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 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-out:s Broccoli tip Card, MyPlate Mini-Poster Handout English/Spanish