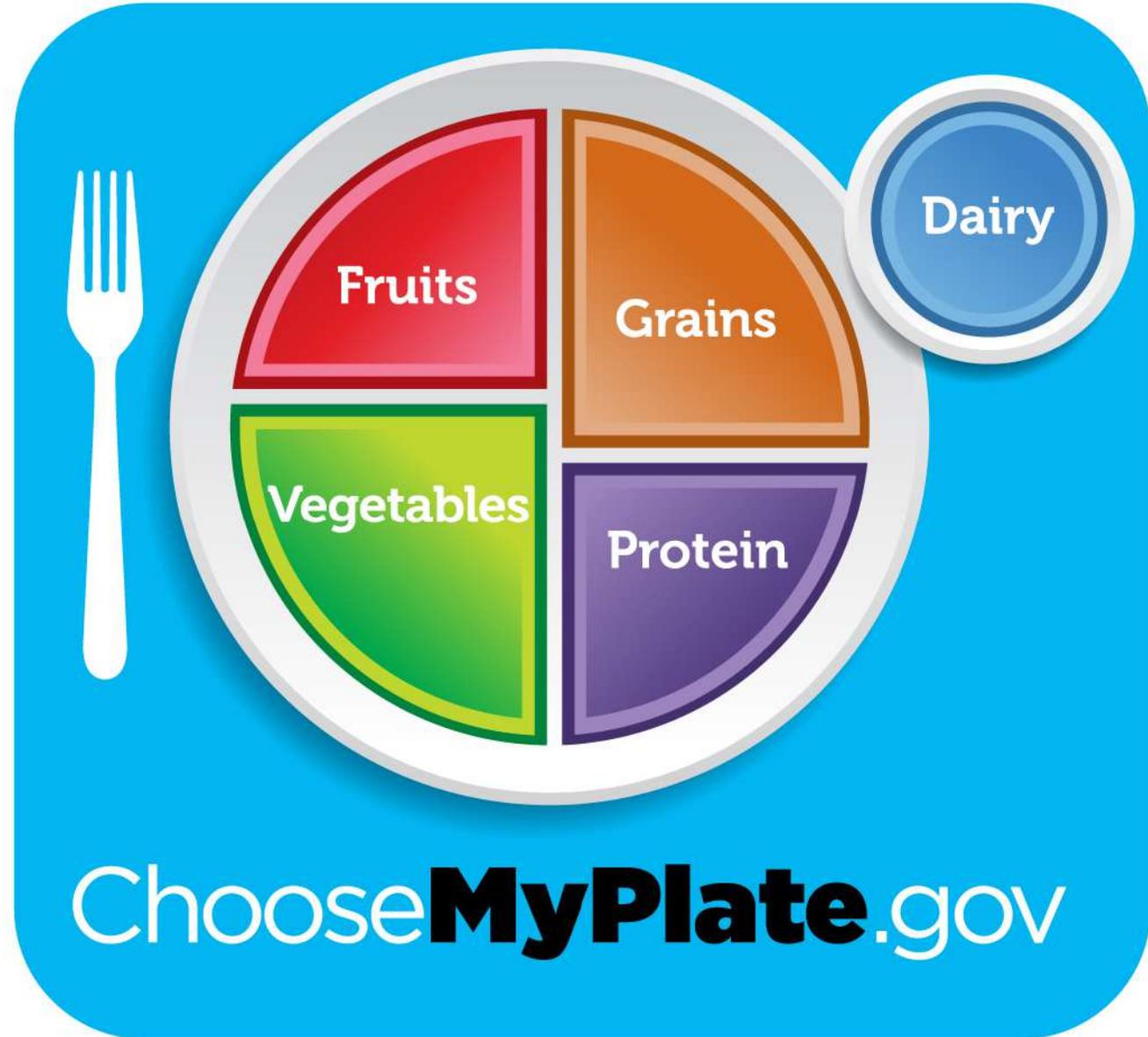
What is MyPlate, you ask?

MyPlate is the current nutrition guide published by the USDA Center for Nutrition Policy and Promotion, a food circle depicting a place setting with a plate and glass divided into five food groups. It replaced the USDA's MyPyramid guide on June 2, 2011, ending 19 years of USDA food pyramid diagrams.

Label each section of your MyPlate graph.

Be careful!

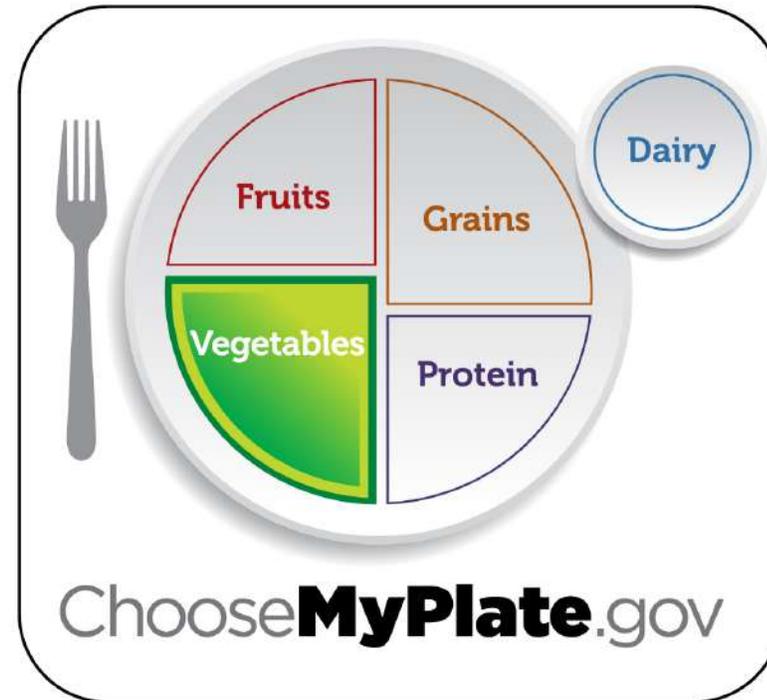
Don't make the label too big because you have **lots** of info to write under the titles.



VEGETABLE GROUP

5 subgroups of veggies:

1. Dark green veggies
2. Red and orange veggies
3. Beans and peas
4. Starchy veggies
5. “Other”



VARYING YOUR VEGGIES- EAT THE RAINBOW!!!!

<https://www.youtube.com/watch?v=rtmxZxq4pgQ>

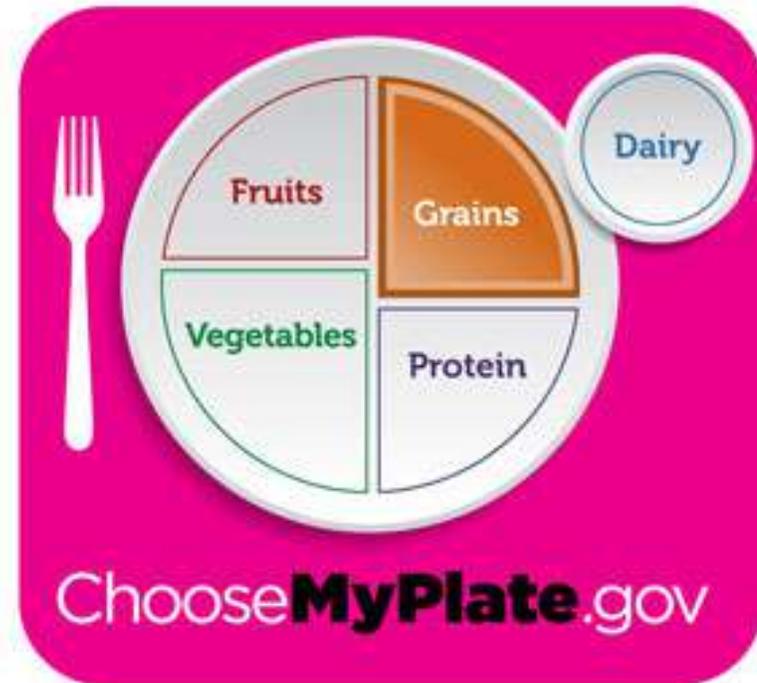
*If the video doesn't work, use this link to explore the veggies category.

<https://www.choosemyplate.gov/#slideshow-0>

GRAINS GROUP

Two subgroups:

1. Whole Grains
2. Refined Grains



GETTING TO KNOW YOUR GRAINS

https://www.youtube.com/watch?v=AQxDBaot_Ec

Examples: pasta, rice, bread, crackers, popcorn, cereal

*If this video doesn't work, use this link to investigate grains.

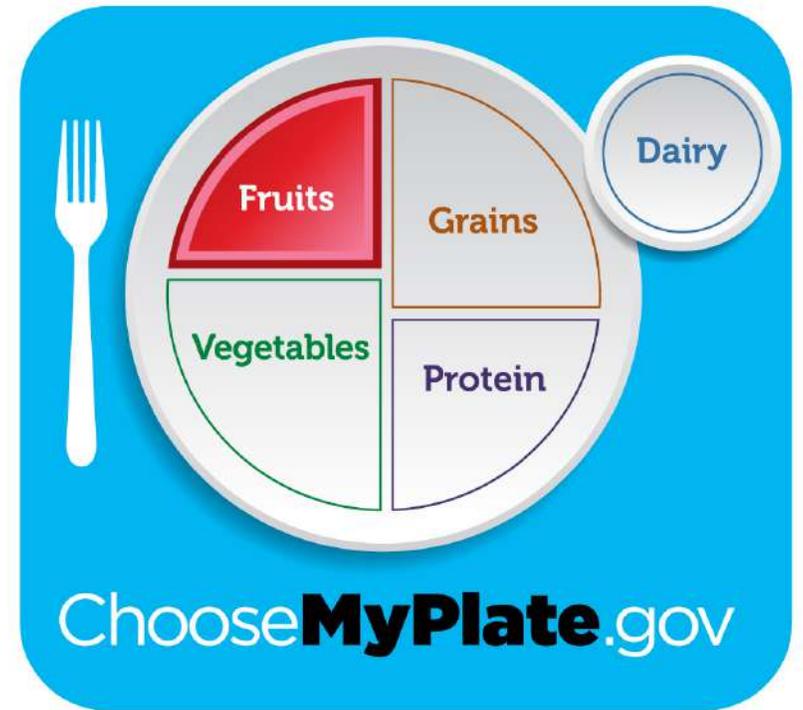
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FRUITS

<https://www.youtube.com/watch?v=cfZ-lbKsyFk>

*If this video doesn't work, use this link to investigate fruits.

<https://www.choosemyplate.gov/#slideshow-0>

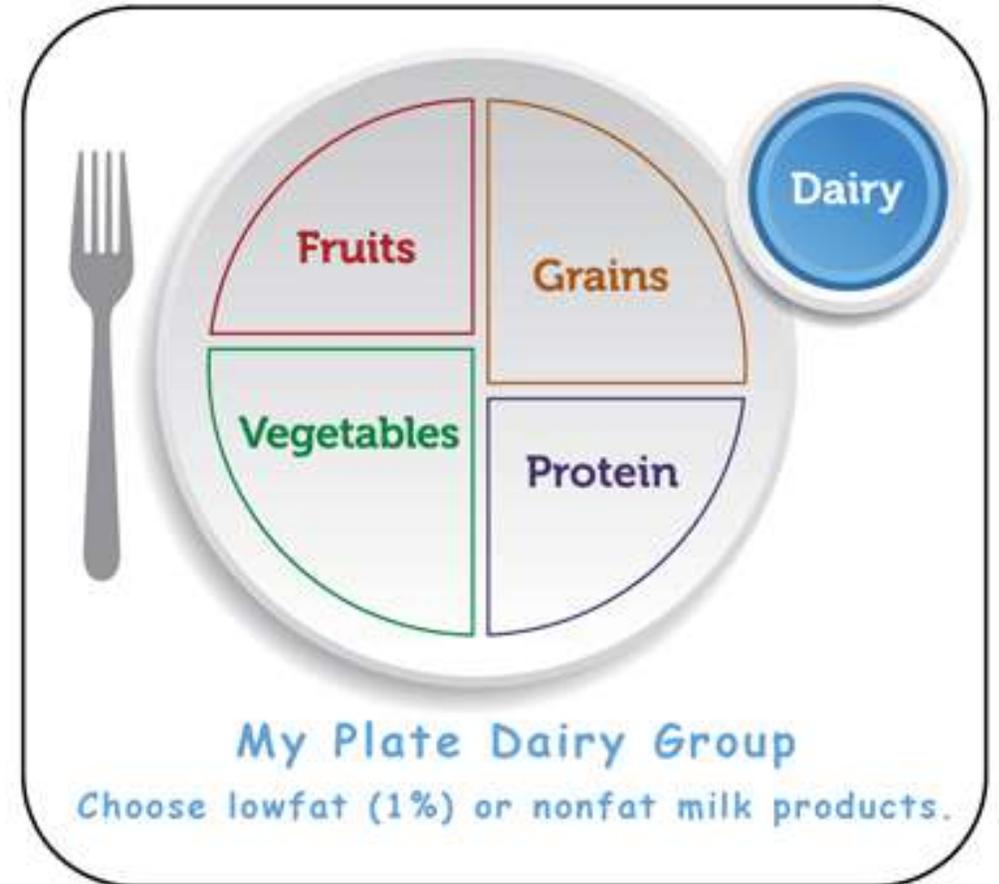


DAIRY

<https://www.youtube.com/watch?v=o3axlH56oAE>

If this video doesn't work, use the link below to investigate dairy.

<https://www.choosemyplate.gov/#slideshow-0>

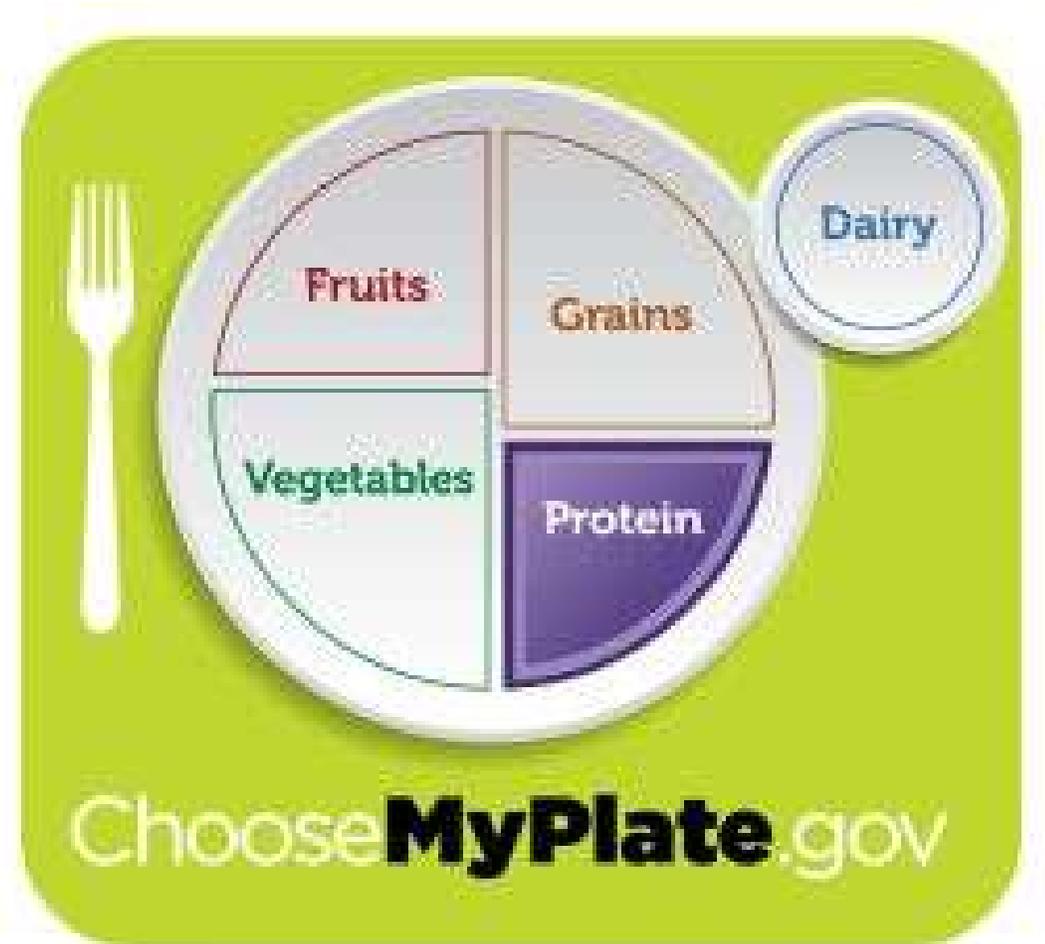


PROTEIN

https://www.youtube.com/watch?v=SyieX5Zl__8

If this video doesn't work, use the link below to investigate proteins.

<https://www.choosemyplate.gov/#slideshow-0>



TASK 4:

How do the foods you ate yesterday fit into “MyPlate”?

How could you have eaten healthier?

Write a few sentences for Task 4 on your sheet.



CONGRATS!

**YOU MADE IT THROUGH PHASE 1 LESSONS, THE INTRO
TO MYPLATE.... NOW ON TO PHASE 2**

PHASE 2- APPLICATION OF YOUR KNOWLEDGE

In Phase 2 of this self-guided lesson, you will be using your notes and applying your knowledge of MyPlate to create a week's worth of healthy meals.



LEARNING TARGET



I will be able to apply my knowledge of MyPlate to create healthy meal plans.

TASK 5



Individually, create a week of healthy meal options for family dinners using the meal-planning sheet provided.

- *At least half of your grains MUST be whole grains.
- *Use at least one food from the Beans and Peas subgroup.
- *Use at least one veggie from the Dark-Green Veggie subgroup.
- *Use a variety of proteins (each protein can only be used once).

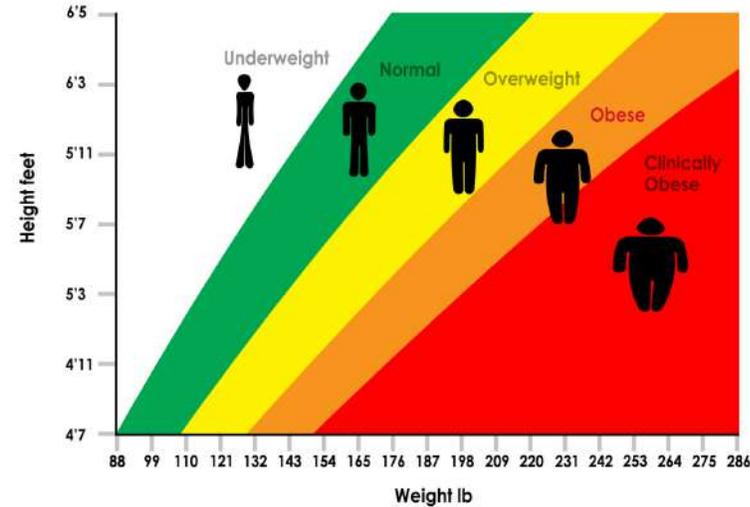
WEBSITES TO HELP WITH MEAL-PLANNING

<https://www.choosemyplate.gov/MyPlate>

<https://www.choosemyplate.gov/recipes-cookbooks-and-menus>



TASK 6

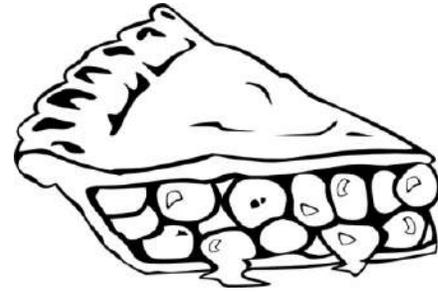


Go to the website listed below and calculate your BMI (body mass index). Do not tell anyone your results. They are private.

<https://www.cdc.gov/healthyweight/bmi/calculator.html>

Based on what you learned about BMI, what are some tips they gave you to improve your eating or activity level?

TASK 7



Now that you know how to eat healthy, what are some goals you have for yourself to become healthier?

List at least three goals.



CONGRATS!

You finished the lessons! Great job!

Make sure to turn in your work to Mrs. Ballard.

Is your name on your paper?????

VIDEOS TO CHECK OUT WHEN FINISHED

<https://www.choosemyplate.gov/videos>