



## 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 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**

#### Lesson Highlights

##### Objectives:

- Accept distributed produce
- Learn how to increase daily fruit and vegetable intake
- Understand health benefits of eating more fruits and vegetables
- Taste a healthy fruit recipe.

##### Educator Resources:

- CDC How many fruits and Vegetables do You Need?
- CDC How to Use Fruits & Vegetables to Manage Your Weight

##### Consumer Handout:

- Stone Fruit Tip Card
- MyPlate Mini-Poster (English/Spain)

##### Materials:

- Eat More Fruits & Vegetables - MyPlate tri-fold display including key messages, cutout food items and MyPlate graphic
- Prepare Stone Fruit recipe for taste test (optional)