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

PROTOCOL

1. Study the MyPlate and Eat More Fruits and Vegetables Throughout Your Day Combo Lesson and Educator Resources.

2. At the Food Bank, gather the following materials: The Eat More Fruits and Vegetables combo MyPlate tri-fold display, Stone Fruit Tip Cards, MyPlate 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. Stone Fruit Tip Cards, MyPlate mini-poster Handout-English/Spanish

5. Prepare the Stone Fruit recipe for the tasting

6. Invite participants to taste the recipe

7. Distribute the hand-outs.

8. Deliver the lesson:
   - Aim to engage a minimum of 5 participants in hearing the lesson from start to finish for 5-10 minutes
   - Emphasize the 3 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. Make half your plate with fruits and vegetables

3. Eat more fruits & vegetables throughout your day