Quick Reference Guide to Standard 6—MyPlate

*MyPlate is the capstone project of Foods and Nutrition because it is the application of all the information garnered throughout the year: the ability to keep food safe, the ability to produce meals, the understanding of carbohydrates, proteins, lipids, vitamins and minerals. The scientific knowledge continues to grow in these areas, but the main idea doesn’t change: know what you eat! If the students can put together their knowledge in MyPlate, they should be able to keep themselves and their families healthy as time goes by.*

***General:*** [www.bioedonline.org](http://www.bioedonline.org) Lessons, videos, powerpoints, labs by Baylor College of Medicine (Texas Children’s Hospital) The [Adolescent Nutrition Video](http://www.bioedonline.org/videos/content-presentations/human-organism/adolescent-nutrition/) is 48 minutes long, but is an excellent springboard for discussions on portion control, label reading, exercise, junk vs. nutrient dense foods, calcium, Vitamin D, and iron. Just use the pieces you need, or use it as background material. Free downloading for educational purposes, but keep the trademark visible.

***Objective 1: Dietary Guidelines and recommendations***

[Nutrient Dense vs. Empty Calories](http://www.clemson.edu/extension/hgic/food/pdf/hgic4062.pdf) Clemson University Cooperative Extension Fact Sheet. Discussion on nutrient-dense vs. “energy-dense,” and rule-of-thumb tips to gauge if a food is nutrient-dense or not, also nutrient charts of common foods per 100 calories.

[Health At Every Size Overview](http://www.uen.org/cte/facs_cabinet/downloads/ConferenceProceedings/2014/nutrition/HealthatEverySize.pdf) Pdf. of the powerpoint given at 2014 Conference by Dr. Lora Beth Brown. [Health at Every Size Fact Sheet](http://www.uen.org/cte/facs_cabinet/downloads/ConferenceProceedings/2014/nutrition/HAESFACTSHEET.pdf) is good for teacher information.

[Mediterranean Diet Primer, 2014](http://www.uen.org/cte/facs_cabinet/downloads/ConferenceProceedings/2014/nutrition/MedDietPrimer.pdf) Given at the 2014 Conference by Dr. Martha Archuleta.

***Objective 2: Demonstrate Knowledge of MyPlate***

<http://choosemyplate.gov/food-groups/> (you probably already know about this one!) Website has readable, charted and colorful information on all the five food groups at this particular link, as well as links to games and SuperTracker on the home page.

[Harvard's Healthy Eating Plate](http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/) Harvard School of Public Health has developed its own MyPlate that is *almost* the same as the government’s MyPlate. Since the kids will be tested on the government’s MyPlate, use MyPlate specifics, but use this site for tons of nutrition information and recipes. It’s very good.

***Objective 3: Demonstrate Understanding of Healthy Eating Patterns***

[Food Sense and MyPlate--USU](https://extension.usu.edu/fscreate/files/uploads/Food_sense_Lessons/FBasicsMyPlate.pdf) Set of nutrition lessons created by Food $ense, part of USU Extension. Question-and-answer lecture format, information on good and bad fats, MyPlate and a number of good, healthy recipes at the end of the pdf.

[Oldways Heritage Nutrition Patterns](http://oldwayspt.org/resources/heritage-pyramids) Website is useful for finding ethnic recipes made healthy! Fun website, lots of information, lots of recipes for healthy eating patterns.

[Nutrition Voyage--USDA Game](http://www.fns.usda.gov/sites/default/files/nutvoyage8_trek2.pdf) Found at the SuperTracker for Teens site, an easy activity on using food labels, and it doesn’t need to be on the computer or the SuperTracker site to do it. One of the objectives is to choose healthy, nutrient-dense snacks as opposed to empty calories.

<http://www.nutritiondecision.org/> Computer game on food labels created by New Mexico Cooperative Extension Services. The students will enjoy this!

***Performance Objective 9: Track Personal Dietary Intake for one to two days using MyPlate.***