

## Lesson 2: MyPlate and Enjoy Your Broccoli Combo Lesson MyPlate Interactive Poster Template

Left Panel	Middle Section	Right Section
<ul style="list-style-type: none"> <li>• Healthy Decisions sign featuring a graphic of MyPlate</li> </ul>	<ul style="list-style-type: none"> <li>• MyPlate title in English &amp; Spanish followed by the cut-outs of the MyPlate sections</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy Decisions sign in Spanish</li> </ul>
<ul style="list-style-type: none"> <li>• Healthy Plate placemat</li> </ul>	<ul style="list-style-type: none"> <li>• Place labels on each of the 5 plate sections, i.e., protein, grains, dairy, fruits &amp; vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy Plate placemat in Spanish</li> </ul>
<ul style="list-style-type: none"> <li>• Surround the two key themes with healthy food cut-outs</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Surround the two key themes with healthy food cut-outs</li> </ul>
<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Apply Velcro to the blank plate pieces so participants can place the appropriate food items on the plate</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>

