

Lesson 2:

MYPLATE and Enjoy Your Broccoli Combo Lesson

Lesson Highlights

Objectives

Consumer will:

- Identify the 5 food groups in the My-Plate model.
- Describe 3 main messages of the MyPlate model.
- Practice building a healthy plate
- Taste a healthy broccoli recipe.

Educator Resources

- USDA Dietary Guidelines Brochure
- USDA MyPlate Consumer Messages
- USDA MyPlate Tip Sheet

Consumer Handout:

- MyPlate Mini-Poster Handout Eng/Span
- Broccoli Tip Card

Materials

- MyPlate tri-fold display including label food groups, cut out food items and MyPlate messages.
- Prepared Broccoli Salad recipe for taste test

Activity: Interactive Learning Dialogue

Educator -Read the USDA Dietary Guidelines Brochure. USDA My Plate Consumer Messages and USDA MyPlate Tip Sheet to familiarize yourself with MyPlate food groups.

Set up the MyPlate tri-fold display board for interactive tool. Display has MyPlate with Labeled Food Groups (Eng/Span), food pictures, and MyPlate messages (Eng/Span)

Sample Interactive Learning Dialogue:

Who has heard of the MyPlate dietary guidelines? **(Refer to display board.)**

This plate is a picture to help you make healthy food choices and build a healthy meal.

It is made up of 5 different food groups: fruit, vegetables, grains, protein and dairy, on the side.

If you notice fresh fruits and vegetables like the broccoli you are receiving today should make up half of your plate.

Now let's look at what other important foods you need for a

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•California Department of Public Health

healthy MyPlate.

As you see on the display board there are pictures of different food items.

Will someone volunteer to select one of the foods and put on the MyPlate display? For example I will select brown rice. (**Educator sticks brown rice photo in Grain section.**)

Answer:

Fill a quarter of your plate with grains. If you can replace 1/2 of your grains with whole grains because they provide more nutrients, like fiber.

What is the other important foods do you need for a healthy MyPlate? (**Encourage participants to select a food item and stick on MyPlate display to complete all of the food groups.**)

Answer:

Add lean protein, like ground turkey, chicken, fish, beans or tofu. Beans are extra special because they belong to both the vegetable and protein group.

Now we have completed a healthy MyPlate.

Today you are receiving fresh broccoli. (**If taste test prepared ask participants following questions.**) Did you like the broccoli salad that we prepared for you? How would you prepare the broccoli to include on your plate?

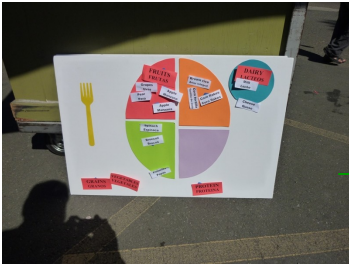
Answer:

Broccoli can be eaten raw, prepared as a side dish or mixed with other part of a main dish. Examples might be: toss into a green salad or steam as a side dish.

Educator: Distribute MyPlate Mini-Poster handout in either English or Spanish and Broccoli Tip Card to participants.

Small Group Activity: MY PLATE Relay Game optional

Educator: Depending upon the food distribution site setting, participants can be divided into groups of two, three or four participants. Similar to the interactive activity in the lesson plan the participants will select 5 food items that they must stick in the correct food group section on a MyPlate display. Set up the game and explain the rules of the relay game to the participants. This game may be utilized with children waiting in line with parents or family once the lesson has been completed.



Rules of the Relay Game

1. Two groups participants line up side by side to start the game.
2. Each group takes 5 food examples for the relay.
3. Game starts and each participant must run to MyPlate poster and stick food example on the board.
4. Then participant runs back to the line and next person in the group goes until all the food examples have been placed.
5. The group that finishes first and has placed the most food groups correctly wins.

Group Activity: Taste Test optional

Educator: Follow local Food Safety Guidelines for taste test preparation. Check with your local Public Health Department for guidelines. Prepare in advance samples of Broccoli Pasta Salad Recipe. .

BROCCOLI PASTA SALAD

Makes 8 Servings

Ingredients:

4 cups cooked pasta

2 cups cooked **broccoli** pieces

1 cup cooked carrot slices

1/2 cup red or green pepper strips

1/4 cup sliced green onions

1/2 cup salad dressing



Instructions: Mix all ingredients together and refrigerate for about 30 minutes before serving. Note: For a more hearty salad, add strips of cooked meat, cooked beans or sprinkle with grated cheese.