

## Lesson 1: Introduce MyPlate and Make Half Your Plate Fruits and Vegetables Combo

### 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 Mini-Poster of My Plate</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>• Healthy Plate placemat Fruits</li> <li>• Healthy Plate placemat 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 food pictures</li> </ul>	<ul style="list-style-type: none"> <li>• Apply Velcro to the back of the fresh fruit and vegetables cut outs so participants can place the appropriate food items on the plate</li> </ul>	<ul style="list-style-type: none"> <li>• Surround the two key themes with food pictures</li> </ul>

