



Lesson 2: MyPlate and Enjoy Your Broccoli Combo Lesson

PROTOCOL

1. Study the MyPlate and Enjoy Your Broccoli lesson and Educator Resources.
2. At the Food Bank, gather the following materials: MyPlate tri-fold display, Broccoli tip Card, My Plate Mini-Poster English/Spanish
3. At the Intervention Site, set-up the poster according to the Template and photo (attached)
4. Set-out the handouts, i.e. Broccoli tip Card, MyPlate Mini-Poster Handout English/Spanish
5. Prepare the Broccoli Salad recipe for the tasting
6. Aim to engage a minimum of 5 participants in hearing the lesson from start to finish for 10 minutes
7. Emphasize the 3 or more key messages of the lesson

Key Messages of this lesson:

1. **MyPlate is made up of 5 different food groups: fruit, vegetables, grains, protein, and dairy**
2. **Fill half your plate with fruits and vegetables**
3. **Fill a quarter of your plate with grains, and the other quarter with protein.**

8. Invite participants to taste the recipe
9. Distribute the hand-outs: Broccoli tip Card, MyPlate Mini-Poster Handout English/Spanish

Lesson Highlights

Objectives:

- Identify the 5 food groups in the MyPlate 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:

- My Plate Mini-Poster handout Eng/Sp
- Broccoli Tip Card

Materials:

- MyPlate tri-fold display including label food groups, cutout food items and MyPlate messages
- Prepared Broccoli Salad recipe for taste test (optional)