

Lesson 3: MyPlate and Eat More Fruits and Vegetables Throughout Your Day Combo Lesson: Interactive Poster Template

Left Panel	Middle Section	Right Section
<ul style="list-style-type: none"> Place the English “A Healthy Plate” title placed next to the MyPlate graphic 	<ul style="list-style-type: none"> Center the <i>Eat More Fruits and Vegetables Throughout Your Day</i> title 	<ul style="list-style-type: none"> Place the Spanish version of the “A Healthy Plate” title placed next to the MyPlate graphic
<ul style="list-style-type: none"> Below the Healthy Plate title place the Breakfast title in English and Spanish 	<ul style="list-style-type: none"> Place the Lunch title in English & Spanish below the main title 	<ul style="list-style-type: none"> Below the Healthy Plate title place the Dinner title in English and Spanish
<ul style="list-style-type: none"> Place the 3 breakfast photos (eggs, bowl of cereal, and pancakes) below the Breakfast title and surrounded by the key message to “Add apple, banana, oranges or strawberries to your cereal” in English & Spanish. 	<ul style="list-style-type: none"> Place the 3 photos of sample lunch items corresponding to the lesson (burrito, sandwich, and soup) below and surrounded by the key message “Add lettuce, tomato, onion, cucumber, or peppers to your sandwiches” in English and Spanish 	<ul style="list-style-type: none"> Place the 3 photos of sample dinner items (chicken, beef kabob, and tamales) below and surrounded by the key message “Add an extra handful of chopped vegetables at dinner such as broccoli, tomatoes, squash, onions, or peppers” in English & Spanish
<ul style="list-style-type: none"> Fill the remainder of the board with the cut-outs of the healthy food items 	<ul style="list-style-type: none"> Fill the remainder of the board with the cut-outs of the healthy food items 	<ul style="list-style-type: none"> Fill the remainder of the board with the cut-outs of the healthy food items
<ul style="list-style-type: none"> Apply Velcro to the breakfast photos to engage participants in placing the healthy food items on each plate 	<ul style="list-style-type: none"> Apply Velcro to the lunch photos so participants can place the appropriate food items on each plate 	<ul style="list-style-type: none"> Apply Velcro to the dinner photos and invite participant to place the healthy food items on each plate

SEE SAMPLE POSTER PHOTO NEXT PAGE

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